

WORK AVOIDANCE DO'S AND DON'TS CHECKLIST

Tips for Parents During Remote Learning

DO'S

- FOCUS ON THE RELATIONSHIP**
Children are more motivated to work and please the adult when the relationship is close and supportive. So, take the time to really connect with and listen to your child.
- GIVE CHOICES**
Let your child choose from 2-3 parent pre-approved options. Letting them choose lets children feel in control and this can reduce power struggles.
- CREATE AN INCENTIVE PLAN**
Rewards motivate. Together with your child, make a contract about what work needs to be completed to earn what reward(s). Expectations and consequences should be discussed in advance.
- THINK ABOUT TRENDS**
Is the work refusal only happening during math? Only on Mondays? This information will help you identify the underlying problem.
- REMEMBER YOUR OWN SELF-CARE**
You can be more patient with your child when your own batteries are fully charged.
- TALK TO YOUR CHILD'S TEACHER**
If you think your child is having difficulty, discuss these concerns with your child's teacher.

DON'TS

- GET INTO A POWER STRUGGLE**
It's emotionally draining for all involved and often leads to resentment.
- USE THREATS**
Threats can make a child dig in their heels deeper, and you might regret what you said later. Be mindful about what you say and make sure consequences are fair and followed through upon.
- ACT OUT OF ANGER**
Try to remember, "they are not giving me a hard time; they're having a hard time." If you are frustrated, it's OK to walk away or take a few deep breaths to calm down.
- JUMP TO PUNISHMENT FIRST**
First, talk and problem-solve with your child. Try strategies to increase engagement (like an incentive plan) before jumping to punishment.