

Improve motivation right at home

But I don't *want* to do my science homework!" "I'll take out the trash *later*." "Do I *have* to do my math problems *now*?"

When there are things kids have to do—like chores and homework—it can seem like the end of the world. Some children just aren't motivated to work hard. Without motivation, most children would be content to sit on the couch and watch television for the rest of their lives. But you can build your child's sense of motivation, if you:

- **Help your child** figure out exactly what needs to be done.
 - **Show your child** how to divide big jobs into small steps.
 - **Encourage your child** to reward herself as she finishes each step.
- **Let your child** make choices about how to finish a job.
 - **Praise your child** for tackling a tough project.



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