

How to Get Your Child to Put Forth Effort?



What to do if your child does the bare minimum and doesn't put effort into things?

- 1 Realize there's always a reason for lack of effort. Sometimes it's because they don't have the skill, they're bored, anxious, hungry, tired, they don't learn the way it's being taught, etc. It's important to understand what's happening with your child and WHY they are not putting forth effort.

You can say:

"I can see you were not feeling it today but it's really good that you still gave it a try. Is there anything troubling you that you want to talk about?"

- 2 Help your child self-evaluate and nurture their self-awareness. As children become more self-aware, they're able to keep track of what they're doing and figure out what's working and what's not working. They are also able to think over things that happened to find ways to make things work better next time.

You can say:

"Tell me how you think you did." If they respond, "I don't know!" you can say, "Maybe that's your answer. We usually know when we put in our 100% into something and do our best. Do you want to brainstorm ideas on things you can do to improve?"

- 3 Pause and think about the purpose of the task. Doing your best is not always necessary. For example, if the goal for a task is to develop the love for creative writing, problem-solving, or thinking skills, their perfect spelling in that specific task is not that important.

So ask yourself, "How did they do in the part that **really** matters? And do I really need to worry about them not doing their best in other parts?"