

Parenting Tips
from
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Helping children stay motivated

Parents' expectations can influence a child's ability to succeed. If expectations are unrealistic your child may tend to give up and stop trying, alternatively if expectations are too low your child may feel he or she has nothing to strive for. It is important to know your child's abilities and build expectations according to these. You can help your child experience success and keep motivated by:-

- Helping your child break difficult tasks into manageable chunks.
- Helping your child to set achievable goals. Encourage your child to write goals down, check them regularly and tick them off when achieved. Goals can be short-term (tomorrow or next week), medium-term (next month or next term) or long-term (next year).
- Celebrate with your child when each goal is reached. Reaching goals is a reminder to children that they have control over their learning and achievements.

Displaying confidence and sharing in your child's successes and achievements, no matter how small, will help to keep your child motivated and happy.

We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow