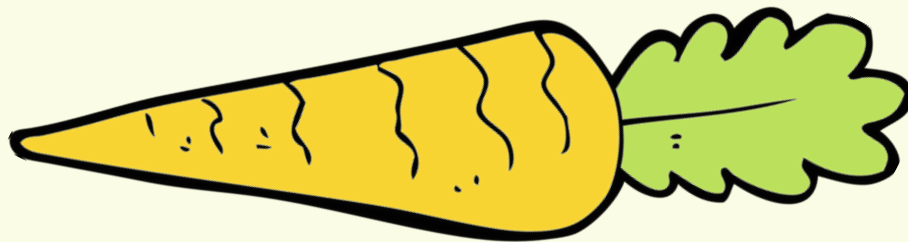


MOTIVATION



MY CHILD LACKS MOTIVATION: 6 TIPS

Do you have to repeat the same thing over and over again? Do you have to beg your child?
Does your frustration push you to scream, punish, get mad?
Are you afraid that your child isn't doing enough to succeed in school or in life?

Why is it so difficult to motivate our children?

When you push your child to do something, your child may be doing it to please you or to get rid of you, but that will not help him to be intrinsically motivated. We cannot force children to be motivated because we are motivated. In fact, it could even demotivate them ... And the ensuing battle could demotivate you!

What can we do then?

Ask yourself: what is my child's responsibility and what is mine? If your child doesn't do what he needs to do (homework, get ready for school, help at home etc ...), your role as a parent is to make him responsible, and teach him how real life works: in real life, when we don't work, we don't get paid... etc

As a parent, we often feel responsible for the present and future life of our children. But gradually, children need to become responsible for their own choices. Your role is not to motivate them but to educate, to inspire, to believe in them and influence them in order to increase their inner motivation.

PRACTICALLY, HOW DO I GET HIM MOTIVATED?

#1. Give him his power back

Laissez votre enfant faire ses propres choix et en subir les conséquences. S'il ne se prépare pas à temps pour être à l'école à l'heure, il arrivera en retard, et en subira les conséquences.

Let your child make his own choices and bear the consequences. If he doesn't get ready on time for school, he will be late and bear the consequences. If he hasn't prepared his snack for karate, he won't have a snack and will be tired.

If you have saved him from all these situations until now, it is better to warn him that he is growing up and that you will now treat him as a responsible person.

Learn to let go, you are helping to make him become responsible.

#2. Separate YOUR motivation from HIS motivation

Do not let your own anxiety be the motivation. Either he will resist you, or he will do what you want in order to calm you down or leave him some space. This will teach him how to manage his relationship with you rather than to develop his own intrinsic motivation.

#3. Be an INSPIRATION

Ask yourself whether your attitude is inspiring or controlling. Do you have a role model? Do you take example on people who inspire you? Do you have goals that motivate you and for which you work assiduously?

If your child sees you motivated by something (a marathon, writing a book, a project at work ...) he will be influenced by your persevering attitude and by osmosis (as well as the action of the mirror neurons*), your child will be more likely to adopt the same attitude as you.

* Mirror neurons are a class of neurons in the brain that exhibit activity when an individual performs an action or observes another individual performing the same action, or even when he imagines such an action, hence the term "mirror".



#4. Believe in him and show him that you do

Replace general comments with specific observations. Instead of asking, "did you finish your homework?", say: "I noticed that you were focused on your homework yesterday," or "you progressed in Math, it means you worked hard and persevered despite difficulties". Instead of saying " I will help you understand ... ", say "what an interesting question! I see that you are curious to understand ... " and ask back a question for him to think!

Being focused, persevering or curious are necessary skills to achieve a goal. The more you notice them, the more they will want to show you those skills.

#5. Give him good habits

There will always be things for which your child will not find any motivation, but he will have to do it: this is where he will have to understand the importance of establishing good habits. You can make a list of (a few) non-negotiable habits in your home, and the rule for them is that they are non-negotiable. Don't give up if your child is tired and does not want or feel like brushing his teeth (for example), It's NON-NEGOTIABLE! The consequences of non-compliance are that trust and peace at home are broken when the contract is not filled. Similarly, when setting a goal, remind him that making small steps every day is a habit that will help him achieve his goal.

#6. Give him the space to be himself

Take a step back and observe. Understand what motivates your child. It can be very different from what motivates you!

Get to know him in order to understand his desires, what is important to him. Give him enough room so that he can understand who he is, what he thinks, what he wants and how he will get it. Show your interest by asking questions: what does he want? What does he like? Who would he like to be later? Who does he admire and why? Listen to his answers without interrupting, respect his ideas even if you disagree.

**Do not put too much pressure on yourself.
Be kind to yourself, you will be more relaxed with them too!
And once your child does have a goal, why not get one of our
printables to help him achieve his goal...**