

Parent responses to *Motivation...what are their tips?*

Allow them to 'indulge' in their favourite tasks first; but the less favourite ones are then not negotiable. Ask them to stretch themselves a little bit further each time...little steps!

Make it fun...turn learning into a game eg 'What comes next?'

Use their interests and strengths

We talk about all the positive feelings and outcomes of pursuing a more challenging activity or something new

Not over-reacting if he doesn't want to try something. Separating from the activity for a while is fine. Then return to it with a happier frame of mind.

Getting her to see, share experiences with other children that are motivated and encouraging her to join in that experiences

Reminding her that sometimes things are just going to be learnt easily and that's ok – juts keep trying!

With homework and other tasks, my youngest child is eager to please but revision is another thing. Bribery or finding work for him to complete that is relevant to his work is necessary

Ensuring my child has choice – pursue what he is passionate about then applying connections to his 'trouble-spots'

'First do this, then you can.....(something they really like)', interests – foster these.

Link it to what she is excited about – praising effort and small steps.