



Our Lower School ParentNet meeting of this school year was held in the Farmhouse on October 30, 2018. We had a great discussion on the following topics:

- ❖ Motivating kids to get ready on time
- ❖ Motivating kids to help with chores

Motivating kids to get ready on time

Situation: *It is difficult to consistently get kids to be at school on time. There have been times when our carpool has gotten late, at other times they just don't wake up when the alarm clock rings, and simple tasks in the morning that should get done quickly take too long.*

My daughter gets engrossed in reading her book during after school pick-up at times and does not pay attention when her name is called.

Discussion:

Layout a spreadsheet showing all the tasks: One parent laid out all the tasks that need to be accomplished before going to school. Not all kids are auditory learners—being able to see all the tasks laid out in this manner can help them feel empowered as they mark off the boxes on the list. Let them see it and let them own it!

Understand the implications of being late: Due to inclement weather conditions, a father noted that his son was late to school once. The child realized what it was actually like to be late to school—he probably had to go to the office and get a pink slip and had to interrupt the class while the lesson was in progress. After that experience, his son started to prepare the night before for things that could cause delays in the mornings—kids can learn from natural consequences!

Give frequent heads up's: Another way to help kids internalize time that's left before the need to go to school is to give heads ups – e.g. 30 minutes to go; 10 minutes to 5 minutes to go, etc. Another parent suggested that you can't press the snooze button twice, and that you must wake up at that point of time.

Song based timers: One parent suggested an innovative trick. Start a song, and let your child know that the task must finish by the end of the song. This helps kids get better time sense as well.

Carpool incentives: The basic concept some parents have helped their children internalize is that when their child is late getting into the carpool, then the whole carpool gets late, which isn't fair. To further incentivize, at times, they noted that you can use peer pressure towards a shared incentive to help. One parent noted that their vanpool agreed that if everyone came to the carpool on time resulting in them reaching school on time, they would all have a hot lunch after a week or so. This worked well for the families.

Carline activity suggestions:

Sometimes kids can be engrossed in reading their favorite books and do not pay attention when they are called in the carline during after school pick-up time. A parent suggested to encourage kids to choose an activity that is less engaging (such as coloring a book). That way, kids can stay more attentive when their names are called.



Motivating kids to help with chores

Situation: *We need kids to do chores in the home, and we really want them to enjoy helping us in the process as well. Most of the times though, we find it hard to get kids to help out!*

Discussion:

Encourage teamwork Set aside time to work together as a team to accomplish a task. Pick a fixed amount of time to work together.

Incentivize: Associate points with chores. More help provided would be equivalent to getting more points, more money. Some parents even noted that they would regulate time of Wi-Fi access depending on how much help kids provided. Another incentive a parent noted that worked in their family is using a hole punch – the kid gets to punch a hole using a hole punch once they finish a chore.

Assist them in the chores: Keep reminding kids that even a little bit helps. Assisting them with one of their chores like helping them clean up the rest of the kitchen, while they put dishes in the dishwasher shows them the importance of the chore and how it feels to have the workload shared.

Be flexible: If your kids have a lot of homework, tell them that you'll help them out by doing some of their chores. Also, be flexible to the season and adapt as appropriate.

Avoid multi-tasking: Help your kids by telling them not to multi-task across activities. Finish one chore (for instance, fully load the dishwasher – not just half way), then move on to the next.