Behaviors

My child refuses to do the work:

- Have a discussion with you child about school being their job. Share that other people in the family work—mom, dad, grandparents, aunts, uncles, siblings etc. Your child now has a job to do school work every day.
- Use a timer. At the start of the school year, your child should be able to focus on a task for 5-7 minutes. Set the timer and encourage your child stay on task. (Ex. This is what you do first… Next you do this…Last is this… You did it!!!) When the timer goes off, they can do something they enjoy. By the end of the year, a child should be able to focus for 20 to 30 minutes or more.
- Choice/Control/Power. Everyone likes to feel in control. Give your child choices as often as you can. This helps them to focus on what they are supposed to be doing but also feel like they decided and were not told what to do.

- (Ex. It is time to write in your journal—Do you want to use markers or colored pencils? Time for math—Do you want to work at the table or the desk?) Notice you are not offering math or no math. Math will be done, your child is given some input about how. This works in all areas. Time for bed-are we putting PJ's on in the bedroom or bathroom. Time to brush teeth—are you putting on the toothpaste or me?
- Possible Scene:
- Parent: Time to eat—do you want to use the green plate or the orange plate?
- Child: I want my blue plate.
- Parent: Oops the choices are green or orange.
- Child: But I want the blue one.
- Parent: You can pick the green or the orange or I will pick for you.

- Stick to the choices you offered. Every now and then you can incorporate their choice. It shows you value their thinking. Parent: Oh great idea, I forgot all about the blue plate. Having to make a choices also helps your child focus on a task and not spiral into upset.

- First…Then. Your child is arguing or demanding about wanting to do what they want to do. Say to them, “First we will finish handwriting, then you can play the game.”

- Ask another special adult for help—grandparent, aunt/ uncle, teacher. If I suggested something to my child, I would get dismissed. My mother could say the exact same request/idea and my child thought it was the greatest!!