YOU CAN DO IT, PROGRAM ACHIEVE

PRACTICAL THINGS YOU CAN DO TO DEVELOP PERSISTENCE IN YOUR CHILD

• Provide your child with accurate feedback concerning the amount of effort he/she is expending and how much effort and time is really needed to complete a task such as project or task
• Discuss with your child repeatedly how his/her big efforts result in learning or success
• Provide strong, immediate reinforcement for effort your child puts toward work that he/she finds hard or boring (especially jobs around the home and homework)
• Praise your child when he/she willingly does a task that is not fun without complaining
• Catch your child doing something that requires effort, and praise him/her for trying hard
• Praise your child for ongoing hard work.