

The Power of Families in Motivation

Basics of Motivation

- Being motivated means that your child is moved to do something.
- Motivation has a direct impact on your child's success not only in school but also in life.
- There are simple ways that you can positively impact your child's motivation in a positive way.

Action Strategies for Improving Your Child's Motivation

1. Encourage your child to find and develop his or her own interests and hobbies.
2. Seek opportunities for your child to build on and apply his or her own understandings and skills to help others.
3. Model perseverance when facing challenges and discuss your feelings and thoughts as you overcome these challenges.
4. Provide meaningful feedback focusing on your child's efforts not ability.
5. Support your child in setting goals, both personal and academic, and creating a plan to reach these goals through hard work.
6. Ask questions and express interests in your child's experience at school.
7. Celebrate growth, no matter how small.



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