

# How to Get Your Kids to Self-Initiate their Practice

Use this simple system to learn how to get your kids to practice on their own each day.

**Step #1. Make it DAILY.** If it's not every day, it's hard to remember which days are "on" or "off."

**Step #2. Choose a Specific Cutoff Time:** Set an alarm for the latest time you think is reasonable for practice. This is when you remind your child if they haven't remembered on their own. You are their fail-safe. This way, if practice *doesn't* happen, you can "take the blame" and spare some negative feelings! When choosing a time, account for home dynamics like energy and attitude for everyone at home. Tip: If you already use a daily timer for something else in your routine, attach this to that!

**Step #3. Check Off Each Practice on a Daily Chart.** Use the attached big-box chart. Put it on the fridge door or similar place you'll see often. Teach them to move a magnet onto the current day of the week.

**Step #4. Give Special Recognition for Self-Initiated Practice.** Teach your child to write a "Check" for practice they start *after* the cutoff reminder, and a "Check +" if *before* the alarm. This is the step that makes the difference between you doing the reminding and them learning to practice before the timer goes off!

**Step #5. Count Practice Streaks!** This is the layer that locks in the practice routine! In the corner of each large checkbox, write the day number of your current days in a row of practice! This is the layer that locks in the practice routine because each day the number grows, the *less likely* your student will want to lose that number! Each day it grows, so does their sense of achievement!

**Special Circumstances:** Be lenient with sick days, vacations, shared custody, holidays, and other reasons you may choose to miss practice and not count the streak as broken. Ultimately, it's up to you to decide what rules to put in place. Be flexible, be creative with exceptions, and remember the BIG goal is your child making progress *on the inside!*

Earn points and celebrate your practice streak achievements in our Checkpoint Challenges course community! I'll look forward to celebrating your success with you! Login to your course at [www.exact-notes.com](http://www.exact-notes.com)

Best wishes,  
Mr. Zach