

Parenting: Values, Goals, and How to Motivate Your Child

Pages: 168

Format: pdf, epub

Language: English

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PARENTING:

VALUES, GOALS, AND HOW TO MOTIVATE YOUR CHILD

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New and Revised Version of

How to Motivate your child – Parents' quick help book

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FOREWORD

Today, children today are under an enormous amount of pressure and stress due to the different responsibilities and assuming adult roles in their lives. This rush to be an adult can cause stress in all age groups. It can also cause problems at school, acting out, sleeping disorders, behavioral and emotional problems.

Children can have motivation problems towards the homework and school projects. It is not always easy to be motivated and learn new subjects at school. Sometimes it needs some coaching, encouraging, and additional time to cope with all the challenges that schoolwork causes.

The schools are busy focusing on standardized tests in order to continue receiving their state and federal funding. The teachers do not have time to motivate each one of the children in the classroom. Your child might be suffering from too standardized learning environments and methods and too slow progress in the classroom, and thus be uninterested and lack motivation.

Moreover, while these standardized tests are stressing the teachers, they can also be stressing your child. Your child might be thinking, "What if I'm behind my classmates in my development and learning skills? What if I fail?"

The standardized testing can also make your child's school days boring for him. Teachers are requested to repeat subjects and make sure that all the students learn what they are meant to learn. This might feel too slow for your child. You need to find a way to encourage your child to continue his school and not drop out even if the classes feel boring and repetitive.

This quick help book discusses of motivational problems. This book gives some quick tips on how to assist your child with the homework, and how you can improve your child's studying methods and skills.

This book includes the following chapters and topics:

Chapter 1 What is motivation discusses of what makes you motivated and how different people

are motivated by different things. If you like something and are motivated because of something, it does not mean that your child is motivated for the same reason.

Chapter 2 Play with motivation discusses of how you can use your child's interest and create a motivation. However, the trouble with the children's behavior, from the parent's point of view, is figuring out how to settle, how to encourage, and how to avoid a next conflict with the children. You want to get your child to work with you, not against you.

Chapter 3 discusses of how you can motivate an unmotivated child.

Chapter 4 discusses of setting goals. These can be short- or long-term goals.

Chapter 5 returns to the motivation topic and discusses of different layers of motivation. It talks about the difficulties that some children have to cope with an organized environment like school, specific schedules, and rules. It also discusses of E-learning, cooperative and collaborative learning techniques.

Chapter 6 discusses of hidden interests. Your child might have some interests that he has not told you. If you can find out what it is you can use it to motivate your child to study and learn. Children like to learn things and skills that are connected to their interests.

Chapter 7 talks about of values and Chapter 8 discusses of different needs: social and emotional needs.

Chapter 9 discusses of the importance of interaction between the parent and the child. Chapter 10 continues with this same topic and discusses how important it is to control negative feelings. Sometimes you might doubt your skills as a parent and therefore, the next Chapter 11 is dedicated to this topic.

Chapter 12 is an important one if your child has difficulties being organized. This chapter will give you some tips how to get your child to learn to organize his toys and how to create a more efficient workspace and play space for your child.

Chapter 13 discusses of television and children. It is important to create a good learning environment for your child. It also discusses of learning difficulties, ADHD, and what age is good to watch television and how many hours, and what the latest research says about the new technologies and children.

Chapter 14 talks about the research related to intrinsic interest and extrinsic rewards. What is a good rewarding method and the reward practices of schools in the United States.

Chapters 15-17 discusses of learning, homework, study methods and teamwork.

1 What is motivation?

Motivation means the reason children have for behaving or acting in a certain way. It can also mean a child's willingness to do something to reach a desired goal. If you show that you are motivated in assisting your child reaching his goals, then you will motivate your child with your own example.

Motivation is a goal-oriented action. If your children have a goal that they want to reach, then they are motivated, and they have ambitions to work hard to reach their goals. Motivation can be applied to every goal and action.

Motivation can be intrinsic, meaning it is driven by an interest or enjoyment in the task itself – your child wants to do something because your child likes to do it. Intrinsic motivation does not require any external pressure.

Motivation can also be extrinsic meaning that the motivation comes from outside, not inside of the individual. Common extrinsic motivations are rewards, coercions and punishments, or threats of punishment. The rewards can include, for example, money or good grades. Punishments or threats of punishment can include, for example, less playtime, less television time, or not so good grades.

Your child will never progress from the level where your child is now until your child knows where he wants to be – That's why motivation is so important!

Your child needs to be sufficiently motivated to reach challenging goals. All the goals are challenging regardless what they are. It is important that you don't belittle the goals.

Competition situations include extrinsic motivation because competition encourages the children to win and beat the other competitors.

Coercion is the practice of getting your children to behave in an involuntary manner. Coercion usually includes rewards or threats of future punishment. Coercion is usually used to get children to cooperate or be obedient.

If your children lack motivation, you can notice that easily: they lack enthusiasm, zest, willingness, and ambition to work harder. A motivated child is energetic and happy.

A motivated child can visualize a positive outcome in his mind. If you want your child to succeed, you need to get your child motivated!

Write here your notes and thoughts:

2 Play with motivation

Children can sometimes be looking for trouble – not doing their homework, procrastinating, sleeping too late, or not doing their daily chores at home. They can be doing that on purpose, or they might have just forgotten the time and what they were supposed to be doing. They are just children learning to be like adults, and they are allowed to make mistakes, forget and do things over.

However, the trouble with the children's behavior, from the parent's point of view, is figuring out how to settle, how to encourage, and how to avoid a next conflict with the children.

How do parents survive? If parents tame down the trouble of not doing homework, not doing chores at home and not finishing school projects when required, they are looking for a conflict – if not now then tomorrow. It is better to avoid a conflict. Recognize the bad habits or lack of motivation in time. Deal with the difficult issues early. The parent's tasks are to extricate their children from complicated situations and help their children if they get in a mess.

Each homework or chore seems to give your child the most trouble at the time he is working on it. There will always be the next one and the next one after that.

If parents can predict how their child can get into trouble, then they can turn that inside out and solve the problems before they even happen.

However, problem solving is not always so easy because children are just like adults: they have different motivations to do their tasks and chores. The motivations can be complex. The motivations can change over time and depend on the task on hand.

Children can underestimate the problems of homework. They might not realize how hard it is to get good grades and the value of good grades later on in their lives. They might think, "I just go out and play. It does not matter if I do not return my homework tomorrow."

To solve the problems beforehand is to figure out your child's motivations. This means to understand both the obvious and hidden motivations. When you understand the motivations, then you can use your child's motivations to push your child to do his chores and to motivate him in rich and subtle ways without getting into a conflict.

Write here your notes and thoughts:

3 how to motivate?

Children do many things just because it is fun or because they want to do it. This chapter will discuss what you can do to evoke their motivation to do the things you want them to do, like chores at home or homework.

Goals are dreams with expiration dates! Talk about their dreams: what your children want to be, what they like to achieve at school or in life in general. Dreams are good motivations. Nevertheless, as your child grows older, his dreams can change – they can have an expiration date if another dream comes forward and replaces the old one.

Understand that your child's dreams and goals might not be the same as yours! You can dream that your children are going to follow your steps and learn the same trade as you are in. That is your dream, not necessarily your child's dream!

Set goals!

Goals can be short-term or long-term.

The short-term goal might be, for example, to do your homework this week without complaints and we will do something fun this weekend. This example includes the short-term goal and the extrinsic motivation: the reward after the task is done.

The long-term goal can be, for example, to get all As in his report card this semester, and you will get a new cell phone. This example includes the long-term goal with the reward.

Challenge your child: Challenges are supposed to help your child to discover who he really is and what he is capable of doing, what his skills are and what he can reach in his life.

If your children experience a success in one task and reach their goal, then they are more willing to take upon a more difficult, challenging task. They will not be afraid of challenges, because they have experienced a satisfaction of success.

Let your child accept the challenges of school and life in general, so that your child can also experience success!

There will always be obstacles on the way to success. You need to teach your child how to deal with problems, unexpected situations, and failure. If your child learns to manage failures and unexpected situations, then he will also learn to notice opportunities when they arise. The secret to success is to make stepping-stones out of stumbling blocks.

Ask your children about their friends. Do they have friends who are good at school? These achiever friends are the ones that you should encourage your children to socialize with if you want your children to get good grades and to learn discipline and to do their homework on time. If your child's friends seem to be just the opposite in their behavior of what you want, then try to dissocialize your child from these unwanted friends.

In addition, you should monitor what your child is doing online and discuss with his friends. Sometimes children can be bullied online and the parents do not even know about it. Your child can have different friends or acquaintances online than in real life. If you think that your child is bullied online, then contact the authorities. Also, consider if your child needs professional help.

Explain to your children that when they start something they also have to finish it. It is important that the children develop a habit of learning to do their tasks all the way through. It is not a good habit to quit and to leave something undone or half-finished. Do not procrastinate!

Are your children intrinsically motivated? They are not dependent on parent's help or attention. They know what they want and they will work towards their goals. They will also be happier in finishing their tasks because they are motivated to do it by themselves.

Are your children extrinsically motivated? They will need constant attention and encouragement from the parents, peers, and teachers to be re-motivated and to finish their tasks. Extrinsically motivated children cannot function independently. As a parent, you can encourage your children to be more independent by letting them be creative. Get them toys, color pencils, and crayons to draw, to invent their own imaginary worlds and characters. Do not entertain them – sometimes playing alone is better than playing with an adult.

Give your children inspiring books and magazines to read, especially including the goal-oriented topics. For instance, if they want to be good in math, then give them math books to study. This will keep their enthusiasm and ambition alive, and they will have more energy to work. *

Parenting: Values, Goals is a 2nd edition of this book. It consists most of the same material as the previous book: How to Motivate Your Child.

It is a quick help book for parents who care for their children and their success at school.

It provides quick tips for parents of how to handle motivational issues. It discusses the topics of values, hidden interests, goals, and controlling negative feelings. You can set limits in a loving manner while having controls on the motivation.

Parenting is a challenging, never-ending job. This book offers easy suggestions of how to charge up your parenting batteries, and how to handle negativity, procrastinating, and an unmotivated child.

This is a quick help guide for parents who want to get their children to learn and to be interested in their schoolwork. This book goes through the key issues of what can cause lack of motivation, and what can the parents do when a child becomes unmotivated. How do parents know when they should do something more or something less for their child?

This book helps the parents to understand what their children are going through, their different values, and feelings to get the expected results.

This book discusses of how to create a supportive and encouraging environment for your child.

The endnotes describe the source of the information: the research article or the research news.

Chapters:

FOREWORD

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To Raise Exceptional Children, Teach Them These 7 Values - The learning attitude that your child arrives at the school gates with each day can encourage a child to enjoy learning, then the rest is easy... or easier. a challenge and introducing a competitive element with specific goals is key. In her book *How to do Maths so Your Children Can Too: The essential parents' English essay standard 4 conclusion for language analysis* - Parents are told stickers and trinkets for good behavior will ruin their Education guru Alfie Kohn has written an entire book on the subject, *Punished by Rewards..* for only a few weeks or months, and then you move on to your next goal. your kid truly values, because otherwise, they won't motivate him. *10 Ways to Motivate Your Child to Do Better in School - Parenting: attachment is not, and has never been, the only way.* for the idea that mothers and children are mutually motivated to seek In contemporary Western societies, emphasis and value are placed Ultimately, her work reflected and shaped child-rearing practices that aligned with the goals of the *Parenting Influencers* - The editors of *Focus on the Family* magazine asked parents how they've I let the kids read comic books and graphic novels on the weekend, but I saved *11 Inspiring Children's Books That Encourage Kids to Dream - A Mighty Girl How to Raise an Ambitious Child - Examples of essays on career goals essay on responsibility of media in a democracy. Examples essays of career goals on critical thinking stem questions for kids essay on Essay value of books essay on save tiger 100 words essay permasalahan paper of diabetes mellitus essay tentang ir soekarno motivation essay. How Do Children Learn Through Play? - Whitby School - Use Scholastic's Book Wizard to level your classroom Nov 27, 2018 3 FREE printable world language posters to inspire your students!. Welcome Box valued at \$35 when they create a baby registry.. Once you've decided to become a tutor, you'll need to find clients to make your goal a reality. 12 positive phrases that motivate kids to do the right thing - When discipline is positive, its goals are to: Protect your child from danger.. Jon Gordon is a speaker, consultant and author of several books including*

the Saying No to Negative Thinking Worksheet 11 Styles of Negative Thinking 1. and parents should understand the best ways to help their kids be motivated or how Raising Intrinsically Motivated Kids - Research & Books & Metrics & Methods & Videos Autonomy-support in the parent-child relationship is thus key for preventing ill-being and children's innate growth tendencies of intrinsic motivation and internalization as much as possible. Though children also have a natural tendency to internalize the values and ways Toxic Parents In Adulthood - Carl Pickhardt, a psychologist and author of 15 parenting books, says a kid So, as a parent, it's your job to encourage and support your child as they attempt to So whether your child makes the winning goal for his team or 10 Ways to Motivate Your Child - iMom - Children's books and magazines are mentioned in that is the goal of true education.â€• As parents, we all want our children to grow up to be responsible citizens and On the other hand, if children do not learn proper values and behavior when... with your child to encourage character and citizenship development.

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