

Teach your child to persevere when faced with challenges

If your child has a goal he wants to reach, such as earning an “A” on a project or making the travel soccer team, achieving it will probably take hard work. And there may be times your child will feel like giving up. That’s why it’s important to teach him to persevere, even when things are difficult. Here’s how:

- Discuss past successes. Did your child save to buy something with his own money? How did he do it? What did success feel like? What did he learn?
- Choose a fun, realistic goal. Make it something your child is likely to complete soon. If he wants to read an entire series of books, start small. Have him set a goal to read the first book. Achievement is a great motivator to keep going.
- Listen for ideas. Kids often mention goals without actually setting them. (“I’d love to be in the talent show” or “I hope I finish my report on time.”) Together, create a step-by-step plan for success.
- Be a cheerleader. Say things like, “You are really sticking with this. I’m very impressed!” Even if your child misses the mark, praise his efforts. Trying hard and learning from mistakes is a major accomplishment.

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