

This four-step process can end procrastination

At one time or another, most kids put off doing their homework. But when procrastination becomes a habit, it can affect school performance.

To help your child break the procrastination habit, have him:

1. Select just one thing to do. Sometimes kids put things off when they feel overwhelmed. Tell your child to focus on one assignment at a time.
2. Set a timer for 30 minutes and begin working on the assignment. While the timer is ticking, he should focus only on that assignment.
3. Avoid breaks. Your child should get water or a snack before he starts the timer so he doesn't interrupt his work flow.
4. Reward himself. Once the timer goes off, encourage your child to do something he likes, such as playing an online game for a few minutes.

Have your child repeat this process until his assignment is complete!

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