

JUST DO IT! TIPS TO IMPROVE TASK INITIATION



SIGNS OF TASK INITIATION DIFFICULTY

- Trouble getting started on tasks
- Procrastination
- Switching from task to task without finishing one first
- Appearing unmotivated/noncompliant



CREATE MINI GOALS AND CONTRACT

Work with your child to decide and agree on which small chunks of work need to get done, in what order, and what will happen at breaks. Some children prefer to get harder tasks out of the way first.



PROVIDE DIRECTIONS ORALLY AND VISUALLY

Follow up a discussion of what needs to be done with a visual to-do list. You can keep it engaging by color coding, using fun drawings/stickers and adding in spaces for breaks.



BE STRATEGIC

Pull out your best parenting strategies. Ask your children to do tasks they're most confident with when you have other things you have to get done, like cook or do your own work. Set expectations and boundaries about work needing to be complete. Find ways to increase confidence levels. Confidence helps children get tasks done.



MAKE IT FUN

Distance learning is an adjustment for everyone. Create a relaxed space. Start work with a fun countdown, laugh about your situation together, and try engaging strategies/games like racing to start something, seeing who can get more questions right (kids love to be smarter than mom and dad!), and setting little challenges for each other.



EVALUATE ENERGY LEVEL

Low or high energy levels may require an activity break like yoga (specifically downward dog is great to increase energy), or releases of energy like jumping jacks and running in place.

