

# Getting Motivated

**Motivating your child to do Kumon can be a challenging task; especially when the novelty has worn off. So what do you do when it becomes a daily struggle to get them to do their Kumon homework?**

## Changing Perspectives

Having a healthy homework habit & association with study is essential. Remember, children respond better to receiving rewards and encouragement for completing tasks rather than being punished for not completing tasks. If Kumon becomes something they associate with punishment they will not want to sit down for their Kumon study. When things get rocky focus on routine and effort. Set a time limit for study each day and praise students for making the effort to try. If your child views Kumon as a small daily task that they are rewarded for completing they will feel more motivated to give it a go. Even if they're not getting all their pages done at this stage, that's okay! Talk to us about what the expectation & goals should be until things are back on track.

## Rewards and Setting Goals

Set goals, big and small, for your child, whether it's finishing a level, reaching Kumon International Standard or simply completing work. Children work better when they know what's expected of them and have the right support to achieve it. Using a points system or habit tracking app can help children feel like they've earned something each study session.

**Please turn over for some practical ideas you can use at home!**

# Point and Reward Examples

You are only limited by your imagination! Here are some ideas to get you started:

## 1) Create a sticker chart for your child where they can see it

Create a chart where your child can see how many days in a row they have completed their Kumon, and how close they are to a goal. Have different stickers that your child puts up on the chart when they complete their Kumon. Setting study goals keeps children interested. Ticking off days or using stickers helps them take an active role in their study routine.

## 2) Set up a points system for doing Kumon each day and doing Kumon on consecutive days

Once they have reached a certain number of points, say, if they do their Kumon every day for a week they earn a reward.

E.g. If your children do Kumon one day they earn 1 point

If they study two days in a row they earn 2 points + 2 bonus points for days in a row = 4 points

If they study for seven days in a row they've earned 7 points + 7 bonus points for days in a row = 14 points

If they study Monday-Wednesday & Saturday, they get 4 points + 3 bonus points for days in a row = 7 points

## 3) Choose a goal that your child is working towards e.g. finishing a level, achieving Kumon International Standard or completing a certain number of study days each month.

Once they have reached that goal they earn a reward.

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## Choose rewards that make your child feel special and acknowledged!

### Examples of rewards are:

- they get to pick dinner one night
- go out for ice cream/hot chocolate, just one parent and the child
- they get to choose which movie you watch as a family

**If your child does Kumon for a higher number of days in a row or achieved a long term goal then they might earn a bigger reward such as:**

- a trip to the movies with their friends
- a trip to Skyzone/Flipout
- a visit to Big Splash or ice skating

***Get your child's input so you choose something they love!***