



# Child and Youth Services



**PLEASE HELP YOURSELF TO THIS COPY**

## Welcome to our Monthly Newsletter

It's the final month and the push to keep our children motivated to do their best till the end of the school year can be a challenge. The nice weather, extracurricular sports and excitement about summer holidays can begin to take precedent over assignments, homework or final exams. It can be difficult for parents to keep their children motivated and focused on schoolwork. This month we include some ideas to help you motivate your child to do his or her best "till the end".

**Yours and your family's Mental Health Matters!**

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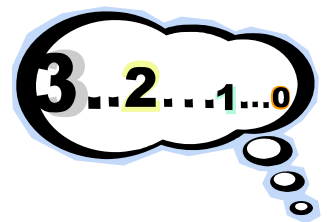
### TIP OF THE MONTH

#### The Final Countdown!

This last month of school often includes school trips, exam schedules or other activities (soccer, baseball, sports days, etc). Plan ahead by making a calendar of events to help you and your child get organized for the month. Looking ahead can help prepare you and your child for tasks that need to get done. Consider asking your child what goal(s) he or she would like to achieve by the end of the school year.

Avoid "bribing" your child to get things done so they can enjoy their other activities. Often the task does not get done and we still drive them to their baseball or soccer game. When we get home it becomes a challenge of getting the schoolwork done and getting them off to bed.

*Would you do your homework just because your mom said so, if you knew she would drive you to soccer anyway?*



# What is motivation?

If we want to motivate our children, we should look at what is motivation and what motivates our child to do his or her best. All children may choose to participate in an activity, but the reasons why they choose to participate may differ.

By definition, motivation can be defined by the reason or feeling of interest to behave or do something in a particular way. Children can be motivated by **extrinsic** or **intrinsic** rewards.

**Extrinsic rewards** are external factors that motivate us to do something in hopes of obtaining some reward or avoiding some type of punishment. Some examples of extrinsic rewards could be money, toys, time with friends, stickers, etc. Children could also be motivated to do something to avoid punishment, such as: detention, loss of privileges, or grounding.

**Intrinsic rewards** are internal rewards that the individual may experience as a result of completing the task. Examples of intrinsic rewards could be a sense of pride, enjoyment the task provides, sense of accomplishment or the learning experienced.

You may find that what motivates one child, may not be the same as the other. Even as adults, we are motivated for different reasons. Try to build on intrinsic rewards by being supportive and encouraging. Build your child's self-esteem, confidence and pride in the work they do and the goals he or she accomplish. Avoid getting trapped into extrinsic rewards.

\* Don't forget to set a good example. Show your interest in your child's learning and its importance! If you show your support by taking an interest in what they are learning, maintaining a positive attitude about school or volunteering at school events, your child will learn to do the same.

## What Parents Can Do To Help

Taken from: [http://sitemaker.umich.edu/356.benjamin/helpful\\_hints\\_for\\_motivating\\_your\\_child](http://sitemaker.umich.edu/356.benjamin/helpful_hints_for_motivating_your_child)

- ✪ **Get involved!** - and support your child's studies. Make sure they know that they have your support.
- ✪ **Help your child get organized** - Sit down with your child and go over their schedule with them, as needed. Encourage setting priorities and talk about rearranging certain activities in order to get their work done (U.S. Department of Education, 2002)
- ✪ **Encourage curiosity** - If an example is made by the parents that learning is fun, interesting and not just something that occurs during school hours, a child could feel more motivated to learn for pleasure.
- ✪ **Give motivating feedback** - When your child has done well on a test or on an assignment, do not hesitate to let them know that their hard work has paid off. Discuss why they were successful in order to demonstrate good study strategies.
- ✪ **Emphasize effort, not ability** - Students need to learn to attribute success with the amount of effort that they put into their work, not how smart they are. Parents who emphasize that success is due to amount of effort are more likely to motivate their child to do their best rather than parents who focus on ability alone (Resnick, 1998).
- ✪ **Be patient** - Follow these few guidelines, but do not expect miracles to happen over night. Children are still developing and many just need a little time "to develop the maturity that allows them to complete homework assignments and chores with a minimum of supervision." (U.S. Department of Education, 2002)

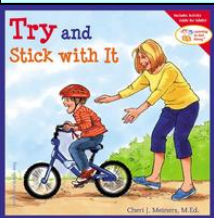


## Question of the Month

**All my son wants to do is go bike riding with his friends after school. He never wants to do his homework anymore. What can I do?**

Many parents may find themselves in a similar situation with their children. Start by talking to your son and acknowledge that he wants to spend time with his friends, but he has to make sure his other responsibilities (homework, chores, etc) are done. Make sure your expectations for him are realistic and don't pile on the work, just because he's been playing with friends. Focus on a time when he was completing his homework, doing better in school or feeling confident. Build on his success and ask him how he can use some of this past success with what he is doing now to get him back on track. As a parent, be sure you are consistent with what you expect from him. Have you always let him play with his friends after school? Once the two of you come up with a plan, stick with it to show him you are serious. Otherwise in a couple days or weeks, he will go back to forgetting about his homework and spending time with his friends. For more help, contact a Child & Youth Counselor near you.

## Book Review



**Try and Stick With It**  
By: Cheri J. Meiners

This book acknowledges that sometimes it's hard to try new things-even for adults. It helps teach kids to try new things, even if it doesn't always work out right, and learn to stick with something that is difficult. Readers will learn the benefits of trying something new. It also includes suggestions for parents too!

## High "5"



When you notice your child working hard on an assignment or studying for a test, acknowledge the time and effort they are putting into these tasks. This helps build their confidence and self-esteem. They will perform better if they are confident about themselves.

Be sure to be a good role model and praise them for their efforts. A quick response of "you could have done better" or "how come you did this wrong, you know better?" can have a negative impact on their self-esteem. Your child will only learn that you focus on the negatives (what they did wrong) instead of the positives (what they did right).

## Play Time!

Summer is a great time for kids to play! Think about getting your child involved in a local summer camp, day program or other community activities to keep him or her active over the holidays. If you have older children, maybe have them volunteer or mentor at some of these activities, if possible. Check out your local newspapers for upcoming events and consider registering your child. Some programs are free of charge!

**Art Classes**

**DAY CAMPS**

**Library Programs**

**Church Camps**

**Σπορ Τεαμς**

**Summer Camps**

**PlayPark Programs**

### **Arcola Mental Health**

Arcola Health Centre  
P.O. Box 419  
Arcola SK S0C 0G0  
Ph: (306)455-2159

### **Kipling Mental Health**

Kipling Memorial Health Centre  
Box 420  
Kipling SK S0G 2S0  
Ph: (306)736-2638

### **Weyburn Mental Health**

Community Health Services  
Building  
P.O. Box 2003  
Weyburn SK S4H 2Z9  
Ph: (306)842-8665 or  
Toll Free 1-800-216-7689

### **Child and Youth Services**

#### **Offers:**

- Counseling Services for parents, children and youth under 18 years of age. This may include assessment or treatment for a wide range of behavioral, emotional or developmental difficulties.
- Individual, family or group counseling
- Psychological Assessments
- Community Education & Consultation Services

#### **Accessing Services**

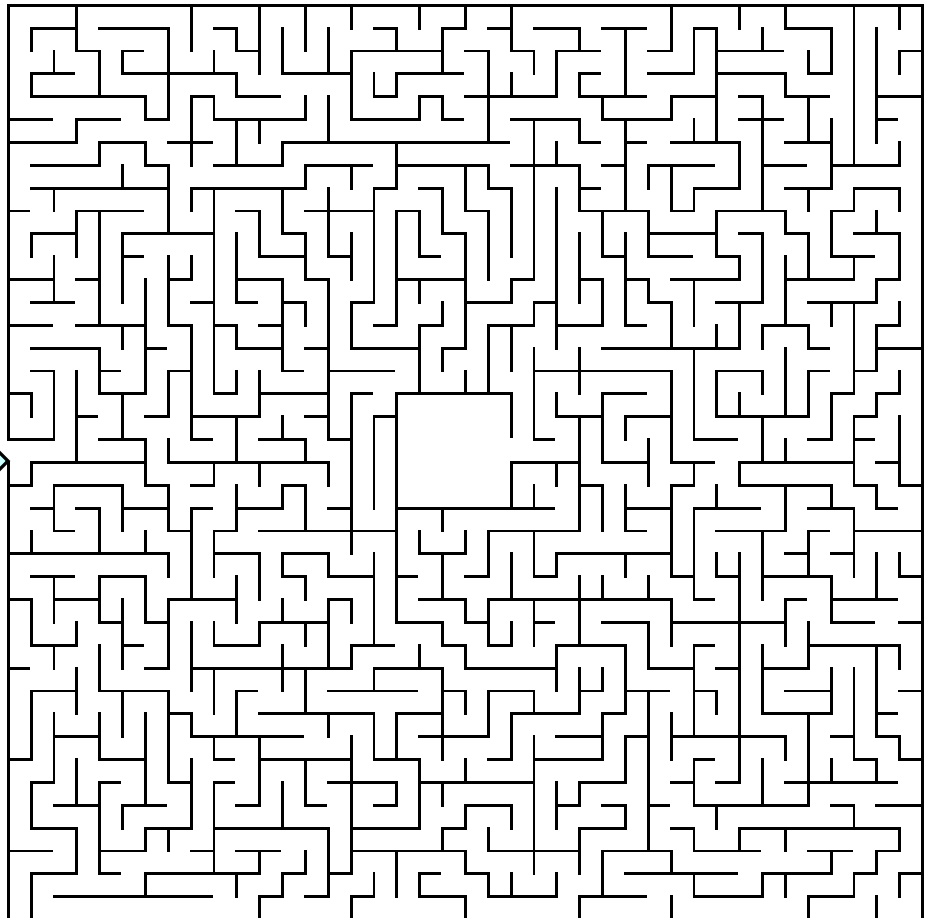
Parents, adolescents or helping professionals may request services by calling:

Child and Youth Services  
Intake Worker  
1-800-216-7689 Or  
306-842-8665

There is no fee for services.

## **This Month's Activity**

### *A Maze of Activity*



## **Do You Have a Question or An Idea About a Topic?**

Feel free to share your ideas and question with us!  
We are always striving to provide information,  
resources and activities to help you and your family.

## **Find us on the Internet!**

If you would like to view past issues of the Child and Youth  
Services Newsletter, look for us on the Internet at

[www.suncountry.sk.ca/](http://www.suncountry.sk.ca/)