

## *Fast ForWord*<sup>®</sup>

### How Do I Keep My Child Motivated?

#### Points Chart (from Fast ForWord):

- Talk with your son or daughter about what they would like to work towards (e.g. a hike, trip to the bookstore, extra ipad or X-box time, an app, dinner out with a friend, or rent a movie, are a few ideas). Some parents will use money as an incentive; however, there are many other options and ideas that you can generate with them!
- Keep track of points achieved daily using our incentive chart. Take time to discuss reachable goals with your Education Consultant in determining appropriate point goals. Older learners can keep track of and add their points for each exercise for the week and aim for a weekly grand total (based on previous week's achievements). Allowing them to keep track of their points also gives them a sense of responsibility! (While points do not relate directly to success in the exercise, they can be used to motivate learners.)
- Decide how many days success in the week that they will need to achieve to get their reward (start small and increase the reward as they consistently achieve their goal). Children like to be challenged and will work to achieve high expectations so long as they believe those goals to be within their reach, so don't be afraid to push students to get more out of them.
- Remind them what they are working for. Revisit this daily and remind them of the goal they are striving to achieve. Don't worry if they choose to work towards the same thing each week. We want them to feel motivated and involved!

#### Take a Break

- Remember that as your child is doing Fast ForWord, their brain is going through actual physical changes. It can be tiresome. Offer breaks as needed between (and not during) the exercises. For most learners, in time, their stamina will build.
- Offer a snack, a drink, or a short walk to take a moment to breathe and break.
- Work to earn a day off from the program. For instance, work four days, get one day off. You can increase this weekly once they are less resistant to working. For example, work six days, earn a day off.

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### Make it a challenge and give them choices

- After sharing weekly progress with your child, set some goals. Ask them what they want to achieve. Ask, “do you think you can make a +5% gain in Jumper Gym in one week?” and decide on a reasonable goal to strive for.
- Allow your child to have a sense of control and choose in what order they will do their assigned exercises.
- If your son or daughter is using an ipad or laptop, allow for a change of scenery (as long as they remain distraction free).
- Another challenge is asking if they can perform certain exercises blindfolded (for instance Spin Master, Galaxy Goal, Lunar Leap and Meteor Ball). Ask your Educational Consultant how this can work using keyboard shortcuts on a computer.

### Don't forget

- Always offer praise when it is earned. Congratulate your child for a job well done. If they did something well, point it out. Allow them to communicate their thoughts and be sure to share that with your consultant (we can brainstorm additional ideas based on your input).
- Be sure to take time to answer their questions -and ask if they have any questions. Take time to discuss WHY they are doing the program and how it can help. Take time to really listen as they talk and express themselves. Encourage self-reflection. Most kids want to succeed; they just need help figuring out what they need to do in order to get there. One way to motivate your child is to get them to take a hard look at themselves and determine their own strengths and weaknesses. Children are more motivated by creating these kinds of critiques of themselves than by having a teacher or parent do it for them. It makes them feel in charge of creating their own objectives and goals.
- View the videos available on <http://www.scilearn.com> OR <http://www.fastforwordhome.com> with your son or daughter. Listen to testimonials of young adults telling how Fast ForWord helped them achieve where they are today.
- Be excited. Share your enthusiasm. When you are excited about the potential changes that can occur they will be much more excited about learning and doing their exercises!

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### Remember!!

- Middle schoolers are motivated by knowing that they have a choice. They seek independence and want to be heard. Allow your child the opportunity to be heard by giving them a choice in what or how they learn.
- Showcase their work, including Certificates of Completion (hang it on the fridge or post it for the whole family to see). Let them see the progress they have made. We are never too old to see our name or work in the spotlight!
- Some students find the prospect of not doing well anxiety-inducing. Let your son or daughter know that struggling with a subject (or particular skill or exercise) isn't the end of the world. Offer support no matter what the end result is and ensure that students don't feel so overwhelmed by expectations that they give up. We are here to help you every step of the way!