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Why Kids Are "Lazy" or Unmotivated

1. WHY? Two most common reasons:

Fighting Back

Missing Need: POWER

WHY? They're being told what to do too much by the school or the parent.

Needs: their own power and control, to be seen as capable, or can try active or passive power by rebelling or digging in heels.

Feelings: challenged, angry, wanting control, fighting

Giving Up

Missing Need: ENCOURAGEMENT

WHY? Parent overdoing or school/home/self has expectations that feel too high; perfectionism.

Needs: confidence, to see their strengths, faith in themselves, baby steps for success, or will stop trying

Feelings: helpless, hopeless, lost confidence, lost faith

2. SOLUTION- Connect and get Curious, then provide Choices or Cheerleading

CONNECT and get CURIOUS

Pause to bring your energy down to create and US vs. THE PROBLEM mindset. What are your feelings telling you they need? Pinpoint whether it's Power or Encouragement.

Provide CHOICES for POWER

- **Choices:** Where or when they do homework, how they organize their backpack, what classes/grades they want
- **Questions:** "What's your plan for homework? What do you still need to do before bed? What is still left on your project? ("Awesome plan!")
- **Wrong Choices:** Allow wrong choices, empower them to figure what works better. Use questions to help guide. "Oh yeah that didn't work how you wanted? Hmm ok, what will you try now?"
- **Conversation:** "Would you like more control over school? What are some jobs you'd like to take over? Where can I give more choice?"

Provide CHEERLEADING for ENCOURAGEMENT

- **Focus on Strengths:** You may need a more positive mindset, give compliments, reminders of past success, stop comparing.
- **Baby Steps:** Less missing assignments, all B's
- **Praise Progress:** "Look how much better you did with..." "Your grades have risen a few points!"
- **Cheer Through Failure:** "I know you're not doing as well as you'd like, but you'll get there. I love you even when you make mistakes."
- **Conversation:** "You seem really discouraged, maybe by overdoing I made you feel that you can't, and I'm sorry. How can I help you feel better? Let's rethink school expectations."

3. HOMEWORK!

1. What are some ways you and your child could get on the same team so it's "US vs. THE PROBLEM"?
2. How do you think your child feels? What might they need?
3. What are your most common telling statements? How could you change them to questions or use choices to promote ownership?
4. What are some of your child's strengths? How can you let them know you see those and therefore believe in their ability? How can expectations be lowered so they find success?