



Grandparents Corner

January 2017

Tips for Motivating Your Child

We all know that you can't make a child care or be motivated just because we want them to. This turns into a power struggle.

What is the child's responsibility and what is our responsibility? If your child isn't finishing their work, your job as a parent is to hold them accountable and teach them how the real world works. In the real world, if you don't finish your work, you won't be paid. Give consequences to show your child what the result of their poor choices is. Consequences aren't there to create motivation; you give them because you're doing your job as a parent or guardian.

You can't motivate another person to care. Your role is to inspire and influence.

Below are some tips for inspiring motivation in kids.

- **Don't let your anxiety push them to get motivated.** You will only motivate them to resist you or to comply with you to calm you down so that you will leave them alone. This won't motivate them as much as teaching them how to appease or resist you. Your anxiety and need for them to care will just create a power struggle between you and your child.
- **Be inspiring.** The only way to motivate is to stop trying to motivate. Instead, work toward inspiring your child. How do you do that? Be an inspiring person. Watch your own behaviors. If you are too controlling, your child is most likely to run the other way.
- **Let your child make their own choices and face the consequences.** When it's a poor choice, hold them accountable by letting them face the consequences that come with it.
- **Ask yourself these questions:**
 1. What motivates my child?
 2. What do they really want?
 3. What questions can I ask that will help them discover and explore their interest?
 4. What are their goals and ambitions?
- **Choose which door you want to enter.** Imagine two doors. Door Number One is for the parent/guardian who wants to motivate their child and do the right thing in life. Door Number Two is for parents/guardians who want to their child to be self-motivated and to not only do the right thing, but who also want to do the right thing. Which door would you enter? If you choose door Number One, then the way to achieve that goal is push, punish, beg, nag, bribe and reward. Door Number Two will have you reaching that goal by asking different kinds of questions. What's the difference? Be an investigator, exploring and uncovering. Door Number Two will help your child discover their own motivations and sticking points.
- **It's not your fault.** Remember, your child's lack of motivation is not your fault, so don't personalize it. When you do this, you may actually contribute to the underachieving by creating more resistance. Our responsibility is to help our kids achieve, not do it for them.

Source: www.empoweringparents.com

QUICK QUIZ

Caregiver Assistance Newsletter - January 2017

Meaningful activities can reduce the risk that the person with Alzheimers disease will become agitated or behave in ways that may upset them and others. People with dementia have difficulty planning and choosing safe activities. You will have to choose the activity and create the physical and emotional environment in which the person with dementia can safely do it. Read the issue and answer True or False to the questions below.

1. All people with Alzheimer's become physically aggressive. T F
2. Violent behavior may be the way this person is responding to changes in their brain or to events that they do not understand and interpret as dangerous. T F
3. A situation in which the person with AD feels threatened will likely make them more upset.
T F
4. Restrain the person if they start threatening you. T F
5. Due to changes in the brain that are caused by Alzheimer's disease, people with AD are at especially high risk of falling. T F
6. A person with Alzheimer's should not have access to guns. T F
7. Dementia affects one's ability to control emotions, which can result in bursts of unpredictable anger, making it especially dangerous to have guns accessible. T F
8. In the middle stage of Alzheimer's disease, a person may sometimes act in ways that seem aggressive. T F
9. The doctor who conducted the diagnostic evaluation can help you know what activities are still safe to do. T F
10. Changes in balance and coordination combined with poor memory can make it difficult for a person with AD to get from one place to another and avoid hazardous objects at the same time. T F

KEY: 1. F 2. T 3. T 4. F 5. T 6. T 7. T 8. T 9. T 10. T