How to Teach Kids To Stick With Challenging Things

To do well in school and life, kids need to learn how to stick with something, even if it’s hard.

1. IDENTIFY SOMETHING HARD TO WORK ON
With your child (or as a family), identify a hard thing to work on for the next week or two. It can be anything as long as it’s something the person wants or needs to do, it’s a goal that can be accomplished, the person might struggle with it, and the person agrees to stick with it.

2. ENCOURAGE EACH OTHER
Someone is likely to get discouraged or want to quit. Encourage each other through the process. For example, if someone says, “This is too hard,” encourage them to say, “This will take some time and effort.”

3. REFLECT
Ask your child how it feels to be doing the activity. What feels hard? What could make it easier or more doable? Oftentimes, it’s a matter of asking someone for help and patiently solving problems, one by one, little by little.

4. CHECK IN REGULARLY
Check in and see how everyone is doing with their hard thing. Talk about your plan for the week ahead.

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