

# Five steps can help your child break the procrastination habit

At one time or another, most kids put off doing homework or chores. Besides driving parents crazy, procrastination can cause kids to do poorly in school.

Help your elementary schooler break the procrastination habit with this simple five-step process. Have your child:

1. Select just one thing to do. Sometimes kids feel overwhelmed. Tell your child to focus on one thing at a time.
2. Time herself. Get a kitchen timer and set it for 30 minutes.
3. Ignore everything else while the timer is ticking. Don't use the phone. Don't sharpen every pencil.
4. Avoid breaks. If your child didn't get a glass of juice before setting the timer, she's out of luck for 30 minutes.
5. Reward herself. Let your child see the link between doing the work and getting to do something she likes, such as playing on the computer or staying up a bit later to read in bed.

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