

How to Help Children

Overcome Procrastination



1

Be a good role model. Don't procrastinate on daily work



2

Maintain a daily routine in your family; a time to work, and a time to play



3

Use visual cues such as a clock with a second hand so that your children can see the time passing



4

Explain to your young children the steps in a simple and clear way "step one..., step two..."



5

Teach your children to break down overwhelming tasks into smaller, manageable parts



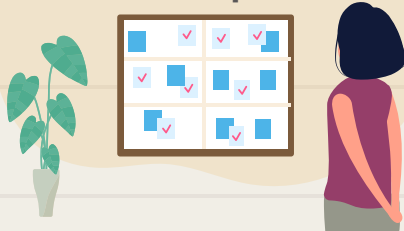
6

Put away irrelevant items (e.g., cell phones) to minimise distraction



7

Set realistic expectations and remind your children "Done is better than perfect"



8

Praise your children after they complete their tasks

