








## STUDY TIPS : INITIATION

Some children find it challenging to get started with tasks (e.g., homework, chores). This can look like procrastination and often results in not having enough time to complete schoolwork.

**Initiation** is the ability to start an activity without prompting from others or delay.

Below are some strategies for how you can help your child build their initiation skills:

-  If your child has trouble beginning because of worries of not getting the answer correct or their work being perfect, emphasise the importance of getting as many ideas down as possible first (i.e., “brain dump”). Work can be refined later in the process.
-  Create a homework plan (this could be daily or unique to each weekday). It’s important that the plan is consistent and not often changed. Homework plans should have short breaks scheduled into them and outline what time homework should commence and end.
-  If your child did not complete or submit an assignment, encourage them to complete the assignment anyway (even if they will not get credit) to learn the concepts and study habits.
-  Ensure there is a lot of routine around the tasks and activities your child has difficulty initiating. It can be helpful to write down (or draw) each step of the routine that your child is expected to independently complete. This list can help them remain aware and on-track of the tasks they are supposed to start.
-  Check if your child has large school projects coming up. As soon as possible (e.g., when the assignment information is released), help your child break-down the project into the smaller tasks (e.g., choose a topic, perform the experiment, research Question 1) they will need to complete towards finishing the whole project.
-  Limit the number of distractions around your child when they find it challenging to make a start on an activity.
-  Study a little bit each day (rather than “cramming” on less days). Study includes homework and creating study materials (e.g., notes, diagrams of concepts, lesson summaries).