

# Put an end to procrastination by doing the crummy job first!

Your child has math homework, a book report and spelling homework. He hates spelling. So you should tell him to do the spelling first. Here are the reasons:

- Crummy jobs are a part of life. We all have to do some things we don't like. Talk to your child about some of the jobs you don't enjoy doing, but have to do anyway. Doing the laundry and cleaning the bathrooms every week isn't fun, but what's the alternative?
- Putting off a difficult task just makes it—well, more difficult. Until he gets that spelling finished, it's going to occupy his mind and hang over his head.
- Finishing that dreaded task is going to feel wonderful. Help your child learn to focus on how great he'll feel when the job is finished—not how he feels while he's doing it. But let him know that it's also OK to build in a small reward for finishing an unpleasant task, such as spending 10 minutes shooting hoops.

Sometimes, all it takes is a little push. Set a timer for 15 minutes and say, “Work on your spelling for 15 minutes. Then you can stop.” Once your child gets started, it may not be as painful as he thought.

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