

Ask questions to make sure your expectations are realistic

High expectations are linked to high accomplishment. But how can you tell if your expectations for your child are also realistic? After all, you want to motivate him, not set him up for failure.

When setting expectations, ask yourself these questions:

- Are they appropriate? Take your child's development into consideration. In addition to his age, think about his personality and maturity. Goals shouldn't be too easy or too difficult for him to reach.
- Are they easy to understand? State your expectations in simple and clear terms. For example, "I expect you to start your homework by 4:00 each day."
- Are they important? Make sure you choose expectations that focus on the behaviors you want your child to develop. If you want him to be respectful and to succeed in school, set expectations that promote those outcomes.

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