



MOTIVATION

**Using Traditional and Non Traditional
Ways to Keep Children Motivated
During Interactive Metronome
Sessions**

Why is Motivation Important?

🌀 **Helps you get going and motivates you to achieve.**

- Do you notice a difference between working on something you like (vacation planning) vs. something you don't like (taxes)?
- When we are motivated, the work seems to take less effort



Why is Motivation Important?

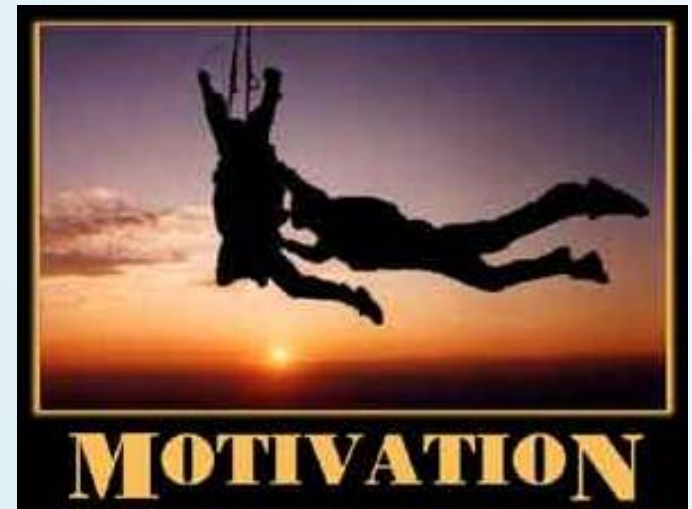
🔄 It keeps you going!

- Once we get started on something, we need to keep up our motivation or we lose interest.
- We need to be able to overcome any “bumps” in the road along the way



Why is Motivation Important?

- **Makes you go above and beyond!**
 - If you are motivated, you will accomplish more without anyone asking you
 - You will work harder and learn more from your experience



Why is Motivation Important?

☞ It makes things more FUN!

- When you lack motivation, things seem long and endless.... BORING!!!
- When you are motivated, your perception is different.
- When the process is long, those with motivation will endure and actually enjoy what they are doing.



Motivating Our Children



⚡ 2 Types of Motivation

- Intrinsic Motivation – reward comes from within yourself
 - Don't need a constant prize or sticker etc.
 - You enjoy achieving your goals
- Extrinsic Motivation – reward comes from outside yourself
 - Rewards can be immediate, or spaced out
 - Needs to be totally tailored to fit the child you are working with

Motivating Our Children

☞ Which type of motivation do we use?

- BOTH! Some children need that physical, visual, sensory, auditory “prize” to keep them motivated.
- Children may even need external motivation initially, but will then switch to internal once they start achieving some success with the program.
- Children who are motivated seem to achieve higher goals and greater success.
- Younger or developmentally delayed children may need external motivation throughout their session.

Motivating Our Children

Therapeutic Use of Self

- Take the time to get to know the child's interests, likes, favorites, dislikes etc. so you can tailor the program to keep them excited to come to the clinic.

Parent Involvement

- Discuss a reward system with the parent prior to starting the IM program. They know their child the best and what will motivate them.
- The parent NEEDS to stick to the program (so make sure it is achievable and realistic).

Motivation

Persistence

- A motivated child is a child who will “stick with it”.
- An unmotivated child will “give up” easily.
- Children learn persistence when they are successful at completing a task.
- We need to learn persistence to focus and attend to a task. If we are distracted by everything around us, we will have a difficult time accomplishing things in life.

Motivation

🌀 “Just Right Challenge”

- This is a key to your whole program!
- To keep motivation, you must challenge them, but not send them over the edge.
- Set goals and activities which will give them confidence, and a desire to improve.
- I allow my kids to choose when they want to move up to the “next level” in IM when it comes to bursts.
- Is there a way that you can let them have any control over the exercise?



Motivation

🔄 Watch Behavior and Emotion



- Motivated children are happy and keep working hard.
- If they are losing interest, it's a sign that they are losing motivation, and you need to change something in the program.
- Help the child to see his own progress, and point out new skills learned.

What can we do?

- 🌀 Believe in the child
- 🌀 Emphasize their strengths
- 🌀 Vary your activities and keep them age appropriate
- 🌀 Use consistent rules
- 🌀 Achievable goals
- 🌀 Assign “homework” that will compliment their skill level
- 🌀 Involve the parent in the “cheerleading”
- 🌀 You be the best “cheerleader” of all!



Traditional Reward Ideas

Stickers

- Charts or just stick them right on the child (if they want)
- Depending on the child and where they are in the program you could give a sticker for:
 - Each “burst” that the child gets (in the beginning may want to set the burst threshold at 2)
 - Each exercise completed
 - At the end of the session

Parent Time

- Special time at the playground, taking a walk together, “special time alone” with mom or dad or earning a shopping trip/movie night for an older child/teen.

Traditional Reward Ideas

🔄 Treats

- Sometimes for the first few sessions, parents will bring in a special treat (popcorn, mini m & m's, pennies) and the child will earn 1 treat for each burst.
 - Very motivating to see a pile of pennies or popcorn waiting for you at the end of your session!
 - Whether they earn 1 treat or 100 treats, I always encourage them and cheer them on that I am so impressed in what they can do!
- Using treats to benefit the child overall?
 - For some of my children with SPD/ADHD, the use of a piece of gum helps to increase focus and attention due to the proprioceptive input given through the jaw.
 - The child perceives this as a treat, but the proprioceptive input gives us a better overall session because it helps them to organize themselves and improve their focus on the task.

Traditional Reward Ideas

Monetary Reward

- Some of the older kids I see are very motivated by money.
- I have had parents have their child earn a penny per burst or a dollar per session.
 - Many times the parent is helping the child to purchase a “prize” at the end of the session.
 - Remember, parents usually have a good idea of what motivates their children!

Going to a special event

- The child earns “tickets” or points to attend a special event which can be anything from a baseball game, a movie, overnight time at Grandma’s etc.

Non Traditional Reward Ideas

🔄 Breaks

- Some children are overwhelmed by activities which require a lot of repetitions.
- Allowing them to earn a “break” may motivate them to increase their time at a certain task.
 - Provide break choices that are still therapeutic
 - Earn pieces to play a game at the end
 - Earn minutes to go to a “sensory room” for vestibular or proprioceptive input
 - This gives you a chance to look for functional changes (improved focus, attention, organization, walking, coordination, speech etc.)

Non Traditional Reward Ideas

➤ Earning other “IM” activities

- Utilizing a special piece of equipment.
- Creating a new exercise using their ideas.
- Make the exercises special, “add in” sitting on a therapy ball to a simple exercise or standing on a balance board.
- Use action figures or fun sensory toys to “jump” on switches.
- Set up activities in a different location – on the floor, on a Velcro wall.



Non Traditional Reward Ideas

🌀 Therapeutic use of self – This means YOU!

- Participate in the exercise with the child by alternating turns – see how many “team” bursts you can get!
- Cheer on your patients!
- Allow them to set goals to meet (I want 5 bursts today) and then when they meet it, encourage a new goal!
- Tell them what hard work IM is and what you felt like when you did some exercises! Tell them about athletes who use IM too!

Non Traditional Reward Ideas

🔄 Use of a Leader board

- Kids get to write their name on the board and keep a running tally of their bursts.
- Especially motivating to our ADHD and teenage clients.



Motivation

Bio

- I am an Occupational Therapist at duPont Hospital for Children in Wilmington, DE and have worked there for 21 years. For the past 8 years, I have had the privilege of incorporating IM into the clients sessions and seeing the improved results. Motivating the children to do their best has been a very fun challenge for me. I enjoy getting on their level and trying to figure out what makes them do their very best. Through the use of appropriate activities, rewards and challenges, the kids and I have come a long way!

Bibliography

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<http://debbieroberts.hubpages.com/hub/What-is-motivation-and-why-is-it-important>
- And thanks to my wonderful kiddos at duPont, each one of you has taught me so much!