

# How To Teach Your Kids Not To Quit

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**How to teach your kids not to quit-  
6 Tips to encourage persistence**

- Keep expectations for task completion realistic. Challenge, but don't overwhelm.
- Keep energy levels optimal. Provide nutritious food to increase energy and persistence.
- It's OK to get tired. Recognize when a child needs to recharge and encourage an active break.
- Encourage and design tasks with observable progress. Increase perseverance by engaging in step-by-step tasks.
- Rome wasn't built in a day. Encourage a child to work hard for a specified amount of time and then take a break
- Get them enthused before starting. Make tasks more interesting for a sluggish, disengaged child.

*note to self:*  
**DO NOT QUIT**