

# Pointers For Parents

## Get Kids To Do The Things They Don't Want To Do

by Jen Singer

(NAPSA)—Whether it's eating veggies, brushing teeth, doing homework or cleaning their room, most parents will tell you that it's hard to get kids to do the things they don't want to (but need to) do.

Fortunately, there are a number of things parents can do to make these activities more fun and encourage kids to be more cooperative.



Singer

**Veggies**—Use a two-fold plan: choice and reward. They get to choose which vegetable they want to eat, but only get dessert if they eat them. And they always want dessert.

Sectional plates also help. Instead of playing with their food, everything is neatly laid out in front of them so they can tell exactly how much more there is to finish.

**Brushing Teeth**—A recent survey showed that many parents think there is some problem with the way their children brush. To help them brush better, make it fun!

Try introducing Listerine® Agent Cool Blue™ Plaque-Detecting Rinse into your kids' oral care routine. This new product, which has been granted the American Dental Association's Seal of Acceptance, "tints" the plaque on kids' teeth blue after they rinse with it for 30 seconds, allowing them to see the areas that need more brushing attention. And because it's from the makers of Listerine, it kills bad breath germs, too. Kids will have fun making the blue on their teeth "disappear," and parents will be happy to know that their kids are developing better brushing habits, which means they'll have cleaner mouths.



**Experts say the best way to get kids to do the things they don't want to do is by making it fun. For example, find a fun way for kids to brush their teeth.**

Visit [www.AgentCoolBlue.com](http://www.AgentCoolBlue.com) to learn more.

**Homework**—Schedule homework for the same time each night, so there are no surprises. When kids walk in from school, write their assignments on a chalkboard. Then let them play for a while and sit down for dinner so they do something they like before starting homework.

After dinner, it's the scheduled time to start homework. As they finish an assignment have them wipe it off the board; they'll feel a sense of accomplishment and parents will be able to keep track of their progress.

**Cleaning Their Room**—While kids may not notice the mess around their room, parents certainly do. Make cleaning up fun by turning it into an art project and decorating organizational objects together, like shoe racks and expanding file folders. Then have them use the objects to organize their room.

*Jen Singer is the author of "14 Hours 'Til Bedtime: A Stay-At-Home Mom's Life in 27 Funny Little Stories."*