

To Get Help From A Little Kid, Ask The Right Way

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NPR:

Motivating children to stop playing and help out with chores isn't exactly an easy sell, as most parents and teachers will attest. But how you ask can make all the difference, psychologists say.

If you say something like, "Please help me," the kids are more likely to keep playing with their Legos. But ask them, "Please be a helper," and they'll be more responsive, researchers report Wednesday in the journal *Child Development*.

Being called a helper makes kids feel like they're embodying a virtue, says Christopher Bryan, a psychologist at the University of California, San Diego and one of the researchers behind the study.

Read the whole story: [NPR](#)