

6 Steps to instilling healthy habits in your child

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Hello !!!

- I'm Swati, have 8+ years of experience making your parenting journey easier, happier, more satisfied, and confident. I'm the author of book "The Power Of Parenting," and the founder of "The Elegancia Play School". I am predominantly the originator of the "Curated Parenting Hub" which cater to early childhood education and empower parents to help their children to reach their full potential.
- I'm on a mission to help parents find happiness and deep affinity in their parenting journey.



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Introduction

Parents can assist their children in developing healthy habits from an early age. This will provide long-term benefits. As a parent, you can encourage your children to develop good habits such as good social skills and manners, as well as assist them in evaluating some of their food choices and physical activity habits. A habit takes time to form, so parents must be patient with their children. Repeating a behavior or action on a daily basis will assist your child in instilling it more quickly.

Here are some pointers and guidelines to help you get started.

Resource 1

Be a Role Model

A role model must demonstrate that they are willing to put in the effort to reap the benefits of success in order to be effective. The ability to focus on and produce high-quality results is a valuable skill, which is why it is such an important trait for a role model to possess.

Setting a good example for your children is one of the best ways to instill good habits in them. Your child learns by observing your daily habits and behaviors. As a result, it is critical that you give your all so that he can do the same.

Children learn many things to

Resource 2

Manners are important

A person with good manners is considerate of the feelings and sentiments of those around them. He or she never differentiates between people and treats everyone equally. Modesty, humility, kindness, and courtesy are essential characteristics of a well-behaved person.

It is never too early to start teaching children good habits. Encourage your child to use phrases such as "Thank you," "You're welcome," and "Excuse me." Teaching them these phrases at a young age will help them incorporate them into their daily lives.

Resource 3

Physical Exercise

Physical activity extends beyond organized sports. Everyday activities such as walking the dog, planting a garden, playing tag, building a snowman, and even household chores such as sweeping or shoveling the driveway can be included.

Nowadays, children spend a lot of time indoors, either watching television or playing video games. Children who are inactive are more likely to develop chronic diseases. Allowing your child to choose the activities he or she enjoys will encourage them to stay physically active. This could include swimming, biking, or simply running outside. Staying physically active as a child will become ingrained in them as they grow older.

Resource 4

Promote Family Bonding

Spending time as a family strengthens the parent/child relationship. It also makes children feel as though they are a part of a support system. They feel more secure and accepted, which helps them grow into strong, confident, and self-sufficient individuals. Furthermore, allowing for continuous open communication with your children fosters a higher level of trust and understanding. As your children grow older (especially during their adolescence), it is critical that they feel they can talk to their parents about ANYTHING! This frequently encourages children to think before acting and to make better decisions.

Resource 5

Your Child Should Be Rewarded

It is a wonderful idea to reward your children for good behavior. This will keep them motivated and help them to perform at their best at all times. A key point to remember here is to avoid rewarding your child with materialistic items such as chocolates or an hour of television. Find alternative ways to reward good behavior. Make the rewards intangible, such as a hug or a word of thanks.

Resource 6

Set ground rules:

It is critical that you establish ground rules for your children as a parent. It is now time to establish a routine and a timetable. Set aside specific times for play, homework, and screen time. Make an effort to create a flexible routine and avoid being overly strict when allocating time for study and play. Make time for play because it aids in both physical and mental development.

Happy Parenting

I hope you find this E-book useful.

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