

## How Do Kids Build Good Habits?

### Description

Kids build good and bad habits alike as they grow. A lot of it is dependent on what they see around them, but sometimes you have no idea where a certain behavior or attitude comes from! But habit building rarely happens by accident, and when it comes to [instilling healthy approaches](#) to life in your kids, there's a lot you've got to understand.

That's something we want to focus on down below. Kids can build good habits in a variety of ways, but how can you take action as their parent and help them along the path? Here are a few good methods that are tried and tested.



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### By Having Fun

Having fun is the biggest incentive to help a child create a healthy habit. Even when it comes to booking a [dentist](#) appointment and convincing them everything is going to be fine, a fun activity can turn the tide!

Kids learn the best when something is positive; that reminds them that the world can be full of whimsy. Whether this means taking them for a pizza afterwards or promising they can get all their toys out for a playtime session when you're home again, the more the better!

### With a Bit of Patience

If you're trying to teach your kids good habits that'll last a lifetime, it's not going to happen overnight. Kids need time to learn, adjust, and pick up on the good ideas you're putting down. Give them a chance, they've only been around for a few years!

This means talking things through calmly when they forget to do certain actions like brushing their teeth, or when they refuse to eat their vegetables at dinnertime. Simple mistakes happen all the time, and you can always try again at bedtime or their next mealtime. And the more you reinforce the habit by actively and positively encouraging it, the faster it'll form!

### **By Watching You!**

Kids pick up the most about life by watching their parents. [Even small things](#), like the way you smile and tilt your head, or the way you sit on the sofa to watch TV, your kids will notice and do it too. You're their parent – they want to act like you!

So, when it comes to helping them build good habits, you need to be their number one role model. Someone they can look up to, that you personally know they can trust and should be following along with.

Otherwise they may learn elsewhere without you knowing, from their favorite teachers, TV shows, and online creators. While this isn't necessarily bad, it can make for a mean deficit in the way they learn from you, or even follow the rules you set. Remember that above all else healthy habits start at home!

Kids build good habits in ways unique to them, but you can use some general tips like these to help them along. And if your child has any questions about these healthy habits, be open with your answers.

**Date Created**  
2023/05/19