

Tips To Teach Good Habits To Your Child



Model good habits as children often learn by imitating the people around them.



Establish clear rules to help them understand what is expected of them and how to behave.



If they fail to exhibit good habits, promptly follow through with consequences.



Provide them with a structured environment at home to practice good habits.



Use positive reinforcements such as rewards and praises to encourage continuing to exhibit good behavior.



Encourage independence to take on age-appropriate responsibilities to help them imbibe self-discipline.