What is a habit?

A habit is something we often repeat in a familiar situation.

We can notice our actions and gradually choose a more helpful way.

Everyday actions that help

Wash your hands with soap before eating.

Prepare what you need before an activity.

Start with one clear action.

The same object, different situations

A phone can help find learning material when the teacher allows it.

Opening every notification during a task can interrupt it.

The situation and consequence matter more than a good or bad label.

Change the action, not the child’s worth

After play, objects sometimes remain in the walkway.

Instead of blame, an adult shows how to put away one group of things.

If it does not work, make the step smaller and try together.

One small experiment

Choose one thing you want to change.

For example: return five building pieces to the box with an adult after playing.

Mark the attempt; after a miss, start again calmly.

Your next step

Choose one action and finish: “After ___, I will ___; ___ will help me.”

Sources

CDC: hand hygiene as a family activity - https://www.cdc.gov/clean-hands/prevention/

AAP: guiding a child and discipline - https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Disciplining-Your-Child.aspx