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Help Your Kids Develop Healthy Habits and Make Good Decisions

Set your child up for success by helping them make healthy choices and being a good role model. Developing good habits at an early age can help your child as they grow and develop throughout their teen years and into early adulthood. Encourage them to find enjoyment in activities and practices that promote wellness, and teach them about temptations they should avoid. If you are a parent wondering what you can do to educate your child about how to make life choices wisely, here are five general guidelines.

Focus on the positive.

It's easy to get sucked into obsessing over dangers to your child's wellness, but then you end up focusing only on negative imperatives. Yes, your child should be aware of possible threats and dangers, but you also don't want them to view the world fearfully. Rather, you want them to have confidence in themselves. It's important for your child to be focused on positive, attainable goals. Teach them [to appreciate](#) the flavors and varieties of good foods instead of simply warning them away from the bad. Help them to recognize and develop good relationships and healthy modes of interaction.

Encourage their interests.

When children and teens have an array of interests to pursue, this keeps them engaged and upbeat, rather than bored and dispirited. Discuss with your kids what activities they enjoy, what subjects they find fascinating, and what new things they'd like to try. Per Understood.org, kids who are interested in sports should be [given opportunities](#) to explore different options in a safe and low-stress environment. If your child is drawn to music and the arts, look for local classes where they can develop their talents. For kids who are interested in learning about new things — such as history, natural science, or world cultures — [find them](#) some informative and entertaining videos.

Get them involved in home life.

Kids who are invested in family life will take pride in how they contribute to their home, whether by doing chores, helping prepare meals, or sharing in decision-making processes. This will help them develop good habits that will make life easier for them once they leave the home. If your kids are interested in the culinary arts, help them shop for new ingredients, try [recipes](#) from around the world, or even start their own [vegetable garden](#). Kids who are drawn towards history might enjoy putting together scrapbooks on family history and genealogy. [Invite them](#) to do interviews with their grandparents and other older loved ones to better appreciate their own roots and the diverse history of our nation.

Teach them to set boundaries.

Your children will be better prepared to make good choices, avoid temptations, and protect themselves when they have [been taught](#) how to set healthy boundaries. Encourage them to understand and express their emotions, including when they have questions or feel uncomfortable. Let them know that people's bodies belong to themselves — that they can and should set physical boundaries and respect the physical boundaries of others. Help them to understand when and why it is acceptable for them to say “no.”

Model good behaviors.

As Verywell Family explains, your children will be more likely to adopt good habits [if you](#) lead by example. This includes eating healthy, exercising regularly, avoiding overconsumption of alcohol, and maintaining an organized domestic space. You can also inspire your kids to pursue their goals by doing so yourself. Show them what it looks like to set objectives and aim for them. If you are unsatisfied with your work, consider training for something new or earning an online degree. A degree in computer science [can prepare](#) you to pursue all kinds of new lines of work, from architecture to AI. Or, consider studying business management if you're dreaming of launching your own company.

Working with your child on creating a culture of wellness at home will prepare them when they are on their own later. Additionally, it will help you to take responsibility for your own choices and habits. Talk to your kids now about any questions they have, their hopes for the future, and how you can help them pursue their dreams.

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