

GOOD HABITS DIE HARD

(Habits learnt at the early years stay with us life long)

The nursery team will be instilling good habits and values through every small act at the nursery. There are certain things parents can do at home-

Two thumb rules:

- Lead by examples - children are observing and absorbing
- Children learn faster by 'DOING', So let them 'DO'

How true is this Chinese proverb "I hear I forget; I see I remember; I do I understand"

Wake-up alarm



- Make the child wake up with the help of alarm.
- Involve the child to set the alarm
- This will set the habit of waking up on own

Good eating habits



- Avoid going behind the child with a plate of food
- Have a fixed schedule for eating
- Let the child sit at the table with you
- Involve the child in laying the table, carrying small items like spoons, napkins before and after the meals
- See to it that you are following the table etiquette – no noise while chewing, no slurping, and no wiping hands to table cloth / gown.... The child is watching!



- Give a variety of foods at each meal
- Avoid giving fried, high calorie food as daily diet. 'Obese child grows into an obese adult'
- Let fruit pieces, healthy snacks be easily accessible to the child, so when child feels like munching he can have those
- Wash his hands and rinse mouth after each meal

Bed Time



- Changing into bed-time clothes, brushing teeth, visiting the toilette and washing feet before going to bed is a must



- Read a bed time happy story
- Talk about the 'things to do' on the next day

Self-help



- Washing own undergarments is a good habit, increases the life of clothes too
- Involve him in washing a small hanky/socks/undergarment daily. Take care that the child does not get wet and fall sick
- Have patience; Let the child explore- e.g. let him explore how to peel off the gift wrap, open a box, play with a new toy, do not snatch the thing from his hand
- Giving him hand tasks will help as pre writing skills

Reading



- While reading let every family member use a book mark. Its good for the book's life
- While closing the child's book let him insert the book mark
- Making book marks as part of craft activities will help
- Reading a story book helps in many ways
- Allow the child to flip through books
- Keep talking to the child about the pictures, teach to observe small details in order to enhance comprehension
- At bedtime read a happy dreamy story and talk about next day's things to do
- Label objects around the house-e.g fridge, TV, table....
- You must give importance to reading. The child will follow Keep talking to the child normally(NO BABY TALK) in order to develop good language skills
- Let him have his corners or own spaces with which he can identify. Let him have activities daily, associated with those spaces at specific times.
This will give a feeling of security and help in developing a habit of self studying

Good deeds



- Introduce a piggy bank now. Periodically buy a toy/ book/ big chocolate using the saved money
- This will develop into good saving practice later
- Making the child aware of saving energy at this stage will be useful. You have to lead by example
- Make child close tap in time, have a bath using bucket, switch off light/TV/music when leaving the room



- Make use of old boxes as containers to store toys, pencils and crayons, papers and reuse one sided blank papers



- One good deed a day. Doing an act of kindness will always give the child happiness
- Make conscious effort in sharing and caring – stroking/feeding pets, sharing toys and space with other children, visiting a sick friend, caring for grand/parents, helping the maid ...show pictures of the children of the world .. in good as well as bad circumstances



- Plant a sapling, water a plant, use a bin in park/mall
- Give a token reward for the kindness done



- There must be many more things you must be doing successfully. Please do share your success stories so that other parents can benefit



We are always there with you to share your concerns and finding solutions to make things work for your children. OUR BEST WISHES ARE WITH YOU