

# GOOD KIDS BAD HABITS

The RealAge® Guide to Raising Healthy Children

## Seven Steps to Raising a Lifelong Learner

- 1. Define their learning style.** Figure out if it's primarily:
  - Visual—learns best by seeing teacher demonstrations, diagrams on board, pictures in books.
  - Auditory—learns best by listening to lectures, discussions among classmates, even audio books.
  - Kinesthetic—learns best by doing, engaging with the environment, role playing.
- 2. Enlist help.** Partner with your child's school to implement a program that encourages success.
- 3. Keep focused.** Help your child work on what needs to be worked on first, finish it, and then move on.
- 4. Celebrate success.** Praise kids often for what they're good at and encourage continued growth in those areas.
- 5. Stay positive.** Don't allow children to define themselves by limitations: "I'm no good at math" or "I'm a bad reader."
- 6. Track progress.** Spotlight how hard they try, how far they've come.
- 7. Provide perspective.** Let them know that you make mistakes, that perfection isn't the goal, and that errors are an opportunity to learn.