

TIPS FOR RAISING HAPPY AND HEALTHY CHILDREN

Tip #29: Building Curiosity

When you read a book, watch a film or just walk by someone, use "I wonder" questions: "I wonder where she's going." "I wonder why they're doing that." "I wonder what happens next."



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Tip #30 – Developing Perseverance

Some kids give up because they feel overwhelmed with "all the problems" or "all their assignments." Chunking tasks into smaller parts helps kids who have difficulties focusing or getting started. You can teach your daughter to "chunk it," for example, by covering all her math problems with a piece of paper, except the top row. Lower the covered paper down the next row and the next as each row is completed. Confidence and perseverance build as kids complete larger chunks alone.



Prevent Child Abuse
New Jersey™

103 Church Street, Suite 210

New Brunswick, NJ 08901

732-246-8060

preventchildabuseNJ.org