

Encourage Fruit to Children through Development of Personal Skills

Fruit is good for health and parents caring about children's health would often serve them with fresh and tasty fruit which are properly cleaned and prepared. But as children grow, parents would also expect them to develop self-care abilities (including a habit of regular fruit consumption) and therefore over-reliance could be avoided. What's more is that it would always be better for children to develop their self-care skills and incentives in the cultivation of healthy lifestyle.



Appreciate children's developmental stages

Appreciate

Children learn how to take care of themselves in stages. They would eventually acquire skills that are initially incapable of mastering, especially after appropriate training. It is therefore important for parents to appreciate their children's stage of physical and cognitive growth during the development of personal skills.

Set reasonable targets and tolerate mistakes

Set

Setting an unreasonable target or getting mad when children make mistakes can be discouraging. Parents should know that encouragement is always better than criticism or negative remarks. Be realistic with your expectation and allow children to commit mistakes.

Praise

Praise and Encouragement

When children complete a task, it is important to show them praises or gestures immediately, such as giving thumbs up or clapping. Children's positive behaviours may also be reinforced by a token system. It is recommended that the token rules should be set by parents and children together; for example, they can decide on a number of stamps or stickers to be collected by the children before a reward is given to them. Nonetheless, rewards can tail off once the good habits are established. The key to success is early recognition!

Try

Try this on your children

1. Establish a learning objective

- Involve children in the preparation of fruit for the family

2. Devise small and simple steps for your children

- Buy fruit together with parents
- Bring fruit home (subject to children's ability)
- Put fruit into the fridge
- Clean hands before preparing fruit
- Take fruit out of the fridge
- Clean fruit
- Peel or divide fruit into small pieces
- Clean cutleries and plates
- Serve fruit on plates
- Serve fruit to family members

3. Role of parents

- Give brief and clear instructions to children
- Show how
- Allow sufficient time for children to follow
- Guide or give hints to children without taking over prematurely
- Give encouragement
- Offer help only if children are unable to complete the task, with due recognition for efforts they have made and encourage future attempts

4. Reward as soon as the task is achieved