

It is the parents' habits that affect the development of young children

Few people know that the 8 habits that every parent has to suffer below have a negative impact on the intelligence and development of children.

1. What parents need to do to help children confidently enter grade 1
2. 10 methods of teaching children of Jews, every parent should learn
3. The 'mouthful' statements of parents accidentally depress the child

Every parent wants their children to have the best care so that they can develop comprehensively. But sometimes, it is the overly caring habits that most Vietnamese parents often suffer that negatively affect their intelligence and inhibit their development later on.

For children to develop, parents should give up 8 habits soon. Let your children grow naturally and stay true to their age.

1. Raising thoughts 'don't let the loser from the starting line'



Today many parents always carry in their conception: Do not let children lose from the starting line.

This can easily be seen in the way of life in many families today, parents who make money and spend small amounts to run their children into the best international schools and schools without Do you like it? Can the force of study follow .

Besides, there are days of school without holidays, all day and night for people. It is the concerns and excessive expectations on the children that parents unknowingly put pressure on the shoulders of children, even causing the child to be psychologically afraid to face two failed words.

Sometimes there are things that children have tried their best, but success still does not smile, failures such as children will gradually lose confidence in themselves, leading to discouragement, letting go of the effort.

If this situation continues, children will feel inferiority, inferiority, even slow to understand and stubborn. Therefore, parents instead of forcing their children to follow their achievements should help them to nurture their passions so that children are excited to strive.

2. Start turning children into 'nerds'



In the technology age like today, forming a habit of reading for children instead of using technology devices is a very good thing, helping them expand their knowledge, increase their thinking ability and protect their health.

However, parents should also learn about children's interests, some children do not like to read books, so do not force your child to read to avoid the situation of 'unfavorable benefits'.

In addition to buying books for children, parents should also talk, confide in their children more about reading interests, discuss the contents of certain books . not only help them feel excited but also love Feelings are also

more attached there.

3. Give your child too much to eat



Adequate feeding of your child is good for brain and body development. However, with the development in the food industry, children seem to like to eat prepared foods, synthetic colors and chemicals, which have a significant impact on the brain and health.

In addition, many parents who love their children have supported their children too much, too full, when children eat too full, they will feel tired, sleepy, lazy and also affect their health. like the brain.

4. Let children stay up late



Staying up at night, sleeping late is a common practice in many modern families. It is very dangerous for children to play entertainment phones at night, because blue light emitted from the phone can affect their eyes, brain and sleep.

Children who often stay up late often have a poorer immune system but other children, in addition to hormonal imbalances, affect metabolism, and increase the risk of obesity and many other diseases. .

For children to stay up regularly at night makes the brain gradually degraded, leading to many other systems such as intelligence decline, making children become slow, thinking capacity is limited.

5. Make me form a habit of violence



Parents are a mirror for children to look into and study. It is the habit of scolding and intimidating adults' children who inadvertently makes children learn and form violent habits with others.

Children who live in families with hot-tempered parents often form introverted, timid, self-contained characters and have many negative thoughts.

Parents need to understand that, scolding, beating children does not really solve the problem, it only makes children suffer many physical and mental injuries.

A scientific study has shown that children who are educated in non-violent ways possess intelligence 5 times higher than those who grow up in a violent environment. That means, the habit of hitting children will cause mental impairment in young children.

6. Only study, not play



The study is always put on the top by parents, expecting a lot of children, learning without rest.

When I see my child sitting at a desk reading and studying, everyone will be happy and caring. But when I see you play, the attitude is completely opposite.

Many parents often think, children are often very playful, when playing, it is difficult to get out, it is this concept that many people limit their freedom to play.

In fact, this is absolutely not good, the parents themselves are holding back their child's development. Do not study all day, but let your children have fun and entertainment. Child psychologists believe that "playing, learning and playing" is very beneficial for the development of the mind as well as the process of forming the child's personality.

7. Prohibit children . cry



For fatherhood and motherhood, my tears always make them feel painful, bitter .

So when they cry, they often find ways to scold and flatter their children, even with boys, many people train their children to control their emotions, not cry like a girl. These actions of parents are completely wrong, because crying is a natural instinct to relieve the mood and bring many health benefits.

Crying is a natural instinct to relieve your mood and bring many health benefits.

8. Regularly give negative hints



Humility is a very good virtue and needs to be practiced in every person. But do not always criticize, compare your child in front of others, even if it's just a joke.

Many parents often mistakenly believe that "talking badly" about their children is a way to show humility in front of others. Although everyone knows the strength of their children, but from the mumbling words of their parents, the children assume that they are really "stupid", really "don't know anything".

These negative obsessions will cause children to develop inferiority and to form many negative thoughts.

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