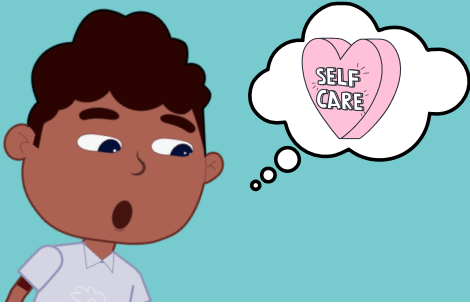


HELPING CHILDREN BUILD HEALTHY HABITS EARLY

Practical Tools & Strategies by Age Group
Start early, start small (Ages 3–8)





Why Self-Care Matters

Children are often reminded what to do—brush your teeth, eat your food, get ready for bed. But self-care is more than following instructions. It's about learning to care for their own needs and feelings.

Teaching self-care helps kids build:

Independence

Confidence in managing their own routines.

Emotional awareness

Noticing feelings & finding healthy responses.

Resilience

Small habits of care that nurture long-term wellbeing.

Empathy

When children care for themselves, they understand caring for others.



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Practical Strategies for Parents



- **Make it playful:** Turn brushing, washing, or tidying into songs, races, or games.

- **Be a role model:** Drink water, take breaks, and show your own self-care habits.

- **Name feelings + solutions:** "I feel tired, so I'll rest for a bit." Kids learn by example.

- **Create small rituals:** A morning stretch, a bedtime routine, or a "one good thing" check-in.

- **Celebrate effort, not perfection:** Praise them for trying, even if it's messy or incomplete.



Age-Specific Focus

Ages 3–4: Introducing Basics

- ✓ Washing hands before meals
- ✓ Helping choose clothes for the day
- ✓ Learning to say "I need help"

Ages 5–6: Building Independence

- ✓ Packing their school bag with a checklist
- ✓ Choosing a healthy snack or drink
- ✓ Helping with small chores

Ages 7–8: Reflection & Awareness

- ✓ Journaling or drawing about their day
- ✓ Setting small personal goals
- ✓ Practicing calm-down techniques



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Practical Self-Care Activities

Gratitude Jar

Place a jar at home where kids can drop in notes about things they're thankful for.



Calm Corner



Create a cozy spot with a soft toy, pillow, or coloring book for when they need a break.

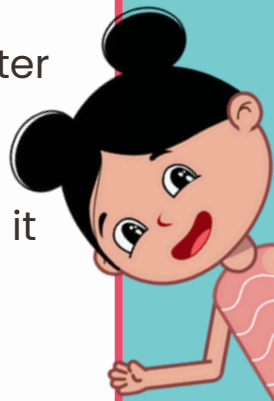
Water Challenge

Track water intake with stickers- make hydration a fun habit.



Note for Parents

- 🌱 **Self-care isn't selfish**- it's about respecting needs, big and small.
- 💡 **Consistency > perfection**- small daily habits matter more than big lessons.
- 💬 **Talk openly about your own self-care** so kids see it as natural.
- 🌸 **Keep it joyful**- let children discover what makes them feel good.



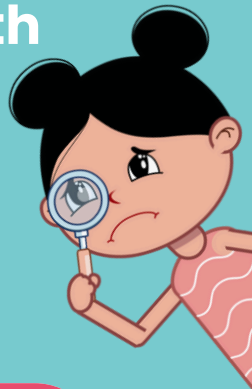
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When Things Don't Go Smoothly

It's normal if kids resist— forgetting to brush, refusing chores, or saying “no.” Stay calm, reset the next day, and remind yourself: self-care is a skill that grows with practice.



Final Encouragement

Teaching self-care early gives children tools they'll carry for life: independence, resilience, and emotional strength. Start small, keep routines light and consistent, and celebrate progress along the way.



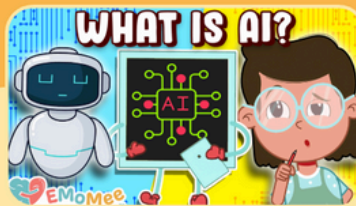
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About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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