

BAD HABITS

Kids are famous for their bad habits. Are you a kid with bad habits? me too. Well, what are we going to do about it? Quit.

by Kwanasia Cole-Brown

facts

Bad habits can be past down from family member like my mom use to bite her nails , my dad bites his nails now I bite my nails also from generation to generation to generation to



Kids have all sorts of bad habits. Everything from nail biting to nose picking gets our parents crazy trying to stop us from doing the bad habit. Here is a little information about why children do these things and maybe it will help them to stop.

THUMB SUCKING

Some people have bad habits because it helps them to calm down when they feel nervous. You see how some people suck their thumbs you might think it weird but not to them. Bad habits usual start when kids are younger like 4 to 5. These are why people do these bad habits. People who suck their thumbs do that to calm themselves like for example if their crying and they are really upset about something like their dad moved away they might suck their thumbs to calm them down like how babies suck their thumbs. Kids who suck their thumbs must have experience it from babyhood. The nipple on a babies bottle they suck on to get the baby formula out makes them stop crying if they are hungry. The same thing with a pacifier. The nipple calms the baby down. The thumb is like the babies nipple on the bottle and pacifier is a little alike with your thumb

NAIL BITING

Some kids bite there nails when they are nervous, or afraid. It might be annoying for you when your parents yell at you telling you not to bite your nails. My mom does the same thing to me because I'm a nail biter, so you are not alone you nail biters. It isn;t a very heathy habit, though. Germs and dirt get under your nails during a busy day and when you bite your nails you get the germs and dirt in your mouth. This can make you sick. The American Medical Associations says you should wash your hands a lot with soap and warm water to keep germs from spreading. But if your hands are in your mouth then you get the germs. Also, when kids bit their nails sometimes the also bit the skin, leaving open cuts which could get infected.

Fact

Bad habits might be a bad thing because when you get older you would mostly still have that bad habit. if you do not break it they are also a good thing because it makes you relaxe.



NOSE PICKING

I really don't know why kids pick their noses. Maybe they think it's interesting to see what's in there. Maybe they don't like the feeling of having snot in their noses. Whatever the reason, it's an unhealthy habit and most people think it's gross. When kids "dig for gold" in their nose, they are getting the germs from their snot on their hands. Then they eat lunch or touch someone else and the germs spread. Some kids even eat the "gold" they find in their noses. The problem with this is that it is like eating cold or flu germs. Would you eat cold germs on purpose? Also, when other kids see someone picking their nose and even maybe eating it, they think the kid is gross and might make fun of them. That would make kids feel bad, right?

tip

Bad habits can happen to anyone so they tease people about because you never know it could happen to you also.



Serious Fact

If you have broken your bad habit and your mom gives you a prize for it, do not try to do it over your bad habit because it will still be hard to break.

HAIR TWIRLING

A lot of girls twirl their hair when they're nervous or when they are thinking. It is like having something to do with your hands while you are trying to concentrate or keep from being nervous. Some girls, because their hair is long, chew on the bottom of their hair. Again, this is spreading germs since germs and dirt get in your hair.



Some kids get rewarded for breaking their bad habits. Some parents give their kids candy or stickers or something else they might like. For example, one parent I spoke to kept her daughter's nails polished and gave her a bottle of nail polish to keep her from biting her nails. She likes it so much that she didn't want to mess it up. Maybe your parents can help you to stop, too. But remember, you are not alone. Most kids have some bad habit they want to break.

