

Good article on parenting that has "choice and avoidance" tips for adults too

Post by "Kalosyni" of March 9, 2026 at 11:26 AM

Quote

The more successful people didn't have better willpower compared to those who were less successful. Instead, successful people set up their lives so they didn't need to use willpower frequently. They exposed themselves to fewer temptations.

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..."Teach them how to choose situations that reduce the likelihood of doing things that aren't good for them. Teach them how to control the temptations," Wood says.

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..."For example, parents can teach kids to leave their phone in another room when they're studying," Wood says, or to use apps that block distracting websites and games. They can teach kids how to keep sweets and ultra-processed foods out of the house and out of their backpack or car. In other words, parents can create times and places in children's life where distractions or temptations aren't an option at all — and show them how they can implement this strategy themselves.

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..."Whether it's eating healthier food or going to the gym, if you make the activity more fun in the moment, then you're more likely to do it again," Milyavskaya says.

So if you want your child to love salmon, talk about how great it tastes with yummy garlicky soy sauce and wild rice. And how great it makes you feel right after eating it. Something that a frozen ultra-processed dinner won't do.

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