CONSIDER THE CHILD'S AGE AND INTERESTS.

Choose tools that are appropriate for the child. Whether it's educational games or interactive apps, a bulletin board, or a sticker chart, tailoring the tools to their preferences ensures a higher level of engagement.

MAKE SURE THE TOOLS ARE EASY TO USE.

They should be easy for the child to understand and use. Complicated tools may discourage them from using them. So opt for intuitive tools that allow them to dive right in.

MAKE SURE THE TOOLS ARE MOTIVATING.

Try to find something that the child is excited to use to help them stick to their resolutions. Look for tools that offer a sense of achievement, rewards, or visual progress tracking.