30 Situations Where FAB Helps When Talking to Kids

Here are the 30 FABs for kids, written so a parent can explain why something matters in a way a child can understand, accept, and even feel good about.

1. Brushing teeth before bed
2. Doing homework before screens
3. Cleaning their room
4. Bedtime routine
5. Eating vegetables
6. Wearing sunscreen
7. Doing their chores
8. Sharing toys
9. Putting things back where they belong
10. Getting dressed on time in the morning
11. Turning off lights when leaving a room
12. Washing hands before meals
13. Limiting screen time
14. Reading for 10 minutes a day
15. Packing their school bag the night before
16. Saying “please” and “thank you”
17. Doing sports or physical activity
18. Helping set the table
19. Telling the truth
20. Talking about feelings
21. Completing tasks before play
22. Not interrupting when others are talking
23. Trying new foods
24. Taking care of a pet
25. Saving some of their pocket money
26. Wearing a helmet when biking
27. Keeping their school uniform tidy
28. Doing small kindnesses for others
29. Helping carry groceries
30. Getting off screens 30 minutes before bed

FAB Formula Refresher

F – Feature
A – Action
B1 – First-level benefit
B2 – Second-level benefit (the “benefit of the benefit”)

FAB Examples for Kids

1. Brushing teeth before bed

F – Brushing your teeth every night
A – Removes food and sugar stuck on them
B1 – So your teeth stay clean and strong
B2 – Which means no painful dentist visits and a great smile

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2. Doing homework before screens

F – Doing homework right after school
A – Gets it done while your brain is still fresh
B1 – So you finish faster and do a better job
B2 – Which means more free time for games and play

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3. Cleaning their room

F – Keeping your room tidy
A – Lets you find everything easily
B1 – So you don’t lose toys or clothes
B2 – Which saves time and stops stress or frustration

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4. Bedtime routine

F – A nightly routine at the same time
A – Helps your body know it’s time to sleep
B1 – So you fall asleep quicker
B2 – Which means you wake up happier and more energetic

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5. Eating vegetables

F – Eating colourful veggies with dinner
A – Gives your body vitamins and fuel
B1 – So you grow strong and stay healthy
B2 – Which helps you play harder and get sick less often

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6. Wearing sunscreen

F – Putting sunscreen on before going outside
A – Protects your skin from strong UV rays
B1 – So you don't get burnt
B2 – Which means healthier skin and safer play

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7. Doing their chores

F – Having simple daily chores
A – Helps keep the house running smoothly
B1 – So you learn responsibility and teamwork
B2 – Which helps you feel trusted, capable, and grown-up

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8. Sharing toys

F – Letting others use your toys
A – Shows kindness and fairness
B1 – So your friends enjoy playing with you
B2 – Which makes playtime more fun and helps friendships grow

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9. Putting things back where they belong

F – Returning toys or clothes to their spot
A – Keeps your space organised
B1 – So you always know where things are
B2 – Which means less stress and more time for fun

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10. Getting dressed on time in the morning

F – Getting dressed right after waking up

A – Helps you stay on track for school
B1 – So mornings feel easier and calmer
B2 – Which means no rushing, no stress, and a better day

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11. Turning off lights when leaving a room

F – Switching lights off when you're done
A – Saves electricity
B1 – So we use less energy
B2 – Which helps the planet and saves money

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12. Washing hands before meals

F – Washing hands before eating
A – Removes germs and dirt
B1 – So you don't get sick as much
B2 – Which means more playtime and fewer days at home sick

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13. Limiting screen time

F – Stopping screens after the set time
A – Gives your brain a rest
B1 – So you sleep better and think more clearly
B2 – Which helps with school, moods, and energy

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14. Reading for 10 minutes a day

F – Reading a little each day
A – Builds your imagination and vocabulary
B1 – So schoolwork becomes easier
B2 – Which boosts confidence and makes reading more enjoyable

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15. Packing their school bag the night before

F – Getting your bag ready at night
A – Makes sure everything is packed
B1 – So mornings are smoother
B2 – Which avoids stress and forgotten items

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16. Saying “please” and “thank you”

F – Using polite words
A – Shows respect and kindness
B1 – So people enjoy being around you
B2 – Which makes school, home, and friendships easier

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17. Doing sports or physical activity

F – Playing a sport or being active each day
A – Strengthens muscles and lungs
B1 – So you feel strong and energised
B2 – Which helps confidence and health long-term

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18. Helping set the table

F – Helping before meals
A – Makes dinnertime quicker and smoother
B1 – So the family works as a team
B2 – Which makes you feel proud and included

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19. Telling the truth

F – Being honest
A – Builds trust with others
B1 – So people believe what you say
B2 – Which gives you more freedom and responsibility

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20. Talking about feelings

F – Naming your emotions
A – Helps us understand what’s going on inside
B1 – So problems feel smaller and easier to deal with
B2 – Which makes you feel supported and understood

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21. Completing tasks before play

F – Doing jobs or homework first
A – Clears responsibilities early
B1 – So you play without worry
B2 – Which makes fun feel even more fun

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22. Not interrupting when others are talking

F – Waiting for your turn to speak
A – Shows patience and respect
B1 – So others listen to you more
B2 – Which helps you become a great communicator

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23. Trying new foods

F – Tasting something unfamiliar
A – Helps you learn new flavours
B1 – So meals become more interesting
B2 – Which means you'll enjoy more foods as you grow

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24. Taking care of a pet

F – Feeding, walking, or grooming a pet
A – Teaches responsibility and kindness
B1 – So your pet stays happy and healthy
B2 – Which makes you feel proud and trusted

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25. Saving some of their pocket money

F – Keeping a portion of pocket money each week
A – Builds a habit of saving
B1 – So you can buy something bigger later
B2 – Which teaches independence and smart choices

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26. Wearing a helmet when biking

F – Wearing a proper bike helmet
A – Protects your head if you fall
B1 – So you stay safe
B2 – Which lets you ride confidently and try new things

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27. Keeping their school uniform tidy

F – Keeping uniform clean and organised
A – Shows care and responsibility
B1 – So you feel confident at school
B2 – Which helps you do better socially and academically

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28. Doing small kindnesses for others

F – Helping someone without being asked
A – Shows empathy
B1 – So others feel supported
B2 – Which builds stronger friendships and self-worth

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29. Helping carry groceries

F – Carrying something small when we get home
A – Makes the job quicker for everyone
B1 – So you become part of the team
B2 – Which helps you feel capable and appreciated

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30. Getting off screens 30 minutes before bed

F – No screens before bedtime
A – Helps your brain slow down
B1 – So you fall asleep easier
B2 – Which helps your body grow, recover, and feel good the next day