Bakare's (1977) study habit theory, this study investigated the perception of children in public basic schools in Ekumfi District in the Central Region of Ghana, on their study habits considering the present (nature and challenges) and the expectations for the future. The descriptive survey design in the form of mixed methods was used. Through stratified random sampling technique 380 children were obtained for the quantitative aspect of the study while ten children were conveniently sampled for the qualitative aspect. Data were collected using questionnaire and semi-structured interview guide. Quantitative analysis was done by using descriptive (mean, standard deviation) statistics while qualitative data was analysed using thematic approach. It was revealed that the dominant study habit practiced by the children was examination related, followed by homework and assignment, concentration, reading and note-taking, and time management. Inability to recollect information learnt, poor reading ability, poor spelling, high text/examination anxiety, studying many subjects at a time, and lack of parental support were identified as some of the challenges the children faced in their studies. The children were of the view that regular symposia on strategies (including time management) to learn effectively, remedial lessons by teachers on reading skills, and bye-laws by School Management Committee (SMC) and Parent Teacher Associations (PTAs) to monitor and prevent children from loitering and watching videos at night will help improve their study habits. It is thus recommended that Guidance and Counselling programmes in public basic schools in the District should be strengthened by the Ghana Education Service (GES) so that children will be counselled on the need to develop effective and appropriate study habits. In-service training should be organized by GES for teachers to adopt teaching techniques that suit the children's study habits. Keywords: Childhood, perceptions, study habits, nature, challenges, future strategies