

Seven Tips for Raising Healthy Kids

Description

Every parent wants their kids to be happy and healthy. While they are small, it is easy to influence their diet and lifestyle choices, but as soon as they are in middle school and have their own peer group, your hands are somewhat tied. It is, therefore, important to educate your kids while you can about healthy lifestyle and identify some of the problems they are likely to face later in life.

1. Five a Day

If you would like your kids to like fruit and vegetables, you might want to get creative and introduce different colors and shapes, so the food is not only nutritious, but also interesting. You can create [celery stick monsters](#) and funky shaped tomatoes, encouraging your kids to eat more fruit and vegetables and get used to the flavor. Chances are that they will not like the taste of every fresh produce you give them, but they will pick some favorites that they will enjoy throughout their lives

2. Teach Them about Nutrition

While in many schools kids learn about nutrition and food, “ as a parent “ it is your responsibility to make sure that they are aware of the basic nutrients and their benefits. You can create a food map at home in the kitchen, or a chart with the most and less nutritious food. It is possible to get kids to realize that they can [prevent some of the greatest health problems](#) if they choose their diet carefully.

3. Get Them to Check Food Label

From an early age, you should work with your kids to help them understand what goes into the food. You might want to visit local farms to learn about how milk, yoghurt, cheese, meat, and vegetables are produced. However, it is even more important that you ask your kids to check the labeling on the food, especially sweets. Talk to them about GM produce and artificial coloring and flavoring that has no use for the body, and can increase the risk of health problems.

4. Create Your Family Vegetable Garden Together



Image via [Elaine Casap](#)

It is also a good idea “ provided that you have the space “ that you [create a family vegetable garden](#), so your kids will know how food is produced, and have fun in the process. You can eat fresh and encourage them to eat fruit and vegetables. Picking the fruit from the tree or the strawberries is much more fun than reaching in the fridge. Your kids will notice that home grown food freshly picked tastes much better than that from the supermarket.

5. Get Regular Checkups

You should be a role model when it comes to health and lifestyle, and you should take your kids with you to the doctor’s whenever you can. Apart from the times when they catch a cold, you should book a regular check up appointments, as well, so you can deal with problems arising as soon as possible. If you notice that your child has flat feet or a fallen arch while they are toddlers, you will have a better chance of correcting it. Likewise, if you notice that they might have a hearing problem, you can book an appointment with a [hearing specialist](#) to treat the issue before it causes your child long term problems.

6. Oral and Personal Hygiene

As a role model, you should teach your kids how to brush their teeth from an early age, and encourage independence when it comes to washing, dressing, and even loading up the laundry basket. Your life as a parent will be much easier, and your child will develop a new level of confidence. Check on their routine, as when they turn into tweens and teens they tend neglect personal hygiene.

7. Let Their Immune System Develop



Image via [Annie Spratt](#)

While every parent wants to protect their kids from disease and infection, you should allow your child to develop immunity by not protecting them from the wind and rain. Let them play in the mud, donâ€™t worry if they get dirty or fall off the bike. It is a natural learning curve, and it is best to let your child prepare for the greatest challenges in life.

As a parent, you are responsible for the health and well being of your kids. Start at an early age, and follow up their practices, leading by example. It is important that your kids take responsibility for their own decisions as soon as they are old enough, but they will need a lot of positive confirmation when they face peer pressure and junk food advertising later in life.

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