

How to Keep Your Family Happy and Healthy During the Summer Holidays

Description

Now that school is nearly over, your kids are probably really excited about their soon to be freedom! It's a bit of a change to how things normally are, it can be really tempting to just order a takeaway and put a film on to keep your kids entertained, but it's really important to make sure that they get out and about during the summer.

Your kids are probably really excited that they'll have a break from homework, deadlines and rushing to catch the bus. This break means that your kids (and you) now have time to relax. Obviously, you need to take a break from time to time, however, you should make sure that it doesn't affect your kids negatively. Having a routine is good for them, so you don't want to change it up too much.

Get them Moving

Taking too long a break can actually cause a lot more problems, as it can cause unhealthy changes. In fact, some studies suggest that [summer may be the most fattening time of the year for kids](#). So, as a parent, you should be thoughtful about how much exercise your kid is actually doing during the summer holidays.

It's important to make sure that they don't spend all day in bed. Whilst you can give them the occasional one, you should still make sure that they get up and active most of the time. Otherwise when they go back to school at the end of the summer holidays, they'll probably struggle to readjust to getting up early for school.

Create healthy habits

Junk food can have a pleasing taste due to the high levels of artificial sugars. However, they might create mayhem to your family's moods and health. Nowadays, many kids are either obese or overweight. Therefore, creating a healthy lifestyle can play a significant role in maintaining weight. On many occasions, children that are overweight are very prone to heartburn, which can be caused by eating certain types of foods. Medications can be useful for treating heartburn in kids. However, consult your doctor before buying any heartburn medication, because there is a [popular heartburn relief drug](#) that has been recalled by the manufacturers.

Keep to your Normal Routine

This goes hand in hand with getting up early. Sure, you can have an extra half hour in bed if needs be, but don't let yourself or your kids get into the habit of staying up late and getting up late. It's a really hard habit to break. Why not make the most of the day and get up and out of bed as soon as possible? The weather's great outside so you should definitely make sure to soak up some sunshine.

It might also help you to create a list of activities that you can do together. Make sure that you allocate a specific time for this. This way theyâ€™ll have something to do (just like they would if they had to get to school). So, this will help stop them just rolling out of bed and sitting on the couch all day.

Remember to Keep Cool and Have Fun!

While itâ€™s important to make sure that your kids have a routine, you donâ€™t want to overdo it. Itâ€™s vital that they have some downtime. This is particularly important as sometimes in summer it can get very hot and this can lead to dizziness, tiredness or even feeling faint. This is something that you want to avoid. So, one way that you can do this, is to have fun in a cool room inside your house. In order to do this, you might find it beneficial if you have an air conditioning unit installed in your house. If you donâ€™t have one then you can always check out a website like airecontrol.com. Having an air conditioning unit installed can really help you stay cool and not get too hot during the summer.

Itâ€™s important to keep hydrated whilst the sun is shining. If you or your kids get too hot, then you might become ill and this is a sure way to ruin your holiday. You should make the most of those cool rooms that have nice air conditioning. However, if you do want to go outside, then make sure that you drink water regularly. Donâ€™t forget to put plenty of sunscreen on your kids if they are spending all day outside. You can find about more about the [right sunscreen to put on your kids here](#).

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