

Kids Health

Numerous physical, mental and emotional changes take place during childhood. The way children are raised will significantly shape who they are as adults. There are some basic elements that every child should have to help them successfully develop into a healthy person.

A healthy balanced diet

Establishing healthy eating habits from the start of your child's development will help him/her maintain good eating habits for a lifetime. Make sure that your child receives the recommended servings from each of the five food groups: breads/grains, fruits/vegetables, dairy, meats/protein and fats/oils/sweets. Avoid processed foods as much as possible and try to keep visits to fast food restaurants to a minimum.

Exercise

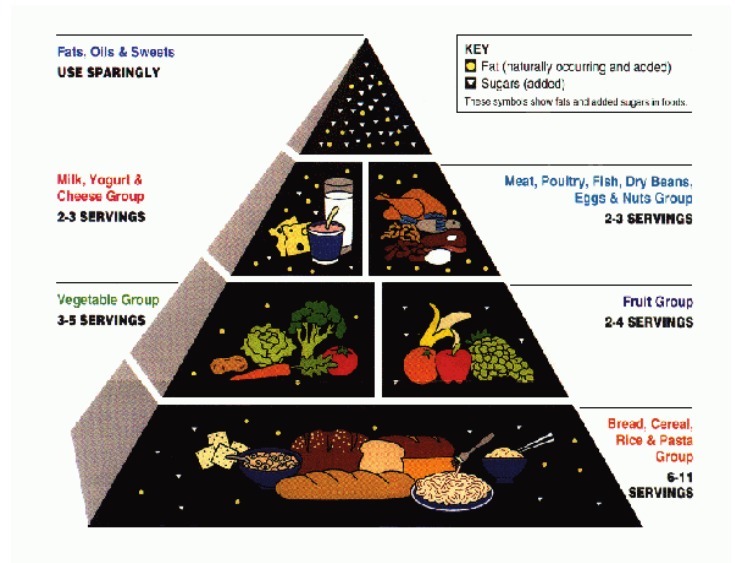
An active lifestyle promotes healthy growth and physical fitness. Kids of all ages should spend plenty of time outdoors. Participating in activities such as sports and scouting helps kids learn new things and develop social skills.

Rest

Children rest requirements are significantly different than those of adults. Newborns may sleep 16-20 hours, off and on day and night. Toddlers generally sleep 10-13 hours, mostly at night. Once a child reaches grade school he should be getting approximately 10 hours of sleep a night. Adolescents typically require 8-9 hours of rest each day. Remember that each child is different and his/her sleep requirements may be different from these typical lengths of time.

Communication

Let's face it - the world can be a scary place, even for adults. It can be especially scary for kids. Open and honest communication with kids helps them better understand the world they live in. Helpful advice from mom and dad can help them better deal with things they face every day. By teaching them good communication skills and the value of honesty, you're giving your kids the tools they need to become happy and confident adults.



Sources:

www.kidshealth.org
www.readyed.com.au
www.nursece.com
www.food4life.org.uk