



## Love Your Children by Helping Them Learn Healthy Habits for Life

We tend to learn our life habits from our parents, and that includes decisions that impact our health. Helping your kids make healthy choices is critical to their wellness, but it can be tricky to know where to start. Luckily, there are simple solutions for setting your family up for wellness success. From getting them to eat right to getting them off the couch, here are a few ideas for encouraging your kids to take care of themselves for life.

### **Cook Healthy Meals Together**

Encouraging healthy eating habits is one of the most important factors in preventing illness, disease, and obesity. One of the best ways to stick to smart foods is to prepare them yourself, but many young adults [don't know how](#) to properly use their kitchens. Teach your children [valuable skills](#) and stoke a passion for preparing healthy meals by cooking as a family. You could even get into some meal prepping together, to keep everyone on track during busy weeks. Just be sure to give kids simple tasks that will keep them safe around appliances, blades, and hot surfaces. For example, you could let them prepare certain foods using a modern, compact toaster oven (some of which will automatically control the temperature), or purchase a set of kid-friendly [knives](#) they can use under supervision.

### **Shop for Food as a Family**

When you're in a rush to get your groceries, you may forget to read those nutrition labels. Try to set aside some time to really plan your trip, pay attention, and shop with your kids. Planning out your shopping, buying produce that is in season, and [searching](#) for valuable savings are just a few examples from [this list](#) on ways to eat healthy on a budget. You can also have your children help you create the list. Explain nutrition labels to them and encourage them to fill up the cart with fresh vegetables, fruits, and healthy grains. And when you're preparing your food, it's crucial to help your children learn the importance of [portion control](#).

### **Look for Healthy Options at Restaurants**

Sometimes you just need a break from the kitchen or a fast bite to eat. Unfortunately, fast food and restaurant menus are loaded with excess sodium, fats, and [sugars](#). If you're not careful, you and your kids could end up consuming a whole day's worth of calories in one meal! It's okay to splurge every now and then, but constant indulging can lead to childhood obesity and other health issues. Check out menus online to choose the healthiest options and be aware of [seemingly simple drinks](#) that could count as entire meals.

### **Have Active Family Adventures**

Tablets, television, and video games may keep your kids quiet but they aren't the best activities for keeping them healthy. We need exercise to maintain good health so try to get your family into hobbies and activities that will get everyone off the couch and having fun. Plan some weekend [hiking trips](#) or walk around some interactive, engaging museums together. You can even burn calories in [your own backyard](#)! Play a soccer game together or get into a tame round or two of tag. Encouraging exercise is a great way to keep your kids' bodies in shape while helping to release endorphins that will have them feeling great.

### **Help Them Look Forward to Bedtime**

If you struggle to get your kids to sleep they may be missing out on a valuable element for their health and wellness. Studies show that there are countless benefits for children who get enough rest at night. Try [making bedtime fun](#) for your kids, and less stressful for you, with some calm rituals they will look forward to. Read them a chapter from their favorite book or give them a few minutes to color. Just have them avoid screens in the hours before they go to bed. Screens can make it difficult for the brain to relax, so keep them out of your family's bedtime routine.

### **Consider CBD for Your Child's Anxiety**

Although a healthy diet, exercise, and adequate sleep are natural mood boosters, children can still experience anxiety for a number of reasons. If this occurs in your family, look into a natural supplement known as [CBD](#). It does come from the cannabis plant, but unlike THC, it doesn't produce a "high." Studies show that it can help calm anxiety, but like any supplement, it's worth researching it first and talking with your child's pediatrician or therapist before buying.

You'll find in your research that CBD gummies are available, which are a good option for children, since the taste and texture [are more tolerable](#) than CBD oil.

Kids can't learn healthy habits on their own. It's up to you to help them make food and activity choices that will keep them healthy and strong for years to come. Take the time to use these tips to teach your family about staying well and staying happy for the rest of their life.

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