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How Healthy Habits Now Can Help Children Become Healthy Adults

As parents, we want what's best for our kids. You might feel like you have only so much influence over the choices they will make as future adults, but some [research](#) indicates developing health-oriented habits during their formative years helps youth grow into more physically- and mentally-robust grownups. With that in mind, here are some ideas for encouraging your kids toward a healthier lifestyle.

Lower anxiety levels

Just like adults, kids can experience anxiety. You might assume children with anxiety issues act out in obvious ways, like fighting or fidgeting, but in fact, kids can display subtle [symptoms](#), like reluctance to attend school, falling grades, headaches, and crying spells. Thankfully, there are simple methods parents can try in order to reduce anxiety levels.

One idea is to change how you [frame conversations](#) with kids about stressors. For instance, telling a child not to worry about something can actually make her think there is something wrong with her if she remains concerned.

Also ensure you model good behavior by not letting anxieties bother you. Healthy coping tools can be a boon for anyone experiencing anxiety, and you and your child can try [meditation](#) exercises aimed at letting go of stress and improving relaxation. It's a great way to enjoy health-oriented family time.

Amping up family time

Family time is something we often think of as doing for ourselves, savoring experiences with our children while they are still young. However, there are many important [benefits](#) kids can gain from family time as well. It appears more time spent together can improve children's self-confidence, reduce the chance kids will act violently, and even helps kids become better citizens who are more apt to do good deeds. Family time can be anything from enjoying [meals](#) together to playing board games, and not only will you savor the experience, you'll lay important groundwork for your kids.

When it comes to doing things together, consider taking family time to the next level. Playing video games together can not only be a fun activity, but it's also a great way to bond. To ensure that you're getting the most out of your gaming sessions, make sure you set up a good internet connection. No one wants to experience frequent interruptions due to poor internet quality! A reliable, powerful internet connection will result in [smooth performance](#) for everyone in your household.

Enjoying the great outdoors offers bonus points, especially if you spend time in "blue space." It appears [being near water](#) offers extra health benefits, so consider water-oriented activities, like canoeing or water skiing. For the ultimate experience, think about [fixing up a boat](#) together. And be sure to have the kids weigh in when it's time to choose a fabulous name for your seafaring vessel! Giving them ownership will encourage them to be that much more engaged in the project.

Hone in on hygiene

Personal hygiene is something parents often enforce in children periodically, but it is sometimes something we take for granted. Proper hygiene helps children avoid illnesses and infections, and it also encourages good self-esteem. Teach your kids to clean their hair, bodies, clothes, and shoes regularly, maintaining themselves from stem to stern. Children should brush their teeth twice daily, and teach them to floss at least once daily. If your child is reluctant, gadgetry can sometimes spark interest, such as an electric toothbrush or a [health app](#) for kids. Consider selecting kid-friendly grooming and skin care products as well, such as sunscreen, deodorant, shampoo, bodywash, and toothpaste. By choosing items with your youngster in mind, she'll be even more excited about using them.

Encouraging wellness now is the best way to help your child enjoy wellness throughout life. Take steps toward keeping anxiety levels down, and stay alert to signs your child is struggling. Make it a point to enjoy more family time together, and help your kids find ways to make hygiene an enjoyable part of their normal routine. Health and happiness can be part of your family's lifestyle, thanks to a few good habits.