

10 HEALTH TIPS EVERY MOM SHOULD KNOW ABOUT HER CHILD

1.PROMOTE HEALTHY EATING : You can't perform well when you don't feel good, true isn't. So the best way to improve child growth and performance is to make sure he/she follows healthy food habits at home. Make sure that your child eats plenty of salad and fruits along with regular meals.

In addition, right food combinations not only keep child healthy and active and also prevent many infections

2. KICK – START YOUR DAY WITH HEALTHY BREAK FAST : It is really important to start the day with a healthy breakfast as after a night's sleep, our energy levels are really low. Breakfast refuels your body and gives you energy for the day. If our child had healthy breakfast in morning, then he would feel energetic and will perform better in school.

Plenty of carbohydrates is just the ticket: try sandwich or bread, or corn flakes with milk or simply fruits.

3. DRINK PLENTY OF FLUIDS: Did you know that more than half of your weight is just water? So in order to be healthy we need at least 7-8 glasses of liquid each day. So encourage your child to drink plenty of fluids. In addition to water you can give kids low-fat milk, buttermilk, fresh fruit juices and low calorie beverages.

4. FOOD IS FUN – INCORPORATE VARIETY IN FOOD: Our body needs around 40 different nutrients (such as vitamins and minerals) every day for good health. As there is no single food that contains them all, so it is important to balance our daily intake. The best way to stay healthy and get the right balance is to eat a wide variety of food each day.

A mother now here your responsibility becomes tougher, as you need to get more creative in cooking so that kids eat all varieties of food and have healthy snacks too.

5. REGULAR HEALTH CHECK-UPS AND IMMUNIZATION/ VACCINATION: Regular health check-ups of the child ensure child's well-being and also timely interventions can prevent lot of health issues.

Make sure your child's immunizations are up to date. It is good that these days even schools are aware and they also ensure child is immunised properly before giving admission.

6. GET ENOUGH SLEEP TO STAY HEALTHY: Sleep is a vital need, as it promotes alertness, memory and performance. Children who get enough sleep are more likely to function better and are less prone to behavioural problems. A good night's sleep followed by food in the morning helps your child to stay active and concentrate better at school.

7. LIMIT THE CHILD TIME FOR USING TV, GAMES AND PHONE : This generation is far more tech savvy than ours, nowadays even toddlers are well versed with mobile, tab functions. We can't completely keep them away from these gadgets.

But it is really necessary to cut back on their time for playing computer games and watching television before it takes toll on their health.

8. STAY ACTIVE FOR HEALTHY LIVING: Physical activity is really important part of child health tips. Encourage your child to get into some action each day like playing a sport or indulging in physical activity like running, swimming. For Primary school children 60 minutes of activity is recommended each day.

9. EDUCATING YOUR CHILD ABOUT PERSONAL HYGINE: Hand-washing at regular intervals is one of the simplest and most effective ways to stay healthy. You can use hand sanitizers in case water is not available. School going kids can even keep sanitizers in their bag or desk. Teach your children to avoid sharing water bottles, food or other personal items, as these could be source of infections in case other child is sick.

Also ask your kids to cover mouth and nose while coughing or sneezing. Believe me these general health tips for kids can avoid lot of infections and illness in children

10. PARENTS SETTING THEMSELVES AS ROLE MODEL: Children learn lot of things by imitating. Be it a toddler trying hands with father's shaving brush or a school going girl demanding for makeup kit since her mother uses that. Imitation and role modeling is quite common in childhood, so why not use it as a tool for introducing general health tips in children eg-If you want your children to be more physically active then jump into action. You can play cricket, basketball with your kid. This technique will not only strengthen your bonding with child but also child will develop tips for health easily.