



Healthy Parent Healthy Child

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Most parents may be worried about their children's health. Of course all parents want their children to be healthy. Healthy children become self-sufficient adults. A child may not be sick, but it does not ensure the child is healthy. Then, what it means to be healthy? Being healthy doesn't mean "the absence of illness". It assures total personality development of children. The children, who possess good health, are capable to cope with everyday activities and spend a high quality of life. Health is a combination of physical, mental and emotional development of the body. Physical fitness and healthy eating are the main factors determining children's health. In other words, exercise and good nutrition help their minds as well as bodies. Healthy family always grows up children to be healthy adults. That's why, it is important to teach our children how to incorporate a healthy lifestyle into their daily living. Offering healthy lifestyle choice helps children for their overall growth. It is also a fundamental right of every child to grow into happy, responsible, and independent adult.

Provide safe environment for healthy growth

The environment around children determines their health as well as their personality. Children's organs and systems are particularly sensitive to the effect of certain environmental hazards. The environments where they spend a major part of their young lives such as the home, school and the local community should be safe and healthy, while unsafe and unhealthy environments around children threat children's health and personality. Those children who remain always sick and unhealthy cannot grow up to be healthy and productive adults. The home, a door to the outer world should be made conducive to the health of growing children. Parents can play a key role in the home to promote not only children's health but also children's personality including their intelligence, temperament, outside stresses, and social environment. There are some basic factors which prepare parents to effectively influence children's overall health. They are Parents' care, Practice of empathy, Development of positive attitude, Understanding corrective measures, Tracking of child's activities, Amount and quality of what the expectant parents and the children eat and drink.



Children need parents care

The childhood is the period of intense growth and development physically, morally and intellectually. Every child grows to be an adult. It is a natural (organic) phenomenon. But how a child grows is most important and become challenging to almost all parents today. In today's modern fast paced life, where both the parents are working, the children are often ignored or left with maids to be taken care of. This is the time when children feel neglected by their parents when they most need them or need someone to talk to or hear them out. This temporary separation from their parents, results in a lack of communication between the twos. Parents may however not realize that the children are in a great need of them at this time. They tend to ignore to spend with their little ones. This is how the child starts developing profoundly a negative self-image or legacy about his surrounding world, which can negatively affect children's behaviour and development.

Practice empathy with the growing children:

Any circumstance that relates to your health should be given priority. Perceiving and presenting any circumstance with a positive attitude has the greatest impact on a personal life. Any man-made circumstance should not be a stumbling block or stepping stone to a healthy life. Understanding this can offer hope and a basis for dealing with the fast-paced modern life that can benefit parents of growing children. The greatest gift the parents can give their children is to have a hopeful outlook on life. No matter what their circumstances are. The parents should offer their children the appropriate opportunities to learn and grow. How one can make the best of his present opportunities to help his children grow healthy is most important. It needs a matter of planning and habit, not a lack of time. They become special parents who can make their healthy lifestyle a habit for their growing children.

Develop positive attitude in your children:

A child is born to be depended on parents. The family in which the child is born becomes his world. He learns to be an adult from this world. Children spend their childhood trying to figure out who they are, how the world works, and how they fit into that world. Parents should make it sure that their children explore completely in and out. For this, they may need to look closely at how much time they can give to their children. Children usually adopt attitudes of their parents. How parents act in their relationships with one another has a significant impact on child development. Positive attitudes of the parents towards life influence children to be an optimistic and courageous. Parents should use their own words and actions as examples for beliefs, values, and attitudes on a daily basis to make children's lifestyle healthy and





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worthy, which help developing their children's overall personality. Parents should make sure that they are a strong, consistent, and positive role model, to foster better behaviors in their children. Parents who are committed to their children's well-being can have a very positive effect on their children. Helping children to grow perfectly is a great investment.

Understand corrective measures:

Any kind of physical punishment given to children will not be effective in the long run. It may create a negative reality of the situation in the growing children. Children always pretend elders. It is, therefore, necessary for the elders to act carefully in front of children. Every parent has some expectations which are generally forced on their children. It is important to support child's interests and strengths, instead of forcing the things upon. It is indeed that children may not understand their life course. This is rather a time of experimentation for children. Sometimes their experimentation includes risky acts. The parents should explain appropriately right and wrong of their acts. We often avoid discussing sex or drug, alcohol, and tobacco use with our children. The parents should prepare their children before he or she is exposed to them to act responsibly when the time comes.

Keep tracking the child's activities:

Parents need to monitor their children's comings and goings through every age and stage of their growth. As a safe environment is important for growing children, one should pay careful attention for children's surroundings, especially their friends and peers. The parents should always know where their children go, what they do, and with whom. Besides, regular communication with the parents of children's friends can also go a long way toward creating a safe environment for children. It is important for all parents to know what their children watch and read, to know how children usually think, feel, and act. This will help parents to notice when things begin to change in the children.

Eating and drinking habits:

Poor nutrition in children contributes to health risk in later life. The prevalence of underweight children in India is among the highest in the world. On the other hand dramatically increasing rates of childhood obesity is equal concern. Unless we change our habits and pay greater attention to children's health, they may be at higher risk of health related diseases in future.

Today's children are much less exposed to physical activities. Besides, eating foods rich in fat causes children to be overweight and obese. Overweight and obesity in children is a major public health problem. It forebodes serious





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issues for the future as a high-fat kind of foods and drinks is a contributor to obesity. Though, lower-fat diets are generally recommended to promote good health but a certain amount of fat (Unsaturated fats) in diets helps the brain and nervous system development in children. Children should also eat plenty of foods that are rich in calcium and vitamin D. Getting enough calcium and vitamin D and exercising regularly ensure strong bones in children throughout life. Besides, there are also some foods believed to be helping brain growth in children.

Encourage participation in school sports:

School sports are the vital part of the school curriculum for children. Parents should realize the importance of participation in school sports. However, not all parents fully realize the importance. Some children are not even allowed to participate in school sports, because of the cost, the time commitment, or the possibility of injury. The truth is that school sports are more than just fun. They are great tools to help children learn about life. Teamwork, cooperation, and leadership are among several things students can learn from school sports. They can take these things into their everyday lives as well. When they build confidence on the sporting field, they are also building confidence in their personal life. They will be able to work well with others in all other areas of life as well. School sports are also the perfect way to keep children away from drugs and other dangerous behaviors. Sports teachers in school often encourage children to be well behaved. They will also be less likely to try drugs or break the law in any other manner. So, allow your children to participate in school sports. Get involved and make friends with the parents of the other children also helps creating a good environment for children to grow healthy.

Remember, “Good intension always begets hopes to succeed in life”.

Any comments can be sent at pintumodak@gmail.com

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