

How Parents Can Help Their Kids Make Healthier Choices

As a parent, helping your kids make healthier choices is often essential. You can shape the habits of your children, increasing the odds that they'll make good decisions now and into the future.

If you want to help your children head in the right direction but aren't sure where to begin, the [official website](#) of Yoe Borough offers some excellent places to start.

Prioritize the Fundamentals of Healthy Living

If you are a parent and want to help your kids make healthier choices, focus on the fundamentals of healthy living. Proper nutrition and getting enough exercise are vital parts of the equation, so it's wise to make them priorities.

Discuss the impact of good nutrition from multiple angles, including how it impacts physical and mental health. Research healthy – but tasty – recipes together to make cooking a habit and give them skills to ensure nutritious meals are part of the life long-term.

Workout together as a family. With younger kids, outdoor play can be a great way to introduce physical activity in a fun way. As your child gets older, explore sports, dance, or similar options that [pique their interest](#), increasing the odds that they'll remain passionate about exercise.

Limit Access to Caffeine

Many adults rely on caffeine to start their day. However, caffeine is a powerful stimulant, and it can wreak havoc on children's systems. Along with raising blood pressure, caffeine can interfere with sleep. It may also lead to mood changes or could leave them with withdrawal symptoms as the caffeine wears off.

Generally speaking, caffeine isn't a good option for children under 12. Even older kids should limit their intake as much as possible, ensuring they don't have any negative issues relating to caffeine consumption.

Talk About Online Activities and Screen Time

Screen time is often a difficult topic to address with kids. Overall, [66 percent](#) of teens favor online communication over in-person discussions, so eliminating device use isn't usually practical. However, screen time could lead to [insomnia](#), [developmental issues](#), and other struggles.

There are also risks associated with engaging with others online. Your child could encounter strangers while playing MMOs, when using services like [Discord](#), or when engaging with others during [Twitch](#) streams. That could open them up to predators, bullies, inappropriate content, and more.

If you want your children to make healthier choices, you need to have honest conversations about online activities and screen time. Talk about the [addictive nature](#) of certain apps and the impacts of social media on [mental health](#). Discuss the risks of sharing personal information online, including through posts or during conversations with others. That way, they can be vigilant about their activities and make wiser choices.

Model Desirable Behavior

Younger children often look to their parents to determine what behaviors are or aren't acceptable. If you want to be a good role model, then you need to make the kind of healthy choices you want your kids to mimic.

One great way is through education. Along with having conversations with your children about what they want to achieve, be an example of someone who goes after their dreams. If you've been putting off getting a degree, sign up for an online degree program. You'll be able to pursue your goals while balancing your other responsibilities. Plus, you'll be showing your kids that education matters.

If you aren't sure what to study, an [online BSED](#) could be a great option. It opens doors that let you work with preschoolers and elementary-aged kids. Plus, since it's online, you can go at your own pace while setting a great example for your children.



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