

# ULTIMATE GUIDE TO RAISING HEALTHY KIDS WITH GOOD HABITS



# ABSTRACT

Raising healthy kids involves fostering good habits that support their physical, emotional, and mental well-being. This guide explores essential aspects such as nutrition, exercise, sleep, emotional resilience, and positive routines. By instilling these habits early, parents can set their children up for lifelong success.

# INTRODUCTION

Parenting is a journey filled with challenges and rewards, and one of the most important responsibilities is ensuring that children develop healthy habits. From balanced eating and regular physical activity to emotional well-being and strong social skills, good habits shape a child's future. This guide provides practical strategies to help parents create a nurturing environment where healthy behaviors become a natural part of daily life.

## I. Healthy eating for children

- Healthy eating in childhood reduces your child's chance of developing health problems as they get older.
- A healthy, balanced diet includes foods from all 5 food groups: fruit, vegetables, grains, proteins and dairy.
- Foods high in sugar, saturated fat and salt aren't necessary for a healthy diet and should be limited.
- Cooking and eating healthy foods together as a family can help your child develop healthy eating habits for life.
- If your child has specific dietary needs or restrictions, your doctor or dietitian can help you make sure their diet is healthy and balanced.

### What is healthy eating?

Healthy eating is essential for your child's good health, growth and development. Healthy eating in childhood reduces your child's chance of developing chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers. It can also mean they feel better and enjoy life more.

To stay healthy and maintain a healthy weight, children need to be physically active and eat the right amount of nutrients to balance the energy they use.

### Which foods should be included in my child's diet?

The Australian dietary guidelines recommend children should enjoy a wide variety of foods from these 5 food groups:

- fruit
- vegetables, legumes and beans
- grain (cereal) foods, including breads, rice, pasta and noodles, mostly wholegrain or high cereal fibre types
- lean meat, fish, poultry and/or alternatives
- milks, yoghurts, cheeses or alternatives — children under 2 years should have full-fat milk, but older children and adolescents should choose mostly reduced-fat varieties



# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



How can I encourage healthy eating habits?

Showing your child how to eat healthily now maximises their ability to make healthy choices as they get older. Here are some tips to encourage healthy eating habits:

- Sit together as a family at mealtimes, without any screens.
- Make healthy foods fun, for example by cutting fruit or sandwiches into interesting shapes.
- Serve a variety of seasonal fruits and vegetables.
- Learn together about how different foods are grown.

### Which foods should I limit in my child's diet?

Some foods are not essential in your child's diet. These 'discretionary foods' are generally high in kilojoules, saturated fat, added sugars or added salt.

While it's okay to eat small amounts of discretionary foods occasionally as part of a balanced diet, you should try to limit these foods in your child's daily diet. Eating large amounts of discretionary foods can lead to children developing overweight, obesity or other diseases in later life.

Examples of foods to limit are:

- sweet biscuits, cakes and desserts
- processed meats and sausages
- ice-cream, confectionery and chocolate
- store-bought burgers, pizza, hot chips and fried foods

Here are some tips to help you limit discretionary foods for children:

- Choose healthier fats such as vegetable oils, nut butters / pastes and avocado.
- Read food labels and choose low-salt options.
- Don't add salt to foods during cooking or at the table.
- Offer water rather than sugary soft drinks, cordial, energy drinks or sports drinks.

## **II. Healthy Mental & Emotional Development: 4 Key Building Blocks**



Children, teens and their families are facing a lot of stress and other challenges to mental wellness. The good news is that there are ways to promote mental health during tough times. In fact, parents and caregivers have powerful tools that can help kids build resilience and thrive no matter what life throws their way.

Positive experiences and safe, stable relationships help children develop skills they need to manage their emotions, solve problems, communicate and develop close connections with others. The process of gaining these and other critical skills is called healthy mental and emotional development.

Read on to learn about key building blocks of healthy mental and emotional development in children. Also find tips to reinforce them in your family's day-to-day routines.

## 1. Safe, stable, nurturing relationships in the family

Relational health is the ability to form safe, stable and nurturing relationships. Relational health is essential to healthy mental and emotional development. When children feel safe, secure and well connected with their caregivers, they learn to trust others, make friends and manage their feelings.

Here are some ways parents can help:

### Create predictable routines.

Structured routines give children a sense of stability and connection.

- **Have meals together.** Especially with older kids, family meals are a great time to check in with each other. They may not always be possible with busy schedules, but plan them when you can.
- **Establish a regular bedtime ritual.** For young children, a bedtime routine might include a bath, brushing teeth and reading a book together before tuck-in. Bonus: prioritizing sleep makes it easier to deal with everyday pressures.

### Plan time for play.



Play lets children explore emotions even before they have the words to express themselves. It also gives them a sense of control in their world. For older kids and teens, planning special family fun time strengthen relationships.

- **Dedicate 10-15 minutes two to three times a week to play** with younger kids. Name this special time after the child, like "Roberto's Time."
  - **Set rules for one-on-one time.** Let your child choose the activity. Put away phones. Make the time unstructured with toys and activities that can promote cooperative play and problem-solving.

### Use positive parenting techniques.

Positive discipline strategies help teach children and teens to manage their behavior in a healthy way.

- **Set limits & consequences.** Have clear and consistent rules. Describe these rules in age-appropriate terms that your child or teen can follow. Calmly explain consequences if they aren't followed.
- **Model behavior you want your child to show.** When you feel frustrated, try to respond calmly. Instead of saying, "*You are driving me crazy*," for example, express your actual feelings: "*I'm really frustrated right now.*" This teaches kids to say what they feel instead of critical or hurtful statements.

## 2. Open communication

Feeling free to express their thoughts and feelings helps kids process emotions in healthy ways. Open communication also strengthens parent-child bonds.



- **Narrate your actions, describe objects and sing songs.** Hearing you talk —the sounds and rhythms of speech, the look on your face and the way you hold them —teach babies about emotional expression.

### Make time to listen.

Make yourself available any time your child wants to talk. Remember that no matter how big their problems seem, what children and teens most want is love and support.

- **Encourage open dialogue by actively listening.** Create a supportive and non-judgmental environment so they are comfortable sharing thoughts, feelings and concerns.
  - **Remember that any time can be chat time.** Chat in the car or when doing dishes together, for example. Take walks together, which offer time to talk plus physical and mental health boosts from exercise and time outdoors.

### 3. Learning to understand & manage emotions

When kids learn to understand and manage their emotions, they can better avoid being overwhelmed by them. "Emotion coaching" can help:

- **Acknowledge the emotion.** (You might say, *"Wow, I see that you have some big feelings now,"* or *"I know you feel bad about having to stop your game you wanted to finish."*)
- **Name the emotion.** Put your child's emotion into words. (*"You look mad/angry/scared/disappointed/frustrated."*) For younger children, color zones can help label emotions.

### Share coping & "calm down" techniques.

Some tools that can calm body and mind during stressful times:

- **Deep breathing.** Breathe slowly to calm down body. Try "box" breathing: Breathe in to a count of 4, hold for a count of 4, and breath out to a count of 4.

### 4. Social relationships at school or in the community

Developing strong, healthy social relationships provides a support system for your child's mental and emotional development.

- **By the time your child is 2 or 3 years old,** consider inviting another child to play. This is a great way for kids to develop and build friendships. Playdates also can lead to trusted connections with other parents, which makes it easier to raise our children.



### Encourage your child to get involved.

Kids who are active in their community will do better in school, find it easier to stay out of trouble and be less likely to have depression or suicidal thoughts.

- **Encourage your child to try extracurricular activities, clubs or sports teams**, for example. This helps them discover what they enjoy, meet peers with similar interests and develop friendships.
- **Ask about volunteer opportunities** at school or your family's place of worship, for example. By helping others in the community, children and teens learn self-confidence and how to work with others.

### Help your child develop empathy, respect & acceptance.

Recognizing the viewpoints and feelings of others helps kids learn to manage their own emotions. Respecting differences also helps children to embrace their own identities and feel valued for who they are.

- **Introduce your child to diverse cultures and backgrounds** through books, movies, music and community events. Discuss different perspectives and feelings in various situations.
- **Let them see you treat everyone with kindness**, regardless of differences.



### III. Developing Physically Active and Sporty Kids - Benefits and Barriers



Physical activity is distinct from exercise. Physical activity refers to any movement, such as walking, cycling, wheeling, sports, active recreation and play. Individuals of any skill level can enjoy physical activity.

Exercise is a specific subcategory of physical activity. It is planned, structured, repetitive and purposeful, and it ultimately aims to improve or maintain physical fitness. Physical activity improves children's health and reduces risk factors for poor health.

#### Obesity

Since 1997, the World Health Organization (WHO) has considered obesity a major public health problem and a global epidemic. The prevalence of obesity has increased significantly over the last 40 years. It is predicted that, if this trend continues, the majority of adults will be overweight or obese by 2030.

Globally, 38.3 million children under the age of 5 (or 5.6 percent) are considered obese. The longer children are overweight or obese, the more likely they will be obese when they are adults.

- Since 2000, the number of children aged under 5 who are overweight has increased by nearly 24 percent
- In some settings, there can be a double burden of malnutrition:

- This means that while a country might experience problems of undernutrition and communicable diseases, it also experiences an increase in non-communicable diseases associated with obesity, particularly in urban centres
- Children in low- and middle-income countries are more likely to be:
  - Vulnerable to inadequate pre-natal, infant and young child nutrition
  - Exposed to diets that are micronutrient-deficient, energy-dense, but which include high-sugar / high energy foods

## Physical Activity

Many children and adolescents are not sufficiently active. In particular, physical activity levels often decrease in children aged between 9 and 15 years.



Decreasing levels of physical activity may be due to:

- The shrinking backyard
- The perceived / real danger of letting children play outside
- Increased use of technology
- Decreased levels of incidental exercise

## Physical Activity and Injury Prevention Campaigns

Many campaigns have been developed to encourage physical activity, including:

- Move-for-Health campaigns by the World Health Organization

- Exercise is Medicine from the American College of Sports Medicine
- STOP (Sports Trauma and Overuse Prevention) Sports Injuries
- Well Played from Cricket Australia

## Exercise Recommendations

The following are general exercise recommendations:

- Children should aim for one hour of physical activity every day
- Their heart rate should increase, but conversation should still be possible
- Exercise / activity can be spread out over the day
- Adults should aim for 30 minutes of exercise most days

More information on recommended levels of physical activity for children is available [here](#).

## Benefits of Exercise

Physical activity has many benefits for children.<sup>[12]</sup> It increases cardiovascular health, strengthens bones, muscles and connective tissue and enhances fitness and athleticism.

## Exercise and the Brain



Exercise also has a positive impact on the brain.

- Memory and learning are improved in children who are more active

- Reading and mathematics scores are better in children who are more active, including those with attention deficit hyperactivity disorder (ADHD)

## Why Does Exercise Affect the Brain?

- Physical activity improves learning and hippocampal neurogenesis (i.e. the growth of new nerve cells in the hippocampus)
- Physical activity and a diet high in natural products may:
  - Encourage the growth of new blood vessels
  - Enhance chemical messengers and growth factors

Thus, it may be beneficial to encourage exercise in the morning to increase a child's focus at school. Children could be encouraged to walk to school, or their teachers could schedule a walk / run around the field at the start of each school day.<sup>[3]</sup>

## What Type of Exercise is Best?

Different types of exercise have been found to have different effects.

- High-intensity training (HIT) in adults improves insulin sensitivity and top-down attentional control. According to Leahy et al. high-intensity interval training (HIIT) can positively effect cognitive function and mental health in children and adolescents.
- Winter et al. found that in healthy subjects, vocabulary learning was better after high impact anaerobic sprints when compared to low impact aerobic running or rest
- Vaisto et al. concluded that:
  - Total physical activity is inversely proportional to cardiometabolic risk and directly proportional to high-density lipoprotein (HDL) cholesterol
- Aerobic and resistance training are also beneficial:
  - Colcombe and Kramer and Hall et al. found that aerobic exercise training is associated with improvements in cognition, particularly executive control processes (planning, multi-tasking, working memory and dealing with ambiguity)
  - Hillman et al. determined that moderate- to vigorous-intensity exercise can improve cognitive performance and brain function in children aged 7 to 9 years during tasks that require greater executive control
    - Participants in Hillman et al.'s study intermittently engaged in at least 70-minutes of moderate-to-vigorous physical activity

## Exercise and Motor Ability



There is strong evidence that fundamental motor skill (FMS) proficiency is associated with physical activity, obesity, cardiorespiratory fitness and ball skills. Poor motor proficiency is negatively associated with:

- Body composition
- Fitness
- Muscle strength and endurance
- Anaerobic capacity
- Power
- Physical activity

### Exercise Interventions for Motor Ability

There is limited evidence about which interventions are best for children with poor motor proficiency. However, according to Cliff et al:



“Physical activity programs designed for children with overweight/obesity need to address deficiencies in FMS proficiency as part of an overall strategy to promote physical activity participation”.

- Being competent at object control skills (e.g. catching, throwing and kicking) in childhood may help young people develop a positive perception of their sports competence

- This perception might increase engagement in physical activity and enhance fitness levels in adolescents

## **IV. Creating a Personal Hygiene Routine: Tips and Benefits**

### What is personal hygiene?

Personal hygiene is how you care for your body. This practice includes bathing, washing your hands, brushing your teeth, and more. Learn more about why hygiene is so important, the best ways to practice it, and how you can change your habits to make yourself feel and look better.



### Types of personal hygiene

Each person's idea of personal hygiene differs. These main categories are a useful place to start for building good hygiene habits:

#### Toilet hygiene

Wash your hands after you use the restroom. Scrub with soap for 20 to 30 seconds, and be sure to clean between your fingers, on the back of your hands, and under your nails. Rinse with warm water, and dry with a clean towel.

#### Shower hygiene

Personal preference may dictate how often you wish to shower, but most people will benefit from a rinse at least every other day. Showering with soap helps rinse away dead skin cells, bacteria, and oils.

#### Nail hygiene

Trim your nails regularly to keep them short and clean. Brush under them with a nail brush or washcloth to rinse away buildup, dirt, and germs.

Tidying your nails helps you prevent spreading germs into your mouth and other body openings. You should also avoid biting your nails.

## Teeth hygiene

Good dental hygiene is about more than just pearly white teeth. Caring for your teeth and gums is a smart way to prevent gum diseases and cavities.

Brush at least twice a day for 2 minutes. Aim to brush after you wake up and before bed. If you can, brush after every meal, too. Floss between your teeth daily, and ask your dentist about using an antibacterial mouthwash.

## Sickness hygiene

If you're not feeling well, you should take steps to keep from spreading germs to others. This includes covering your mouth and nose when sneezing, wiping down shared surfaces with an antibacterial wipe, and not sharing any utensils or electronics. Also, immediately throw away any soiled tissues.

## Personal hygiene for kids

Good personal hygiene will help your kids stay healthy, ward off illnesses, and build better self-awareness.



It's never too early to start teaching hygiene. You can wipe down your child's hands after changing their diapers or before eating, brush their teeth and gums before bed, and get them into a daily bath routine. This helps you begin the process and slowly teaches them as they grow and take over the process.

Here's a list of hygiene activities, how you can introduce them, and when is a good time to start:

## Brushing teeth

You can begin brushing your baby's teeth and gums the moment the first tooth pops up. They can brush their own teeth by about 3 years old. However, you may have to stay with them to guarantee they're doing a good job and brushing long enough.

Play a 2-minute song when it's time to brush teeth. That will let your little one know how long they have to brush, and they'll get used to the process. Likewise, you may have to continue flossing for them until they're older and can handle that task better, around age 7.



## Bathing

You'll be giving your baby baths regularly, but by about age 5, they should be able to handle this task on their own. As they're growing and you're supervising bath time, you should take the opportunity to teach about washing all the different body parts, especially:

- armpits



- groins
- neck
- belly
- knees
- elbows
- back
- feet

You can also use this time to teach them how to wash their hair without getting suds in their eyes — and what to do if they do.

## Hand washing

Wipe your baby's hands with a warm washcloth before mealtime, after eating, and after changing a diaper. During potty training, make washing hands an integral step in the process.

You can teach your child to sing the ABC song while they wash — it's 20 seconds long, which is an ideal washing time.

## Nail hygiene

You'll clip your child's nails when they're a baby, but as they grow older, you can help them care for their own nails. Encourage your children to wash under their nails at each shower — a fun nail brush will help. Then, sit down with them weekly after a shower for a trim. Your nails are softer and clip more easily after a shower.

## Side effects of poor personal hygiene

Good personal hygiene habits are directly related to less illnesses and better health. Poor personal hygiene habits, however, can lead to some minor side effects, like body odor and greasy skin. They can also lead to more troublesome or even serious issues.

For example, if you don't wash your hands frequently, you can easily transfer germs and bacteria to your mouth or eyes. This can lead to any number of issues, from stomach viruses to pink eye.

Not brushing your teeth can lead to teeth issues and plaque buildup. Poor dental care is also a risk factor for several serious health issues, including heart disease.

Poor hygiene habits can also affect your self-esteem. Looking and feeling presentable can give you a confidence boost and a sense of pride in your appearance.

## Creating a personal hygiene routine

If you want to improve your personal hygiene or help a child develop better habits, these strategies might be helpful:

### Set reminders

If you can't remember to do things like shower, wash your hair, clip your nails, or brush your teeth, set a reminder on your phone. The cue will push you to the activity, and over time, you'll begin to do it yourself.



### Use signs

Hang a reminder in the bathroom to wash your hands after using the toilet. Put a little sign by the plates or bowls in the kitchen to cue yourself to wash your hands before eating. These signs can help jog your memory and improve your habits. They can help both you and your children.

## **V. Tips For Cleaning And Organising Your Kids' Rooms**

Keeping a house clean with kids can be overwhelming for many parents. From scattered toys on the floor to accidental spills and splatters, it is hard to overlook the mess children create in their rooms. This can negatively affect them physically, mentally and emotionally.



The cluttered and dust-laden rooms can harbour lethal germs and allergens that can increase the risk of allergies, respiratory problems, flu and cognitive issues. To keep your little ones healthy, create a strategy to keep their rooms clean and organised on a regular basis. It is good to involve your kids in the process and instil the importance of cleaning from an early age.

This will also help you save a lot of time during a budget bond cleaning Ipswich at the end of your tenancy. So, consider the following tips and tricks and achieve a clean and hygienic room for your kids. Let's Get Started!

## 1. Declutter the Room Together

This is the first step towards achieving a clean, well-organised and germ-free kid's room. Pair a team with your little one and inspect all areas, including:

- Cupboards
- Drawers
- Closets, and
- Other storage units in the room.

This is the best time to get rid of unnecessary items, such as clothes, gear, toys, books, etc. There is no denying that decluttering can be the toughest part for your kids. So, let them decide what to keep and discard by giving them some sense of responsibility. Tip: Donate old toys and sports gear to the local charity and bring smiles to the faces of underprivileged children.

## 2. Create a Designated Storage Space

Having an extra space for toys, books, and other stuff can help you maintain a clean and organised kid's room. Use creative ideas for storage areas, including bathroom

closets, drawers, containers, bed frames, baskets, shelves, etc. You can design baskets and containers for toys and clothing if you have younger kids.



Teach them to clear up toys, books and other materials after play or study. These are some basic things in preventing dust accumulation and germs infestation while giving you unlimited benefits of a tidy house.

### 3. Make Cleaning a Fun Activity

As parents, it is your responsibility to motivate your kids and help them understand the importance of cleanliness. When it comes to cleaning a kid's room, focus on involving little ones in the process. Transform boring chores into fun games by challenging them to see how quickly and perfectly they clean surfaces.

- Start with simple tasks, such as dusting hard surfaces, folding clothes, etc
- Play their favourite music
- Reward them after completing assigned tasks.

### 4. Get Rid of Dust From Ceiling Walls and Fans

According to professional bond cleaners in Ipswich, it is always good to start from the top to eliminate dust and loose debris. So, clean the ceiling fans and walls using proper techniques: Ceiling Fan: Slide in an old pillowcase on each ceiling fan blade. You may need a ladder or stool to reach the fan comfortably. Wipe off the dust and prevent it from falling on furniture, carpets and other surfaces. Use a mild dishwashing soap solution and a microfiber cloth to get rid of grime. Ceiling Walls: Remove cobwebs, insect marks and accumulated dirt from the nooks and corners of your ceiling walls using a long-handled duster. You can use a microfiber duster as it can fetch dust, loose particles and cobwebs in no time.



## 5. Remove Crayon Marks From Walls

It is impossible to imagine a kid's room without crayon marks on walls. However, these nasty marks can ruin the entire look and feel of a room if not treated instantly. Below are some of the best methods to help you achieve desired results: A Heat Method: Place your hairdryer at least 6 inches away from the crayon mark and turn it on a low heat setting. Let it heat for 30 seconds or until the mark softens. Wipe it off using a damp cloth. Magic Eraser: Spray white vinegar and warm water solution on the affected area and wet the magic eraser. Gently rub it over the surface. You can also learn other effective methods to remove crayon marks from walls like a pro.

## 6. Clean Desk and Study Table

It is good to set up the bin or canisters for books, pens and pencils in the study area. Make sure you remove loose paper and other unnecessary items before wiping them off with a clean and damp cloth.



## 7. Use Natural Cleaning Products for Stubborn Stains

Do not use store-bought cleaners when sprucing up your kid's room. It can release toxic fumes and chemicals that can cause respiratory disorders, trigger asthma and various other health hazards. Instead, prepare DIY natural cleaning solutions with baking soda, vinegar, and hydrogen peroxide to tackle stubborn stains, such as carpet spills, splatters, grime and grease.

## 8. Maintain the Hygiene of Bedding and Mattress

Allow your kids to help you change the bedsheet and mattress toppers once a week. It is good to wash dirty bed linens in hot, soapy water to kill dust mites, germs and bacteria. When it comes to mattresses, use a vacuum cleaner that is equipped with a HEPA filter to tackle dust, pet dander and germs.

## 9. Disinfect High-Touch Spots

Frequently touched surfaces in a kid's room can be a breeding ground for lethal germs and bacteria. You can use an EPA-approved disinfectant or a DIY agent, such as rubbing alcohol, to prevent germs infestation. The key areas are:

- Doorknobs and handles
- Light Switches
- Toys: Wash plastic toys in hot water and toss soft ones in a washing machine.
- Remote Control
- Countertops
- Window Treatments

If you are vacating the rental property soon, book experts for an affordable bond cleaning Ipswich and get your bond back without any conflict with your landlord. They will clean all rooms according to the standard checklist.

Maintaining the hygiene of a kid's room requires regular cleaning, the right methods and a lot of patience. However, with the help of useful cleaning and organising tips mentioned in this guide, you can protect your kids from disease-causing germs and bacteria. Make sure you involve your kids in the process and create a sense of responsibility and self-reliance.

## **VI. Regular Health Checkups for Children Are Vital for Long-Term Good Health**



Parents are always concerned about the health of their children, especially babies and toddlers. Since at that age children cannot communicate any sickness or

discomfort to their parents, it is up to the parents to spot any problems in the early stages when treatment is easy. However, there are health issues that affect young children that do not display obvious symptoms and may go unnoticed until they reach serious proportions.

Health checkups provide a vital extra layer of protection. Many parents, when they have their second child, feel that their experience with the first one has taught them all they need to know. That is a big mistake. No two children are the same and one child may exhibit early signs of a medical problem while another may not show any signs till the condition is well-advanced.

There is no need to remind parents that small children are in their extremely important formative stage of their lives and this is when they are most vulnerable to various diseases and ailments. The comfort that parents feel in knowing that they are doing all that is required to keep their baby healthy and that health concerns if present, are being addressed, is a vital component of happy family life.

## The Elements of Health Checkup for Young Children

All pediatricians have their own systems of monitoring and evaluating a child's health. That said, there are some basics that all of them follow. These include:

- **Discussing Concerns:** During the checkups, parents will be able to talk to the doctor about any doubts or concerns they may have about the **child's health and well-being**. One thing all parents know is that unexpected issues, on health or other matters, are always around the corner. Having an expert with whom medical matters can be discussed and advice on course of action can be obtained is essential.
- **Physical Examinations:** The child's weight, height, temperature, vision, hearing, reflexes and other parameters will be checked. If anything is out of the normal range, corrective action can be started without the delays that may otherwise make treatment more difficult and of longer duration.
- **Vaccinations:** Age-related vaccinations are a critical aspect of ensuring a child's good health. These are best administered during regular scheduled checkups.
- **Tracking Development:** The pediatrician will be able to give you advice on how to encourage and support your child's development, social growth and language skills.
- **Developmental Testing:** Standardized tests will be used to understand how the child's overall development is progressing and if any supplemental action or support is needed.
- **Talking About Behaviour:** A child is an individual with a personality of his or her own, right from a very early age. Every child has some behaviours that

parents find challenging. The uncertainty this could cause may affect the family dynamic negatively. The pediatrician will be able to tell the parent if there is cause for concern or not and if there is, the way for them to deal with it.

- Providing Guidance: The pediatrician will be able to anticipate the child's future needs and inform the parents about what they can expect and what they should plan for.
- Creating Understanding: Since young children cannot effectively communicate their symptoms when they are ill, regular health checkups will create a baseline on which the pediatrician will be able to determine if there are any signs of the child being unwell or if the child needs any special care or treatment.

## CONCLUSION

Building good habits in children requires consistency, patience, and leading by example. By fostering healthy routines in nutrition, exercise, sleep, and emotional well-being, parents can help their kids grow into happy, resilient, and well-adjusted individuals. The foundation laid in childhood will influence their choices and overall well-being for years to come.

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