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# Foreword

There are a lot of corresponding factors that affect the general healthy conditions of a child and every parent should ideally take the time and effort to explore all the various elements that will help to ensure the healthy growth of the child. Get all the info you need here.



## ***Childhood Wellness***

The Basics Of Raising Healthy Kids

# Chapter 1:

## *Child Health Basics*

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### Synopsis

Generally a healthy child is one that is less likely to be susceptible to any diseases or sicknesses that may be going around at the time. Most children are able to live a happy and healthy life with the help of a good diet plan and the daily physical activity that will help them function optimally both mentally and physically.



## **The Basics**

Keeping the child healthy is really the responsibility of the parent as is teaching the child to adopt good habit that will help keep the child from being unnecessarily exposed to anything unhealthy.

However should there be a need to address any less than desirable health conditions, it may be prudent to seek medical advice at the earliest possible stage.

There are also possibilities of using a more holistic approach to treating mild infections as it is not always good to pump a child with pills and medicine that may have long term residual side effects.

Besides a healthy diet plan that is nutritionally balanced, the parent would also need to teach the child good hygiene habits. This should be practiced both at home and away from home.

Good hygiene will also help to ensure the child is not left susceptible to negative elements through habit that may encourage such prevailing circumstances.

Simple actions such as washing hands before meals and also when using public facilities, will go a long way in helping to keep the child safe from being exposed to germs. Children should also be taught to avoid sharing meals with those having any kind of infections.

# Chapter 2:

## *Healthy Eating*

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### Synopsis

If children are not taught or encouraged to make healthy choices when it comes to food from a very young age, any bad food habits developed will not only adversely affect their general health but will also be rather hard to correct later. Therefore it would be the responsibility of the parent to initiate a healthy diet plan for the child and keep it consistent from the very onset of the child's ability to consume solid foods.



## **Eating Right**

Although for various reasons, fast and convenient food choices are unusually the order of the daily for the family consumption, it should be noted that these are hardly good choices to make as most of these foods contain high amounts of chemicals and other unhealthy elements that will not help in any way provide the child with a wholesome and healthy nutritional balance.

What may be advertised as highly nutritional and balanced would almost always be far from it in actuality.

In the quest to save on time and energy and yet be able to provide the child with well balanced and nutritional meals, the parent could opt to prepared several meals at once and freeze them for future consumption.

Although this is not an ideal solution, it would be better than choosing fast or processed foods. When preparing meals it would be best to consciously avoid additives such as sugar and fats.

Keeping the diet healthy by using as much fresh fruit and vegetables would be a better option to go with.

The child should also develop the habit of eating meals at regular times and breakfast would be the most important one to eat



without expectations. Keeping to proper meal times will help the child condition the body to avoid unnecessary in between snacks.



# Chapter 3:

## *Healthy Hygiene*

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### Synopsis

Making a child understand the importance of good hygiene will help to keep the child safe from easily being susceptible to diseases and sicknesses. The child should also understand that good hygiene is not just all about looking neat and clean but involves a lot more elements that will eventually help to reduce the risks of ill health and increase the well being conditions of the child.



## **Good Habits**

As children are by nature very active and curious little beings, it would be almost impossible to expect them to stay neat and clean all of the time, thus the need to inculcate habits that would at least keep them reasonably insulated from contracting any unnecessary negative elements that would make them sick.

The parent should always ensure the child is taught how to maintain personal hygiene standards and a periodical check will ensure the standards are kept.

The following are some of the more immediate actions that can be taught to the child to help maintain some level of healthy hygiene standards:

Hand washing – this should be practiced as frequently as needed, depending on what activities the child indulges in daily. Washing hands before meals and after touching foreign objects or public facilities is an action that needs to be firmly inculcated into the child's general perception of how to stay hygienically conscious.

Nose plowing, coughing and sneezing is also something that should ideally be taught to the child from a very young age. This will help the child understand that by keeping to such habits, they will in turn help to keep the spread of the infection under control.

Keeping nails and hair clean is also another good hygiene habit to teach the child. Dirt and germs are usually quite prevalent here, thus the need to ensure some standard of hygiene being kept.



# Chapter 4:

## *Doctor Visits And Vaccinations*

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### Synopsis

There are several different vaccinations that a child should receive to ensure the diseases are effectively kept at bay and the child is assured of a better and healthier quality of life.



## **Things That Are Required**

However during the course of these vaccinations being administered, the child may develop an adversity towards the idea of having to visit the doctor as most of these visits would be linked to rather unpleasant incidences.

Therefore although the importance of the vaccination should never be overlook in favor of appeasing the child's fears, exploring ways to make doctor's visits less stressful may be something to consider.

However too many visits to the doctor is also not really an advisable option to consider as this too will expose the child to other infectious diseases that my contracted from other children present at the doctor's office.

Sometimes treating mild medical conditions at home should be considered first.

The following are some of the more common vaccination and tests usually done at the doctor's office for the child:

Birth – there is usually a need to do the common hepatitis B screening blood test while also conducting other corresponding checks to ensure all is well with the newborn baby.

These checks will be consistently administered over the next two weeks should there be a need to keep the child under close supervision.

At the two month mark the DTaP, Hib, PCV, Rotavirus and IPV vaccinations will be given to the child.

These are generally administered at the doctor's office for the main purpose of keeping diseases such as diphtheria, tetanus, acellular pertussis, Hep B, Haemophilus influenza type B, pneumococcal diseases and polio from infecting the child's immune system.

The same is repeated at the four month interval as well as at the six month interval of the child's growth.

At twelve months the child should be given MMR, Hepatitis and Varicella vaccinations.



# Chapter 5:

## *Sleep And Exercise*

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### Synopsis

Having an active child is almost always a good sign as this would signify that the child is well adjusted and happy. It would also mean that the child is growing well and hopefully able to access to a well balanced and nutritional diet plan. Rest and proper exercise will help the child to grow into a healthy, happy and mentally alert child.





## **Rest and Play**

Children should be encouraged to have a lot of physical activity in the daily life as this will contribute positively to the stronger muscles and bone conditions.

It will also ensure the child is less likely to become overweight. The risk of contracting a number of diseases will also be significantly decreased when the body condition is healthy due to the adequate amount of exercise it is conditioned to experience.

Exercising regularly as a child will also help the child to have this same positive habit through into the adult phase in life too, thus giving the body the opportunity to be fit and healthy always.

Taking the importance of exercise for granted and not incorporating a suitable regiment into the lifestyle of the child will eventually cause the child to experience a lot of medical complications that will severely interrupt the child's ability to lead a healthy life.

An hour a day would be an ideal target time frame for vigorous physical activity. This could be in the form of sports, games, jogging in the park or simply brisk walking to and from school.

Rest is also another important element that should be part of the child's daily regimen of the healthy lifestyle.

Having an active exercise routine will help the child sleep better and thus contribute toward better overall body and mind conditions. An adequate amount of sleep will allow the child to be better prepared to

face the day and both body and mind would have enjoyed adequate rest.



# Chapter 6:

## *Limiting TV And Internet*

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### **Synopsis**

Trying to limit the access a child has to TV and the internet can be a challenge especially if this course of action is rather sudden. Therefore it would be advisable for the parent to start the limitations from a very early age and use other more beneficial activities as a possible positive distraction.



## **Limit Bad Stuff**

Given the opportunity most children today would rather opt to watch their favorite TV program or surf the internet indefinitely as such prolonged viewing are certainly made possible on both platforms.

The following are some ways that can effectively used to lure the child's attention away from these rarely beneficial activities to something more productive mentally and physically:

Placing the TV or internet access in an area where there is a lot of activity will help to keep distraction levels high thus making it quite difficult to indulge in either of these activities for long.

Also ensuring there are a lot of other activities and entertainment possibilities such as board games and books so that the child will have options available to explore instead of just the TV or internet.

Setting a daily allowance for watching TV or surfing the internet would also be something to consider. Once this daily quota is exhausted, the child should be strictly encouraged to seek other forms of entertainment preferably something that involved some kind of outdoor activity.

To ensure this is made more interesting, parent participation would be encouraged as this will make the child feel wanted and thus make the whole exercise more enjoyable.

Making TV or internet access something that should be earned rather than something that is there for the taking is another effective method of limiting access to both.

Allowing the child access to either of these, only after chores and homework has been completed will not only encourage responsibility and discipline but will also help the child understand the merits of rewards.



# Chapter 7:

## *Maintaining Health Insurance*

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### Synopsis

Insurance for children is very rarely contemplated as an important facility to have on hand. This is mainly due to the fact that most insurance companies don't really push or promote these kinds of packages to their clients. However as the cost of medical fees escalate; it would be something that the parent should be prepared to seriously consider should the need to medical attention become necessary.



## **Insurance**

There are probably several different programs and policies available in the market today and the parent would ideally have to take the opportunity to explore as many options as possible before making an informed decision.

There is also the long term cost incurred for any insurance policy taken up, as most policies will be considered null or inactive if the payments default.

Therefore understanding, that this is effectively a rather long commitment for the parent is crucial to deciding which policy is most suited for the child and the household budget.

The method of making claims on the insurance policy for the child is also important. The parent should read and understand all clauses hidden and otherwise before choosing to sign on to a particular policy being advertised.

There would also be a need for the parent to enquire at the local hospital the acceptance outline in place should the child need medical assistance immediately by with the use of the insurance.

Ensuring the hospital is willing and able to accept the insurance coverage to facilitate the medical procedures needed should be established before committing to the policy.

In spite of all the various elements that should be checked and rechecked before actually committing to a particular policy for the health of the child, it is still better to have a medical health insurance policy, as this will definitely ensure the parent is able to consider more costly medical options should there be a need to do so.





# Chapter 8:

## *Common Childhood Diseases*

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### **Synopsis**

Although there are several different diseases a child will commonly be exposed to, these can be prevented with the adequate amount of good hygiene practices firmly in place. However in spite of all the possible precaution taken the child may still fall prey to these diseases and it would be in the parent's and child's best interest to have some knowledge of these diseases beforehand.



## **Sickness**

The following are some of the more common childhood disease:

Respiratory syncytial virus – being a rather common disease which is further enhanced with the presence of the flu bug, it usually causes a lot of problems for the child.

These would include pneumonia and bronchiolitis, inflammation of the small air passages in the lungs, and general difficulty in breathing.

Fifth disease or otherwise known as slapped cheek disease – this is usually seen as a lacy red rash that would appear on the child's torso and limbs.

Although the child may not experience and severe life threatening possibilities, nonetheless it is a rather uncomfortable experience especially for younger children.

Hand, foot and mouth disease – this is considered a rather common disease where blisters or sores will appear inside the mouth and on the palms of the hands and also on the soles of the feet.

The virus that causes this disease will create a lot of discomfort for the child but is not really serious and will usually decapitate after about 10 days.

Scarlet fever or otherwise sometimes also known as strep throat – this infection is usually cause the child to experience severe soreness in the throat area accompanied by a bout of high fever.

The scarlet fever rash usually starts on the chest and then extends to the abdomen and then all over the body. It usually has the look similar to that of bright red sunburn patches.



# Chapter 9:

## *How Maintaining Good Health Helps Your Child In The Long Run*

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### Synopsis

Healthy and happy children are less likely to succumb easily to diseases as their immune system would be strong enough to be able to withstand and onslaught of negativity.



## **The Benefits**

Any child will be able to function better if he or she has been taught to adhere to clean and tidy attitudes and environments. Encouraging the child to have a regular exercise program or physical activity will also help to further strengthen to possibility of having the long term enjoyment that good health conditions can bring.

With the proper foundation in place the child will also be able to avoid any instances of obesity and ill health which seems to be quite common today. This is mostly due to the very unhealthy diet plans and lifestyle most children indulge in.

Parents should take the practice of preparing healthy meals so that the children can develop this habit and carry it on into adulthood.

Exercising with the child will also help the child understand the merits of this with regard to maintaining long term good health.

Doing these things together will also have the added benefit of creating a closer bond between parent and child, thus effectively allowing the child to feel loved and wanted always.

# Wrapping Up

To create a good scenario, the parent would have to take active responsibility in teaching the child some good health, diet and hygiene habits at a very young age so that a good foundation can be established. With a little help from the family doctor and all the information now available, the parent will be able to design an adequate outline that will serve as a good guide to creating a good foundation for the child's future wellbeing.

