

How to raise children nowadays essays examples

[Health & Medicine](#), [Obesity](#)



Philosophy

Raising children nowadays is the most challenging job for parents. Parents are doing everything to ensure the safety and the healthy future for their children. In this essay, we will discuss the factors in raising healthy children. We will also discuss how to handle issues such as imbalanced diet, lack of exercise, different influences, and stress that may affect children in their growing years.

There are three factors that parents need to focus on when it comes to raising children. These factors are confidence, ownership, and emotional readiness. Parents would be able to learn the right way of raising their children by practicing these factors. Parents should not push their children too much. Instead, parents should motivate their children to grow into a happy and good person (Taylor, 2002).

Keeping their children healthy and fit as they grow is another major challenge for parents these days. Obesity and hypertension are very common to children today because of the types of food they eat and lack of exercise. Obesity and hypertension may lead to heart disease even to children if they continue to have an imbalanced diet and if physical activity is reduced. Parents should focus on what their children eat every day, and encourage them to do an exercise routine for at least thirty minutes to an hour every day (Rocchini, 1999).

Adolescence is the most difficult stage to deal with for parents nowadays. This stage is when children start exploring different kinds of things, good or bad, depending on how appealing they are presented. Some of the things that they find interesting are smoking, drinking alcohol, and even taking

prohibited drugs, and these are obviously the major health risk factors that may cause a lot of diseases. Some of the ways for parents to discourage their children to try or use these habits are practicing their parental guidance and ensuring that their children are living in a healthy and friendly environment (Brown, Catalano, Fleming, Haggerty, Abbott, 2005).

Presently, raising children require a lot of guidance and encouragement from parents. In order to raise my children to become healthy, I will make sure that they are receiving enough nutrients their body needs and inspire them to be physically active. I will also get myself quite involved in their social lives, so that I would be able to guide them to make the right decisions and also to keep them from thinking about trying things that would be harmful to their health.

References

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