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4 Proven Methods for Helping Kids Make Healthy Choices

You can't be with your children all of the time. In fact, you shouldn't want to be! As much as you may want to keep your kids safe and healthy, they also need to learn how to make positive choices on their own. It's the only way they will grow into thriving and truly happy adults. [Youth is Life](#) invites you to keep reading for ways to help your children pick up healthy habits.

Make Healthy Eating Exciting and Appetizing

Your kids may equate vegetables with boredom. After all, what could be so exciting about a head of cauliflower or a can of beans? Well, if you can [get creative](#), they may learn that healthy eating doesn't have to be boring or bland. [Healthy eating](#) is an important component of an optimized house. It can even be downright fun for them! As you prepare healthy meals for your family, get your kids to watch and talk to them about the "salad jungle" or color-themed meal/snack you're making.

You'd be surprised at how effective using fun names and themes can be for getting your little ones to make healthier food choices. Variety can also be key. Luckily, you can find plenty of [nutritious recipes](#) online. Better yet, have your kids help out in the kitchen so they can learn how

to prepare and cook their own meals and snacks. Aside from being an essential skill, cooking can be [educational](#).

Improve Confidence and Resiliency With Martial Arts

When your kids are faced with a challenge, do they give up or do they persevere? Many children and teens tend to walk away when the going gets tough, but this can set them up for a lot of disappointment and emotional turmoil later in life. Getting your kids into martial arts can teach them the meaning of perseverance, as well as other skills for a happy and healthy life.

One of these skills is resiliency, which can go hand-in-hand with perseverance. Kids who [practice martial arts](#) tend to be better equipped to handle life's challenges, like dealing with bullies in school or adapting to life on the spectrum. Martial arts will also provide a serious workout for your kids, which can help them maintain a healthy weight now and [later on](#).

Of course, it goes without saying that building these skills will also boost your child's confidence. Having [healthy self-esteem](#) is so important for both children and adults. Showing kids how you overcome your own struggles and go after the things you want can boost their confidence. For example, if you've always dreamed of going back to school to earn a degree, enrolling in classes online can inspire them to go for their own dreams.

Teach Your Children About Money

Far [too many young adults](#) find themselves deeply in debt or regularly broke from making poor financial decisions. This is often rooted in a lack of financial education. Teaching children early on about managing money, its benefits and why it's important lays a foundation for better money habits throughout their lives.

A great introduction to financial literacy is through a regular allowance. This boils down to consistently giving them a set amount of money on a set day. It can either be tied to chores, purely money or a hybrid of both. The beauty of your child having their own money is that it gives them self-confidence, boosts responsibility and provides teachable moments. When determining an allowance, the typical recommendation is 50 cents to \$1 for every year of their life, but you determine what's best for your family and your budget.

Encourage Healthy and Positive Social Connections

No matter how introverted your child may seem, having [positive interactions](#) is critical for their overall health and well-being. Isolation is a primary [contributor to depression](#). Humans are social creatures and we thrive when we feel connected to others. So as much as you may want to protect your kids from the outside world, it's important to help them find positive connections *to* it and the people *in* it.

Now, if your kids seem to have fallen in with the wrong crowd, knowing how to handle it can also impact the sort of choices they make later in life. Being overly critical or harsh about their circle can backfire big time. Instead, talk openly with them about the effects of being friends with toxic people. Tell them your concerns, then encourage them to forge healthier relationships.

Empowering your children with the confidence, skills, and knowledge they need to make healthier decisions will take them so much farther in life. When they learn to appreciate healthy food, practice martial arts, build self-esteem, and create positive social connections, they are essentially learning to be healthier and happier adults.

This article is brought to you by [Youth is Life](#), where our vision is to be a multi-generational, multi-purpose organization where changes happen for all the youth that come through our program, to provide opportunities for our youth and underprivileged families to express themselves through art and explore their gifts and talent. For more information, please visit our website or [contact us](#) today!