

Habits That Should Not Be Broken

By Melissa M. Williams

Its time to break the negative connotation associated with the word, "HABIT," and create new and improved habits for our children to emulate! We are the best example to our children for creating good patterns ... the ones that will last a lifetime. The small habits created in childhood may just influence the way our children live their lives in the future.

Positive Habits to start in Childhood and Their Benefits in Adulthood

Habit: Write a Thank You note to your family members after receiving a present.

Benefit: An outward expression of thanks with a note (not an email) will help you stand out in matters of personal and professional business. A little southern hospitality can go a long way in your life.

Habit: Read with your children before they go to bed every night.

Benefit: Well, there are a million benefits to reading, but doing it before bed will quiet the brain and help both of you get a more restful sleep. For those of us who have problems with getting to sleep, you know creating this habit in childhood can ward off insomnia later in life.

Habit: Turn off the TV during Dinner.

Benefit: You will thank yourself and your children will thank you in adulthood when they are actually able to have meaningful conversations on a date, at a business dinner, and with their own spouse and children in the future. Communication is the key to health relationships.

Habit: Do some type of physical activity at least 3 times a week with your kids. This could be walking to the park after dinner, riding bikes, or even set up your bikes to ride stationary while watching your favorite family show on TV.

Benefit: Physical activity is a necessity for good physical and mental health. It should be considered as important as sleeping and eating. So children need to witness their parents engaging in healthy living so they will do the same throughout their own lives.

A FEW HEALTHY HABITS FROM IGGY THE IGUANA:

Iggy goes running with his dad.

Snap Shell's dad puts out a healthy snack for the kids everyday after school.

Iggy's dad plays catch with him either before or after dinner.

The Green family prays before dinner and Iggy prays before he goes to bed each night.

It's important to "Show not Tell" our children how to live a productive and healthy life. For more information on how you can become involved with a new movement promoting parent and child involvement and encouraging children to create healthy habits check out Read3Zero.com.