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**How To Have A Happy And Healthy Back To School**

**By Marie Roker**

It's the time of the year that most kids have been avoiding; Back To School!

Going back to school can make some kids anxious. Some are starting kindergarten and others are transitioning from elementary to middle school or from middle school to high school. Help your child keep things in perspective by helping them to realize that this new experience is exciting. Encourage them to have a positive attitude about the experience. Back to school can be frustrating and stressful due to poor time management, organizational and communication skills. Start off the school year by leading by example. Set the standards for a responsible, independent, and successful child by living by the core life values you want to instill in your child. If you are always running late or making excuses, your child will assume that this is the attitude to take towards life.

**Nutrition**

**Preschool:** Make sure your preschooler starts the day with a healthy breakfast. If you have a fussy eater, try variations of their favorite foods. Give them a piece of their favorite fruit, but do not force your child to eat something. If you are concerned about their vitamin intake, offer them a supplement. A good one to try is Childs Life Essentials. For great recipes, check out: Healthy Food for Healthy Kids by Bridget Swinney .

**Elementary/Middle School/High School:** Kids in this age group need to have healthy eating habits as well as a fitness regimen. Serve your children healthy snacks and involve them in grocery shopping and the preparation of food. Try a new snack for lunch each week. If you're stuck on what to serve your children, check out

<http://www.yourkidsandnutrition.com>

. Make sure your kids get adequate exercise

each day. A great way to stay physically active and distress is Tae Kwon Do.

**Sleep**

## How To Have A Happy And Healthy Back To School

Preschool: Your child needs 10–12 hours of sleep per night. Develop and be consistent with a bedtime routine. Have your child engage in quiet activities before bedtime, such as reading a picture book or completing a puzzle. Avoid liquids close to bedtime. If you have a little night owl, try placing a few drops of pure lavender oil on a tissue paper and place it by your child's bed. Check out:

<http://www.sleepforkids.org>

Elementary: Encourage your child to develop a routine of falling asleep and waking at the same time, even on weekends. After a summer vacation, it can be quite difficult to get into the habit of falling asleep early. Have your child start sleeping an hour earlier and slowly transition into the appropriate bedtime. Avoid television and caffeine close to bedtime. Extra tip: Pay attention to any signs of stress. Ask you child questions to find out if they are anxious or feeling stress because of the new school year. Let them know you are available to listen, if they want to talk. For more information on kids and stress, visit

<http://www.kidshavestresstoo.org>

Middle School/High School: Your child needs between 8.5–9.5 hours of sleep. Your child needs less sleep and less supervision. Advise your child to avoid computer games and heavy studying before bedtime. Make sure your child turns off the television before bedtime.

### Time Management

Preschool: If you want to avoid being late in the mornings, wake up a 1/2 to 1 hour earlier and get yourself prepare. Lay out the clothes the night before or if you able to for the entire week. Have breakfast ready for your preschooler and make getting ready a game. Play a beat the clock kind of game with your child. Preschoolers are very competitive and like to win.

Elementary School: Show your child the value of time by how you prioritize and organize your time. Teach your child to be more independent and responsible by allowing them to pick out their clothes (within reason). Agree to a scheduled study time and support your child in being consistent with this time.

Middle School/High School: Avoid resentment and power struggles by setting reasonable guidelines. Help your child to approach time management with confidence. Instead of lecturing about the importance of time, show your child how to use their time more effectively. If they see you procrastinating, then they will assume it's acceptable for them to procrastinate. Create a schedule and a list of things to do together. Teach them to set and follow through on specific goals. For more tips, check out

<http://www.organizetips.com/chore2.htm>

Marie Magdala Roker is a Personal Development Coach with Smart Bee Coaching LLC. Her site

Successful Child.com strives to provide valuable resources so parents can play an important role in the personal growth and development needs of their children. Visit her online at

<http://www.successfulchild.com>

### **Education Leads To A Healthier And Happier Life**

**By Ryan McKenzie**

Do you feel you lead a healthy and happy life? If you answered yes, chances are you have received some sort of college or post secondary (post high school) education. If you are an adult, and don't have an education, an online education may be something you may want to pursue. There are many proven reasons why being educated leads to a healthier and happier life. I will list a few of these facts below:

Have higher self esteem and better self worth

Tend to have more meaningful, fulfilling work as well as being given more opportunities to accept larger responsibilities.

Have statistically better health, probably due to less stress

Majority tend to be happy with their career.

Are more responsible with their investments and savings

Spend more time with their communities as well as volunteering.

Are more likely to obtain leadership roles within their company.

Tend to have better public speaking skills, verbal skills, problem solving skills as well as social skills.

As you can see from the facts listed above, having an education has many benefits in terms of leading a healthy and happy life.

I recommend checking out the following site to take a look at online education programs that are available to you online.

<Http://www.education-resource.org>

Get an education and add another positive aspect to your life today!

Ryan McKenzie

<http://www.education-resource.org>

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Education Leads To A Healthier And Happier Life

The Beauty and Simplicity of Life

A New School Year

Happiness

Improve Your Dog's Health With Natural Dog Health Care

Help Your Child Succeed In School

101 tips to stay fit and live longer.

Organic Secrets

The Ultimate Rose Garden– Neighbors envy, owners pride!

People Finder Software



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