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Parenting & Dealing With Childhood Obesity

By Michele Oberton

One of the leading problems effecting today's youth is that of childhood obesity. One of the most important parenting tips that could ultimately save a child's life is to deal with the problem early and yet with great sensitivity. The truth is that dealing with this delicate parenting issue early may help to save a child from dealing with obesity and other related illnesses in later life.

Over the years, the presence of obesity in children has dramatically increased. Many experts attribute the surge to over exposure to video games, television and computers. Others suspect that the increasing problem stems from poor eating habits and still others believe it may be a little bit of both.

Among other problems, obese children are at higher risk for developing diabetes and heart related illnesses. Health professionals are commonly worried that children who battle with weight early in life may face obesity later in adulthood, which could have a very negative impact on their health.

A child who is overweight or has recently been diagnosed with obesity, should not be singled out from the family as being the only one needing to make a change in their lifestyle. This is one of the most important parenting techniques to use when dealing with childhood obesity and is also one that will greatly impact a child's self-esteem. If parenting isn't done properly in this situation, the child may forever feel inferior or begin to identify themselves by how much they weigh, which is an unhealthy possibility. It is important that the entire family join together and participate in healthier meals, less television time and increased levels of activity, including walking.

Among the best parenting remedies used to combat obesity is preparing more fruits, vegetables and less foods that are high in fat. Positive parenting techniques will involve having healthy snacks available for your family and encouraging them over junk foods. Additionally, set a schedule for the family to take a brisk walk or spend some time doing some type of physical activity, including a game of basketball, softball, volleyball, etc. Anything that will get your child up and moving instead of spending all of his/her time in front of the television or video game will be to their benefit and will lend to the positive impact of good parenting. And finally, be vocal during your child's medical visits. This includes asking the doctor questions about any concerns that you may have, as well as taking his/her advice when it comes to the health of your child.

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Parenting Is Tough – Make It Easy

By Nadia Alvino

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Raising children and being a good parent is tough, you need every bit of information that you can find to help you develop effective parenting techniques and to make parenting easier. You need a resource that contains parenting tips and advice that will help develop your parenting skills. I have produced a practical, high quality, professionally edited ebook titled " Parenting is Tough ! " that contains all the expert parenting advice that you will need to develop effective parenting skills. This ebook outlines many helpful parenting tips that will enable you to raise good, happy, confident and resilient kids. This easy to read ebook will teach you how to bond with your children and how together you can create a loving, happy relationship that will get stronger and stronger as your children become teenagers, young adults and then as they become parents themselves. More info on this ebook is available at: www.goodhappykids.com

I am an experienced child care professional, parenting consultant, author and pshychologist.



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