IMPACT OF FAMILIES IN THE PHYSICAL HEALTH OF SCHOOL CHILDREN

by:
Allen Fe L. Garcia

The most influential persons in a child’s life are his parents. The second are his teachers and friends in school. Many studies revealed that children tend to be more active when their parents and siblings are active or are supportive of physical activities and they have play areas or equipment at home.

Physical activities are important if we have to help children become healthy and active. Educators and school nurses can help by communicating the importance of physical health among school children to their families. This includes the family’s critical responsibilities in ensuring a healthy environment for the children. Family day filled with fun physical activities can be a great avenue for this message.

Helpful advice may include encouraging the parents to become good role models in being active. Planning family exercise time to happen even in their most hectic schedules can be very beneficial to the children. Another is taking tips to the park, beach, playground, or active amusement parks.

Enrolling children to local classes like yoga for kids, zumba, dance, swimming, tennis or badminton, sounds fun for the kids. They will enjoy non-competitive classes that are fun and where they can meet new friends. These classes can also be a fun means for siblings to bond together.

Special events can be celebrated by including play activities. Parlor games are popular and are looked forward by children in parties and family events. Use popular music and animated characters familiar to children to motivate them more in joining the
activities and can make them feel more excited about family events and physical time, even in schools.

It is also crucial to remember, when planning both outdoor and indoor games and activities to make safety a priority. It is also worth noting to establish boundaries, and make sure the play area is clear of obstacles and hazards.

References:

