



## Smart Tips to Keep Your Child Healthy and Safe

There are many responsibilities you have as a parent, ranging from shuttling kids to school to helping with homework. Among these, the most important is keeping them healthy and safe. Teach them to care for their bodies well to live a long and healthy life, free from illness and disease. While you can't keep your child in a bubble forever, do your best to keep them safe from harm. [WackySafe](#) goes over a few tips to help you achieve these goals.

### **I've Got Plenty of Time! Said No Parent Ever**

As a parent, we're constantly juggling and prioritizing, and sometimes that means setting aside hobbies, career plans, fitness goals and more to care for our family. But as kids get older, there may be a chance to carve out a little more time to pick up old pursuits. And while no parent has a plethora of time, with some flexibility, an online bachelors or masters degree in [a field like](#) information technology or business, for example, in order to grow our career is well within our grasp.

## Nutritious Food Choices

Gone are the days of encouraging sugar-laden, easy-to-grab breakfasts or dinners from the fast food drive-thru. According to [Livestrong](#), it is extremely important to fuel children with nutritious foods as their bodies are still growing. Their bodies are still developing their immune systems, which are built and supported by consuming foods that nourish rather than junk. Unfortunately, kids are notoriously picky eaters. If your child is refusing healthy food, claiming to hate the taste, there are several ways to help incorporate nutrition into their diet. There are many [recipes available online](#) that sneak vegetables into beloved dishes, such as adding pureed vegetables to spaghetti sauce or adding shredded carrots and zucchini to muffins. Ultimately, the goal is to educate your child to understand the importance of healthy eating, but sometimes you just have to trick your kiddo if it helps them be healthier!

## Avoid Caffeinated, Sugary Drinks

In addition to the foods they eat, it's equally important to focus on what beverages they are drinking throughout the day. There are two common harmful culprits found in the regular drinks children are consuming: sugar and caffeine. As an adult, it is frequently considered a normal daily practice to begin your day with a hot cup of coffee or two. For children, however, any caffeine at all can be dangerous to their health. According to US News, caffeine causes [increased blood pressure](#) and decreased or erratic heart rates in children and teens.

In addition to caffeine, you also need to limit the number of sugary drinks your child has on a daily basis. Consuming too much sugar not only contributes to [issues](#) with childhood obesity, but it can also contribute to malnutrition and even psychological issues down the road. Encourage your child to drink water, which is the healthiest choice and can prevent overeating, by storing [filtered water](#) in the fridge. This will make drinking water more convenient. You can even add citrus and other fruits to make it more flavorful and appealing.

## Encourage Exercise

Another important health factor is to ensure that your kids get plenty of exercise every day. The [benefits of exercise](#) are numerous, ranging from improving their physical and mental health to preventing future disease and illness. Exercise for children is a little different than for adults. You don't need to send your 4-year-old to the gym or set up an elliptical machine for your 10-year-old. Simply running around and [playing outside](#) is a great exercise for children. Instead of your child sitting inside watching TV or playing video games, send them out back to play tag or go on a scavenger hunt.

## Utilize Technology to Protect Your Kids

Technology has plenty of advantages for parents. There are many technological advances that can protect your family and keep your children safe. In addition to common-sense safety tips, like locking cabinet doors to keep medicine and cleaners away from little ones, you also need to

make sure that your computers and tablets are [properly secured](#). There are many dangers on the internet that can be regulated and protected by establishing parental controls.

You can further protect your kids while they're online by making [WackySafe](#) your family's default search engine. Specifically designed to block dangerous content from children who are surfing the internet, WackySafe uses a 3-tier filtering system to help ensure that every search result is appropriate for children of all ages. It's one of the best tools on the internet for helping keep kids away from the harmful content that exists online.

Keeping your child safe and healthy often feels like a full-time job, especially when you're juggling other things life has a tendency to throw your way. However, following these tips will help protect your child and teach them healthy habits.

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