

Parents as Role Models

I think everyone will agree that being a parent is the hardest job on earth. What makes it even more challenging is the fact there are no pre-requisites or formal trainings for this mega job, which comes with mega responsibilities. The biggest of which is being a role model for our children. We know that children learn by watching, listening and mimicking our actions. So, simply put: “We must take action” to net desired outcomes. Consider the following:

Current Trend	Back on Track
Sedentary Lifestyle Choices	Limit (all) screen time and encourage outside/extra-curricular activities.
Eating more	Involve children in meal planning and make dinner family time.
Unhealthy eating choices	Make healthy food and snack choices more convenient (e.g. pre-cut fruits & veggies, low-fat cheeses and whole grain crackers).
Sleep Deprivation/Disorders	Children and teens need any where from 9-13 hours of sleep each night.
High Stress Levels	Address any stressful issues your child may be facing (divorce, bullying, comprehension/focus/discipline problems, etc.).

If these current trends continue and our role-model efforts fail, their generation will be the first to potentially have a shorter life span than previous generations. Thus, a multi-disciplinary approach to life-style changes is paramount to our children’s overall success. We can conquer this troubling trend together. We have the resources. If you’re reading this---you’ve taken the first step.

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