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Hello everyone, today in this video we are to talk about children and dad. So how does media times look for you at your once? Do your children run away or do they eat every vegetable and fruit that is given them? And you find yourself chasing them and asking them to finish up their meal. Do you find yourself negotiating with your children for having their sweets or chocolates and do you have trouble asking them to make a healthy diet? So what does a good diet for children look like? One, they need fiber-rich vegetables and fruits. They need good water to feed. Three, they need good dairy products to feed their born health. And four, you also should plan strategic and healthy foods and snacks in between to improve their nutritional gains. So what should we avoid when it comes to children? Avoid giving them processed sugar. Avoid giving them oily, fried and so on. And also avoid letting them skip a meal because they had heavy meals to be cooked. And also make sure that you fight their balance and it's not focused more on having too healthy of a food but also not too unhealthy of a food. Let them have treats once in a while. A lot of healthy balanced diet could lead to an array of mental health issues like anxiety and depression. But also make sure when talking about food that you are not focusing on how their body is looking like but what is actually healthy. So what happens when we focus on the body? They might start developing eating disorders. They might start developing anorexia where they restrict their food intake to maintain a proper body weight. Or you might notice bulimia where they have excess intake of food followed by expulsion through vomiting. So when we focus on more on body weight and you move the perspective and attention away from the actual health, our children might start to meet many struggles that they can't speak about. How could this happen? It could happen because of media pressure, social pressure and also because multiple complaints from the family members. Usually, unhealthy eating habits could stem from various forms of stress. So it is essential that you talk to your children regularly. about what struggles they are facing. And if you find even yourself facing the same issues, please reach out to professionals.