

## Children and Blood Pressure

Did you know that even babies can develop high blood pressure? Many might think of this as uncommon but it isn't. When babies have high blood pressure it is usually because they are premature or have kidney or heart problems. When an older child has high blood pressure it is usually a result of their family history.

As you might have noticed today, there is an increase in obesity in children. This also increases their blood pressure putting them at health risks. A great way to prevent this is to have your child's blood pressure checked often as they grow older.

More ways to help are watching your child's diet and making sure they get plenty of exercise. Some kids are not as active today what with the video games and all. Try to get your child involved in regular activities from the start. It will benefit their health as well as their self esteem later down the road.

Just like adults, you can easily help control your child's blood pressure. Watch their diet. Be sure they are getting the right nutrition and limit their salt intake. Get them eating vegetables and fresh fruits. While many children do not like vegetables, there are many ways to overcome this. You can spice up a recipe that involves vegetables.

Physical activity is the key to any healthy lifestyle. Getting your child involved in physical activity when young will help ensure they stay active and healthy as they age. Involve them in sports of their choosing and take walks with them. You can both benefit from this.

If your family has a history of high blood pressure, be sure your child gets routine check ups. This will help ensure they do not develop high blood pressure and if they do, you can start controlling it. Remember stress can raise blood pressure and while some kids shouldn't be stressed, they are.

Children deal with stress just like adults, just in different ways. Talk with your child and stay active in their life and what goes on. You want them to have a happy healthy life and you can help them achieve that goal.

If you are unable to control your child's blood pressure through their diet and exercise, you might have to turn to medication. Talk with your doctor and let them know what you have already tried. Sometimes this is not enough alone, but with medication, can help control it.

Try to exercise with your child every day. Exercising alone sometimes is harder

for children and adults alike. You can get involved with your child this way and it will benefit you both.

Talk with your teenager about smoking and drinking. These both cause high blood pressure and once they know the risks they are less likely to try them. Do not think your child is invisible from developing any health problems along with high blood pressure.

Remember that blood pressure increases with age until you are around fifty. If you get a head start on watching yours and your child's at an early age, you will both benefit very well in the end.