



# Well-being starts at home

## 5 ways to teach kids healthy habits

Parents' actions, behaviors, and habits can influence children well into adulthood. To raise well-rounded, healthy adults, it helps to keep in mind these five dimensions of well-being: emotional, physical, financial, community, and occupational. Here are tips for each of these dimensions.

**Emotional:** Create an environment where children feel safe expressing their feelings. Encourage open conversations, show empathy, and validate their feelings. Try simple activities like deep breathing or nature walks. Encourage gratitude by having them share something they're thankful for each day.

**Physical:** Integrate movement into daily routines. By demonstrating how exercise is a fun part of life, you'll be setting kids on a path toward lifelong health. Other ways to lead by example for physical health: See your doctor for checkups, make brushing and flossing a fun nightly routine, and get recommended vaccines.

**Financial:** It's never too early to instill financial literacy and help your child learn the power of earning, saving, and budgeting. Provide an allowance for chores and suggest odd jobs around the house or in the neighborhood to earn extra money.

**Community:** Help your child build healthy relationships by modeling respectful communication and providing opportunities to develop relationships with peers. Consider kid-friendly volunteer options. Examples: Run errands for an elderly neighbor, host a bake sale and donate the proceeds to a charity, or walk dogs at an animal shelter.

**Occupational:** Age-appropriate chores can instill a strong work ethic and sense of accomplishment. Research suggests children who do chores exhibit higher self-esteem, are more responsible, and are better equipped to deal with adversity.



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