

5 Ways to Help Our Kids Understand Their Bodies

GOD MADE US

Name of God - "Elohim" Creator (first trait mentioned in scripture) The word bara - Hebrew for "created" + "creating" (actively). On the molecular level, cells are constantly regenerating. Our body heals itself naturally. Muscles, ligaments, flexibility (remember when you could put your feet behind your head?) We have core strength and spinal alignment to keep extremities & organs together. He created movement for a purpose! We are all unique and precious and loved.

PHYSICAL + EMOTIONAL ARE CONNECTED

We need to pay attention to our emotions and practice naming them. Bring your feelings to a conversational level & help your children to practice the same. Help them to notice the tension in their body when they're angry, and the calm in their chest when they breathe deeply. Help kids to self-regulate as a valuable skill for maturity in adulthood.

HOW STRESS AFFECTS OUR BODY

We store stress in our trapezius muscles, shoulders, hips, and back. These areas need to be stretched and massaged regularly in order for stress not to build. Help your child name the muscle groups in their body and roll out sore muscles together with foam rollers or dense rubber balls. Practice more deep-breathing. Meditate and pray together. Talk about where you can remove stress from your family life.

PRACTICE BODY AWARENESS + STRENGTH

Become more aware of your body by doing common household duties. Involve your children in chores that contribute to the family home. Movements like lifting, bending, wiping, scrubbing, potting plants, washing the car, carrying in groceries, or carrying siblings all build personal responsibility and physical strength & dexterity.

PRACTICE BETTER EATING HABITS

Educate your children about the affect certain foods have on our body. For many of us, gluten, dairy, and sugar are the main culprits. buildup of gas and inflammation don't allow us to move as well as our bodies were created. Practice cutting back on unhelpful foods and stick to a majority of proteins and veggies.