Article published on May 16th 2012 | Babies

Knowing the importance of having children and maintaining their health is a very crucial aspect of life. I have personally seen children struggling to bring up a new born baby and until the child reaches the age of five it is quite a difficult task. Keeping all these things in mind it is very important for parents to look after their childrenâ€™s health. The other day I was watching a program on my television powered by Cox Cable; I came across this program talking about maintaining childrenâ€™s health. I have noticed a lot of these programs speaking about this topic, however, I have missed them a number of times although I had the eagerness to watch them. When I watched this program the other day, I found it informative and wanted to share some of my thoughts in my article.

Having said that health is an important aspect of person, according to the studies done by many people, it is believed that with most children born, the babyâ€™s organs are also perfect at that point of time. There was a simple comparison between a new born babyâ€™s condition of the heart and the heart of an adult who is healthy. While comparing both these aspects, it is believed that the heart of the new born is much more perfect than an adultâ€™s heart condition. The study therefore states that it is due to the survival pressures on the planet, the condition of the heart deteriorates as the person gets older. It also states that a child being born healthy does not mean it will always stay healthy.

To support this point, it is important that the child is nurtured carefully in a systematic manner, so that as the child grows older, the body and its immune system will become fully equipped to cope well with the challenges that life throws at the child. Due to this fact it is always necessary for the parent to be next to their children, monitoring their health very carefully until the child attains a certain age.

There are a lot of aspects to be looked at pertaining to a childâ€™s growth. Also there are many things that need to be taken care of as well. There are also reasons stated, why children need to be strong and healthy. We ourselves would have noticed a lot of these things happening around us, all of us would agree to the point that when a child is healthy at its early ages, it is more certain for the child to stay healthy at a later part of life as well. When we say early stages of life, it could mean between the age group of three to ten. This is period when the childâ€™s vital organs, mind, muscles, bones, and the body as a whole develop. Therefore it is essential that the child is provided with sufficient amount of nutrients, vitamins, and minerals so that their system matures in the most natural and balanced way possible. It is to be noted that even though a person's body continues to grow after 18, it is the younger years that are crucial and therefore requires more attention.

Likewise there are numerous aspects that need to be looked at while brining up a child. The child requires good amount of exercise for the body as it contributes to the growing strength. The child needs to play more games and needs to keep running around. Child requires forty minutes of rigorous or high intensity of play a day. The child can be sent for gymnastics, basketball, karate classes, playing soccer and cricket and many other games. The parentâ€™s must guide the child by providing the right choice of activities for their children based on their interests and tastes. All these will help the child to grow without any health hazards.

Article Source:
http://www.articleside.com/babies-articles/importance-of-maintaining-children-s-health-at-their-early-stages.htm - Article Side

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Article Keywords:
Cox Cable, Cox, Health

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