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â€œEarly to bed and early to rise, makes a man healthy, wealthy and wiseâ€•. I believe that most of our readers must have come across this proverb at least once in their childhood. My grandfather used to say that the morning air gives us a celestial feeling and calms down our senses. Till today I find his words true. In the metropolitan cities, where most of the areas are covered by the sky crapping, cloud kissing buildings, it is sometime become quite difficult to find a place where fresh air is available.

Many housing colonies have developed the colony parks to provide kids, teens and elders a place to relax and to enjoy some moments of calmness. The early morning walk gives immense benefits to every age group. Though we donâ€™t bother much about taking our kids in a morning walk, but this habit should be nurtured among kids from a very early age. What we study early in the morning, we remember that for a longer period of time. In this fast pace life today, it may not be possible for most of the children to wake up early. But following a particular routine can solve this problem also.

Following a particular daily routine helps us in many ways- it leads to time management, we can do multitasking, we can manage our health well and last but not the least we can give ample time to our family and friends. Waking up early in the morning gives many health benefits to the kids. But nurturing this useful habit among kids is quite a tough job. However, the parents can accomplish this tough job if they planned well.

The following tips may be beneficial for parents in accomplishing this task:-

â€¢ The first step to do so is to place the alarm clock away from the bed, this way the kids at least come down from their bed and thus their level of idleness will decrease.

â€¢ Make a routine for the kids to sleep early at night. Many parents allow their kids to use the internet even late at night. This habit should be stopped. This not only impacts the health of the kids, also make them idle.

â€¢ Children need ample sleep for their well being. Thus donâ€™t hinder their sleeping hours. Make an adjustment in the timing so that children can sleep and wake up early.

â€¢ Set something to do early in the morning thatâ€™s important. This reason will motivate your child to get up. You can also place some rewards for them if they regularly wake up early. This will encourage them to cultivate this healthy habit among them.

â€¢ Develop a habit of taking your child to the nearby park every morning. There they not only can enjoy the fresh air of the morning time, they can also do some physical exercises that are beneficial for their physical and mental well being.

In today`s polluted world, the only time when your lungs feel relaxed is early in the morning. We can get a little time, not filled with noise of traffic but with the relaxing sound of chirping of birds, the clear view of the blue sky relaxes only early in the morning.

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