



### **Promoting Self-Care for Your Kids: How You Can Help**

Raising children in unconventional times comes with challenges but also opportunities. In a world where families and workers are reinventing their lifestyles and careers, now is a great time for parents to take a look at their parenting decisions and how they're impacting the children. If you're a parent looking to ensure your child is learning great self-care routines and feeling encouraged, there are many ways you can help your child be the best and happiest version of themselves possible. [Kuk Sool Won of OKC](#) outlines a few here:

#### **Creating a Healthy Environment at Home**

Kid's Creek notes that children both need and [crave stability and structure](#). Before you take the time to try to teach your child good self-care habits and routines, make sure you're starting with yourself and your home. Is the home you're raising your child in one that promotes a healthy lifestyle? Does it offer a place for your child to explore, learn, and feel safe? Even a few simple changes can make a home a healthier environment for any child to thrive and grow.

[Decluttering](#), bringing in houseplants, having great lighting, and adding oil diffusers and humidifiers can all add up to a healthier home.

Times are tough for most families and it's easy to let the chaos of change, abnormal schedules, and constant flux create chaos in a home. As you begin thinking about ways to encourage your child to pick up healthy routines, consider starting with an age-appropriate and honest conversation with your child about the activities and people they need in their life to feel content.

### **Making Kids a Priority**

One of the biggest regrets parents of adult children often have is that time moved too fast, and they forgot to make children a priority because life got too busy. The reality is you can teach your child to make themselves a priority - a great form of self-care- simply by showing them with actions. That is, in carving out time every day to show your child they matter more than anything, you'll be teaching them to do the same for their own mental and physical wellness. This doesn't have to be time-intensive or cost money either. Simple routines like putting your child to bed every night, [eating meals together](#), or sharing chores can give a child stability and structure that helps them know they're a priority no matter how busy life gets.

You can also take it up a notch and plan a family getaway to a fun destination. What better idea than to head to a Disney theme park? No matter their ages, the kids will love it, and you'll have the opportunity to spend quality time with the kids as you create memories that will last a lifetime. The good news is that you can find great deals and discounts at [Mouse Life Today](#), where you can also read up on the latest Disney-related news and take advantage of a rewards program.

### **Encouraging Individuality**

[A huge part of self-care](#) comes in knowing who you are and what you need to feel fulfilled. As a parent, you probably know your child's interests and likes, and dislikes. However, especially in large families, it can be easy to lump siblings into the same friend groups or activities. One way to help your child with self-care is to offer them opportunities to discover what makes them unique. Verywell Family suggests doing what you can to spend time alone with each child and encourage children to [explore their own interests](#), not just those you or their siblings are interested in. Doing this will promote both independence and confidence and might even turn into a new passion the family can share.

### **Being the Best Parent You Can Be**

Nearly all parents want what's best for their children and are always looking for ways to improve their child's life. Remember to create a healthy environment at home, make your child a priority even by taking a trip to Disney, and encourage your son or daughter to be the best version of themselves possible.

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[Kuk Sool Won of OKC](#) guides as many students as possible to become better individuals through practicing martial arts so they may build strong bodies, smart minds, and peaceful hearts. Contact us today for more info! **(405) 371-5591**