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Resources for Raising Healthy Kids at Every Age

By: Kristin Louis, April 2021

Parenting isn't a walk in the park, but every parent knows just how joyful it can be to watch your child grow up and become the person they're meant to be. Along the way, you'll have days when you question everything about your parenting style and wonder if you're doing the right thing. Even the most loving, attentive parents feel this way sometimes. When you feel uncertain, turn to the useful resources from the [Boys & Girls Clubs of The Coastal Bend](#) for tips on helping your child stick to a routine, encouraging healthy habits, learning at home, and more!

Develop Predictable Routines

Your child may not always follow your rules, but the truth is that kids thrive when their parents establish predictable and familiar routines.

[4 Quick Tips to Help Your Teen or Tween Manage Their Schedule](#)

Prioritize Healthy Habits

What do your children need to be healthy? Nutritious food, physical exercise, and plenty of sleep!

[Best Ways to Help Children Fall Asleep at Nap Time](#)

[Choosing Sports for Kids: 8 Ways Parents Can Help](#)

Encourage Learning

From childhood all the way through high school, you can ensure that your child is always learning!

[How to Safely Observe Wildlife from Your Home](#)

[How Parents Can Help Teens Find Their Passion](#)

Teach Social Skills

As your child gets older, you'll want to teach them smart social skills to help them build strong relationships outside of their family.

[How to Help Your Child Cope With Cliques at School](#)

Throughout your child's life, they will experience many ups and downs. As a parent, it's your job to teach them how to appreciate the good days and soldier on through the tougher times. With these resources on hand, you'll be highly prepared to teach your child the skills they need for a happy, healthy life.