

GOOD NUTRITION DEPENDS ON GOOD PARENTING

by:

Richelda H. Lucas, DMD
Dentist II, SDO Bataan

And why is that so? Naturally, what parents feed their children reflects their children's school performance. Eight years of being a school dentist brought me to this conclusion.

Good nutrition doesn't always mean having delicious and expensive food on the table, and it is not for those "who can afford families" only.

Good parenting means looking after your child's welfare. A parent can be a good role model for their own child's nutrition. Parents need not be rich to have nutritious food on their tables. Parents must inculcate good eating habits in their children. And this means, teaching their children to eat nutritious food, good example is; to start feeding your babies with mashed vegetables and fruits, as their taste buds start to recognize food taste, they eventually learn to love vegetables and fruits, and as they grow, introduce them to fish, meat, and other nutritious food. This is an effective way to teach them not to eat. Junk foods cause malnutrition, and malnutrition doesn't always mean that the child is skinny, obese children are also categorized as malnourished. Malnourished children, always do poorly in school, but children who eat proper and nutritious food always excel in both academics and extracurricular activities. And as to their dental health, those children who are not used to eating junk foods always have a good set of teeth. And having a good set of teeth means less absenteeism because a dental problem is one of the main causes of absenteeism in school children. Toothache is equal to absent! So, parents please teach your children to eat nutritious food and always send them to school with a full stomach,

As stated by Sadhguru, “Success should not always be measured in economic terms. It should be measured through the quality of life.”

References:

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<https://www.webmd.com/parenting/features/your-childs-nutrition-power-parents>