

Children model their parents health habits

Question: My daughter has the same poor posture I had at her age. How do I know if this is from my genetics or poor posture habits?

Answer: Poor posture habits are predominantly due to a child modeling parents or peers. Scoliosis, improper lateral curvatures of the spine, appears to be more genetic orientated than slouching type poor postures. It is both amazing and alarming how quickly a child will model their parent's health habits. I have observed identical developed poor spinal postures on children that match their parent in ages as young as three years old. Observe parents and their offspring while they walk and you will notice similar gait patterns in most. An educated and healthy parent can influence the posture and health of their children. Observe your own posture and identify where you are off center and misaligned. Look in the mirror and you will find it is not that difficult to discover. Next, observe your children to see if they have some of the same traits and postures. Observe the other parent of your child and look for similarities in their structure. Chiropractic is an excellent healing art to help educate and correct these abnormalities in the posture in both the parents and child.

Another type of parental modeling that has been hitting the headlines recently is eating habits. A parent that is overly concerned about their weight and what they eat and constantly verbalizes their disgust with how they look, in front of their child, is programming their child with the same concerns whether it is consciously or sub-consciously. A young girl or teen-ager can develop eating

disorders and an unhealthy outlook on eating with constant bombardment of weight concerns. This is as true for heavy parents as for thin parents.

We are living in an era of massive obesity. The average child weighs 10 to 20 pounds more than when the baby boomers grew up. Diabetes has become one of the fastest rising diseases in America due to obesity and our horrific diets.

Parents are the role models for our children's health and future. Be educated and cognizant of how you act and what you say in front of your children. If you are upset with them, maybe you should take a look at yourself first.

Quote of the week: *“Don't wait for a light to appear at the end of the tunnel, stride down there... and light the bloody thing yourself.”* - Sara Henderson