

## Children Wellbeing:

An individual's childhood influences and upbringing will strongly influence their growth, development, self-confidence, health and well being.

A traumatic childhood is likely to lead to greater levels of stress as an adult. Difficulties are more likely to lead to low self-esteem, low self assertiveness, difficulty expressing personal beliefs, attitudes and feelings, and a tendency to depend on others to provide a sense of emotional well being and self-worth.

On the other hand being overly protective towards your child can lead to over-dependence on others, which can lead to frustrations, anger, depression and hopelessness in adult life if expectations are not met.

Therefore the belief systems and foundations we install in our young play a critical part in their happiness and well-being as adults.

Children yoga and meditation help to lay good foundations for your child.

Yoga origins are as far back as 4000 years ago.

Yoga helps children develop better body awareness, self-control flexibility and co-ordinating, posture, focus and relaxation, lower stress levels. By sharpening a young's person ability to focus this gives self-confidence and develop self-discipline.

Regular practice of yoga by children helps children to become more in tune with their inner and outer selves. It encourages their flow of creativity and release any stress or tension they may have and helps them to develop inner concentration in a fun way. It also benefits a strong and healthy spine and helps them to connect with their environment through the different poses such as "stand tall like a tree or stretch like a cat" etc.

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