

# Dial In Your Morning Routine With Ayurveda For Kids



## Good Morning Yogis, Big and Small: Dial in Your Morning Routine with Ayurveda for Kids by Cate Stillman

★★★★☆ 4.6 out of 5

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As a parent, you want what's best for your child. You want them to be healthy, happy, and successful. And you know that a good morning routine can set the tone for the day. But what if you could create a morning routine that not only gets your child ready for the day ahead but also supports their overall health and well-being?

That's where Ayurveda comes in.

Ayurveda is an ancient Indian system of medicine that takes a holistic approach to health and well-being. It believes that the body, mind, and spirit are all interconnected, and that true health can only be achieved when all three are in balance.

Ayurveda can be used to create a morning routine that is tailored to your child's individual needs. By following the principles of Ayurveda, you can

help your child improve their digestion, sleep, energy levels, and overall well-being.

**Here are some tips for creating an Ayurvedic morning routine for your child:**

1. **Start the day with a warm glass of water.** This will help to flush out toxins and hydrate the body.
2. **Practice tongue scraping.** This is an Ayurvedic technique that helps to remove bacteria and toxins from the tongue. It can also help to improve digestion.
3. **Oil pulling.** This is another Ayurvedic technique that involves swishing oil around in the mouth for a few minutes. It helps to remove toxins from the teeth and gums.
4. **Eat a healthy breakfast** that is appropriate for your child's dosha type. The three doshas are Vata, Pitta, and Kapha. Each dosha has different qualities, and the foods that are good for one dosha may not be good for another.
5. **Get some exercise.** Exercise is an important part of any healthy morning routine. It helps to improve circulation, boost energy levels, and reduce stress.
6. **Spend some time in nature.** Nature is known to have a calming and grounding effect. Spending time in nature can help to reduce stress, improve mood, and boost creativity.
7. **Practice meditation or yoga.** Meditation and yoga are both great ways to relax the mind and body. They can also help to improve focus and concentration.

By following these tips, you can help your child create a morning routine that is both healthy and enjoyable. Ayurveda is a gentle and effective system of medicine that can be used to improve the health and well-being of people of all ages. So if you're looking for a way to improve your child's morning routine, Ayurveda is a great place to start.

### **Here are some additional tips for creating an Ayurvedic morning routine for your child:**

- Make sure your child gets enough sleep. Children need between 9 and 11 hours of sleep per night.
- Create a regular sleep schedule and stick to it as much as possible. This will help your child's body to adjust to a regular sleep-wake cycle.
- Make sure your child's bedroom is dark, quiet, and cool. These conditions are ideal for sleep.
- Avoid giving your child sugary drinks or snacks before bedtime. These can interfere with sleep.
- Create a relaxing bedtime routine for your child. This could include reading a book, taking a bath, or listening to calming music.

By following these tips, you can help your child create a morning routine that is both healthy and supportive. Ayurveda is a powerful system of medicine that can be used to improve the health and well-being of people of all ages. So if you're looking for a way to improve your child's life, Ayurveda is a great place to start.



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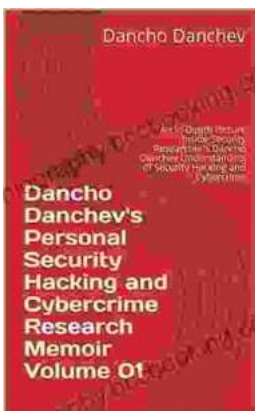
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