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## Doing chores actually improves kids' health: family routines and rituals can be good for both physical and mental well-being, says a new report - Home and Family - Brief Article

[Natural Health](#), [May-June, 2003](#)

CHILDREN IN FAMILIES WITH REGULAR chores, mealtimes, and bedtimes suffer from fewer respiratory illnesses and enjoy according to a recent report. The report also says that adolescents in families that spend time together on weekends and d display more confidence and a stronger sense of belonging.

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Researchers say that a daily regimen reduces stress in children, which in turn may help improve their immune function. And recreational activities encourages children and parents to spend time together, which in turn strengthens familial relationship feel more secure, says the report's lead author, Barbara Fiese, Ph.D., a psychology professor at Syracuse University in

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Of course, you need to establish healthy routines (not bad ones) to benefit, Fies McDonald's at the same time every day and getting a measly five hours of rest do the trick.

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