

# Breathing Is Fundamental for Children's Growth and Development

Parents do everything possible to ensure their care contributes to their child's healthy growth and development. They work hard to provide adequate nutrition, a safe and secure environment, access to healthcare, and learning opportunities. However, breathing is an essential part of a child's health and development that's often taken for granted.

Breathing affects many aspects of a child's physical and mental health, and proper breathing techniques can significantly impact their overall well-being. Continue reading to explore how breathing affects the growth and development of children.

## Breathing and Growth

The human body requires oxygen to function correctly. Therefore, a child's growth and development can be negatively impacted without adequate oxygenation. For example, children who breathe through their mouth instead of their nose may develop sleep apnea, which causes intermittent breathing pauses during sleep. Studies have shown that [children with sleep apnea have a higher risk of developmental delays and behavior problems](#).

## Breathing and Brain Development

The brain requires a constant supply of oxygen to function correctly. A child's lack of oxygen due to breathing difficulties can affect their brain development. A study published by the National Institutes of Health showed that [sleep-disordered breathing can affect cognitive performance](#).

## Breathing and Physical Development

Breathing can also affect physical development in children. When a child breathes correctly, it exercises their respiratory muscles, which helps develop them. However, if a child has breathing difficulties, their respiratory muscles may not be adequately exercised, leading to weaker muscles. Weak respiratory muscles can affect a child's posture, causing them to slouch or hunch their shoulders. Poor posture can lead to back and neck pain, and headaches.

## Breathing and Emotional Development

If a child has breathing problems, it can affect their emotional development, leading to anxiety, stress, and even depression. However, when a child breathes correctly, they can regulate their emotions better. For example, a Stanford study found that [taking a few deep breaths is a proven tool to help children self-regulate and reduce anxiety](#).

Breathing plays a critical role in children's growth and development, affecting everything from oxygenation to posture to stress management. By promoting proper breathing techniques, parents and caregivers can help children develop healthy habits that will benefit them throughout their lives. Whether it's addressing breathing-related health conditions, learning deep breathing exercises, or encouraging good posture, there are many ways to support children's respiratory health and overall well-being.

## Help Us Promote the Benefits of Airway Health

Join [The Foundation for Airway Health's](#) mission to ensure everyone understands how breathing impacts health and development. Your [donation](#) makes it possible for us to spread the word about the importance of breathing for overall health, conduct valuable research, and ensure access to care.