



NURTURING HAPPY, HEALTHY CHILDREN



orthoplex®



All parents want their child to be safe, happy, and healthy. Is there any greater joy as a parent, than seeing your child thriving?

Mild illnesses are a natural part of growing up and cannot always be avoided. Children encounter all sorts of germs from the moment they come into the world, and as they interact and explore it – playing and meeting new friends.

This is not something to be afraid of – this process is a natural part of their development! In particular, the development of their immune system. From birth, children are building and strengthening their acquired immunity with each new immune encounter.

But just like adults, little ones can face more serious challenges to their health and happiness. And this can be difficult not only for your child, but for you as a parent, too.

As you hold your blissful baby in your arms, take the hand of your tiny tot, or wrestle your tall teenager into a bear hug, you feel like you'd do anything and everything in your power to ensure their wellbeing.

But sometimes, your child may experience challenges in life that are outside of your control. External events or illness, for example, may occur that you cannot pre-empt, avoid, solve, or fix for them – as much as you wish you could.

Fortunately, what you can do, is focus on the basics of health and wellbeing, essential to giving your child the best chance in life – offering you some peace of mind that your child is off to a good start as they set out in life, prepared with tools for the adventure ahead.

Building strong foundations of physical, mental, emotional, social, spiritual, and environmental health means that when challenges inevitably arise on their journey, your child will be equipped to weather the storm – together with you.

This booklet has been designed to consolidate key information around children's health, to serve as an easy reference guide on common childhood conditions and provide practical perspectives for parents. It outlines recommendations and resources that can accompany the advice of your healthcare practitioner.

The information in this booklet is generic in nature, so please consult your healthcare practitioner before making any changes to your child's diet or lifestyle.



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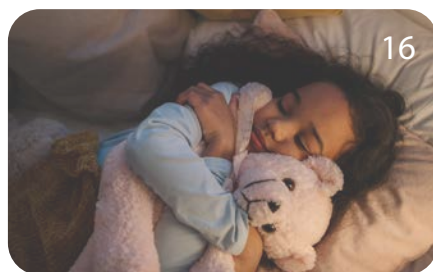
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WHAT'S INSIDE



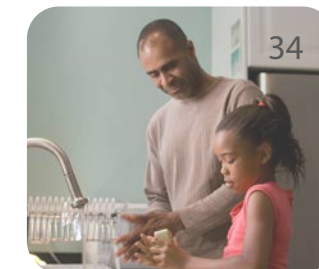
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A PARENT'S PERSPECTIVE

From birth to age 18, there are different milestones and obstacles to navigate along your child's journey to adulthood, to support their health and wellbeing.

From birth, you are carefully monitoring whether your child is reaching their milestones such as sitting, crawling, standing, and walking; and whether they are developing appropriately according to guidelines, physically and cognitively. As they grow, focus shifts to how your child is behaving and relating to others; whether they are doing well at school; if they are eating well; and engaging in healthy activities.

Physical and cognitive development issues; digestive, immune, mental health, or behavioural issues may present during childhood. And it can be very concerning, distressing even, to see your baby or child ill or facing challenges.

As a parent, you feel great responsibility for this little human, and you put all your effort into making sure they are as safe, happy,

and healthy as possible; that they have the very best you can provide them. When something goes wrong, it feels like you'd do anything for them, to take their troubles away.

The social expectation around having a healthy child can weigh heavily on parents. If your child has issues with their health, it might feel like you've failed as a parent; like you haven't done enough or haven't done the "right" things. Sometimes, it's hard not to compare your child, or be compared, with others.

With so much information available on how to care for your child and navigate parenting in the "best" way (according to one person or another), it can be easy for parents to feel overwhelmed with this responsibility and pressure to do everything "right".

But the truth is, you're never going to get it all right! And that's alright!

Every parent is doing the best they can, with the information, tools, resources, and awareness that they have at the time. Remember, you are human, as is your child. That means you're both allowed to be perfectly imperfect.

You may not be able to protect your child from everything in life. But you can help prepare them for the ups and downs. You may not have all the answers or be able to solve all their problems along the way. But you can make them feel seen and heard, secure and comforted, knowing that you are there for them when things get tough.

The environment that you cultivate at home and around your child is another opportunity to help them feel soothed and supported, particularly during tough times. Whilst it can be difficult to keep stress in check when it comes to important issues around your child's health, they can sense stress, which can impact their health further – so consider what sort of energetic environment you want to create with your child.

Don't forget that your health and wellbeing matters too. Follow the oxygen mask principle: you have to fit your own oxygen mask first, before you can help your child. Regularly take time to tend to your own self-care, to cultivate your own inner resources to allow you to continue to show up and serve your family.

This will also set a positive example for your child, of how to care for their health and wellbeing. You are their most important role model. If they see you prioritising your health and wellbeing – making healthy choices, managing stress and practising self-care – they will learn to value and tend to their own.

Just like a sunflower thrives on rich soil and sunshine, for children to develop as happy, healthy individuals, they need happy, healthy environments in which to grow and flourish.



COMMON CHILDREN'S HEALTH CONDITIONS

a reference guide

{ common conditions }

EATING + DIGESTIVE HEALTH

Fussy Eating

It's common for kids to be fussy eaters. They may not like the taste, shape, colour or texture of particular foods; they may like something one day but not the next; they may refuse to try new foods entirely; they might eat more or less food from day to day. Whilst this behaviour is a normal part of children's development, it can be a source of stress for parents! You may become frustrated or concerned that your child isn't getting the nutrition they need to grow and develop.

The good news is that children are likely to get less fussy as they get older. But it's important to ensure that children are getting enough good nutrition, rather than being too selective. Encouraging healthy family food and mealtimes can foster a firm foundation for your child to develop a positive attitude to healthy food.

Keep these few facts in mind:

- Kids' appetites go up and down depending on their growth cycles and how active they are – so it's common to be hungry one day and picky the next.
- Life is so exciting for kids - sometimes they may be so busy exploring that they don't want to spend time eating.
- Fussy eating is also a way in which children learn, by testing the boundaries of acceptable behaviour and asserting their independence – a natural part of their development.



15 TIPS

TO TACKLE FUSSY EATING

1

Allow your child to be involved in choosing and preparing family meals – make food fun!



Offer a variety of nutritious foods regularly (5-6 times a day), in a range of colours, shapes, textures and sizes.

2

3

At mealtimes, offer your child the same food that the rest of the family is eating, but a smaller portion size – avoid preparing separate meals.



{ common conditions }



Support your child's need for independence by providing 2-3 options, such as the choice between two types of vegetables, but let your child decide what or how much they eat.

4

5

Pair new foods with one that they already like and try other foods in the same food group.



Lead by example – show that you're willing to eat a variety of healthy foods and that you enjoy them.

6

7

Keep offering new foods at different times – children might have to see food on their plate 10-15 times before they taste it! Encourage kids to touch, smell or lick the new food.



{ common conditions }

8

Avoid drinks or snacks one hour before meals.



Eat together as a family, turn the TV off, and avoid bringing devices such as phones to the table.

9

Have quiet time before mealtimes for children to calm down and rest – over excitement, distraction and tiredness can decrease appetite.



Keep mealtimes pleasant and relaxed; try to stay calm and reduce stress, so that kids can associate mealtimes with positive feelings – willingness to try food can depend on the eating environment.



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{ common conditions }

12

Maintain a routine with regular, consistent mealtimes and a set amount of time for eating.



Share meals and snacks with other kids – they might be more willing to try a food if another child is.

13

Praise good behaviour and avoid bribing your child with food – as this teaches that certain foods are more enjoyable and desirable than others.

14



If your child eats poorly at a meal, wait until the next scheduled meal or snack before offering something – avoid substituting uneaten meals with other foods.

15

EATING + DIGESTIVE HEALTH

(CONTINUED)

Constipation

A common problem where a child has trouble passing a stool. It isn't just about how often they go to the toilet, but also how hard their stool is when passed. The stools are hard, dry, usually large and can be painful to pass. Kids can complain about feeling uncomfortable, having a sore belly and bloating. They may say that it hurts when doing a poo.

Common causes of constipation include lack of water, not enough fibre in their diet or they may not be getting enough exercise. Constipation can also result from children holding back from going to the toilet or ignoring the urge. These issues can be addressed with diet and establishing a regular toilet routine. Constipation in babies needs special care.

Diarrhoea + Vomiting

These can be caused by different things, including a virus, stomach bug, food poisoning or your child eating something that they may have an allergy to. Vomiting usually lasts 1-2 days and diarrhoea can last up to 10 days.

It's common for babies to have loose stools (unformed, watery faeces) occasionally, and

some children between the ages of 1 and 5 can have diarrhoea. This is more serious in babies because they can lose too much fluid and become dehydrated, requiring extra fluids. Babies under 6 months should be checked by a doctor.

Also see your doctor if:

Your child is not drinking &/or is dehydrated

The diarrhoea doesn't improve after 10 days

The diarrhoea doesn't improve after 12 hours, in infants over 6 months

They're vomiting & can't keep any fluids down

They have bad stomach pain

There's blood in their poo

They have green vomit

They develop a high fever, greater than 39°C

You're worried

The best way to avoid diarrhoea and vomiting is to have good personal hygiene. Wash hands thoroughly – after changing nappies, assisting your child with toileting, or going to the toilet; before eating; after touching animals.

Food Intolerances

These are a reaction to a food that your child has eaten. Symptoms of food intolerances include bloating, diarrhoea, and stomach pain, which can be immediate or delayed. See your healthcare practitioner if you suspect your child may have a food intolerance.

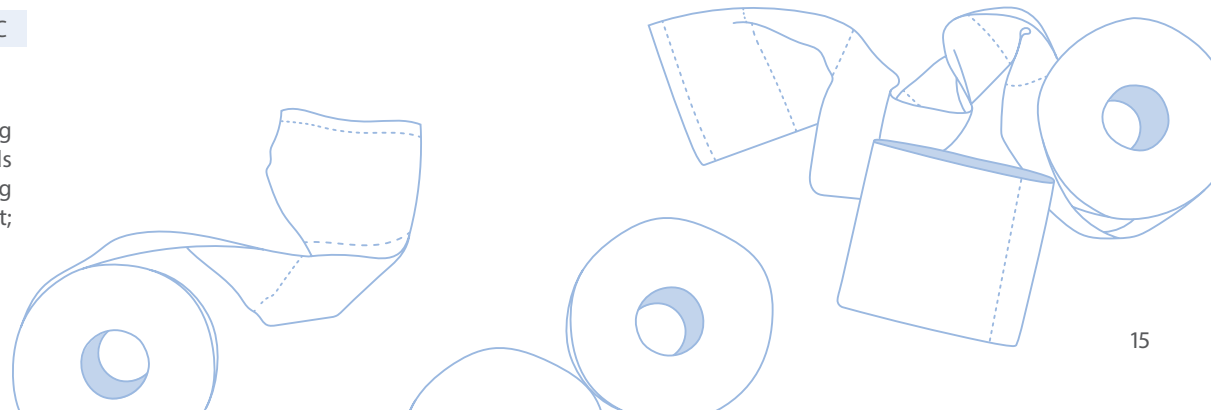
Gastroenteritis

'Gastro' is common amongst kids. Symptoms include diarrhoea, loss of appetite, vomiting and nausea, stomach cramps and fever. Most cases aren't serious, as long as your child is getting enough fluid. See your doctor if symptoms persist or your child has a high fever, greater than 39°C.

Worms

Symptoms of worms include an itchy or red bottom, poor sleep, increased appetite, and irritability or being generally "out of sorts". While worms aren't usually dangerous, it is common for infections to return. Treatment needs to be addressed as ongoing infection can result in nutritional deficiencies.

Repeated infections are common even with treatment, making it important to find the source of infection. Often, in children who have just started toileting independently, it's lack of hygiene – so ensure that your child is washing their hands after toileting.





{ common conditions }

SLEEP HEALTH

Bed Wetting

Wetting the bed at night (nocturnal enuresis) is very common in young children. It happens when a child doesn't wake in the night when they need to urinate, and they involuntarily pass urine. Wetting the bed is common for kids under 6, but older kids can wet the bed too. It can happen every night or now and again. Over time however, bedwetting usually resolves.

Wetting the bed can be upsetting for a child and distressing or frustrating for parents – but it's not their fault, nor is it to do with bad behaviour. Causes include sleeping very deeply and not waking when they need to urinate; they may have a smallish bladder; they may produce a lot of urine at night; or they may not make enough antidiuretic hormone (ADH).

Don't punish or make fun of your child if they wet the bed. Be patient, encourage your child and involve them in any treatment.

IMMUNE HEALTH



Colds and Viruses

A virus is a germ that causes infections such as the common cold, bronchiolitis, tonsillitis, ear infections, influenza, mumps and chickenpox. There are hundreds of different viruses.

Kids can catch viruses as often as once a month! The average preschooler gets at least six colds per year. And it's common for kids to get sick from one virus shortly after recovering from another. So, if it seems like your child is always sick, don't fret – it is common for healthy children to contract colds and viral illnesses frequently.

Viruses are spread easily when children are in close contact with one another, such as in childcare centres, preschool and kindergartens, and school or social gatherings. Your child may show symptoms such as a

blocked or runny nose, sore throat, red watery eyes, fever and blanching rash, coughing and sneezing, vomiting and diarrhoea, lethargy and loss of appetite.

Your child may be sick for a few days or up to two weeks. Most viruses are mild in children, but babies should be checked by a doctor, as they can become ill quickly.

The best treatment is rest at home, fluids, and comfort. If your child is unwell, avoid sending them to school, kindy or daycare when possible, as viruses spread easily through droplet transmission. For this reason, as best as you can try to help them wash their hands thoroughly, encourage them to cough into their elbows and do not share eating utensils.

Allergies

A sign of an overactive immune response, allergies happen when your child's immune system reacts to usually harmless substances in the environment – such as food, insect stings, pollen, dust or animals. See your healthcare practitioner for support with individual allergies.

Asthma

Another condition that's characteristic of a hyperactive immune response. Your child may react to environmental triggers such as air temperature, pollution and chemical fumes, and physical exercise or infection from respiratory viruses. Signs include a whistling wheeze when breathing; shortness of breath during physical exercise or whilst resting; a persistent dry cough or a cough during physical activity or at night.

Ear infection

A middle ear infection is an infection in the fluid behind the eardrum and can be caused by either a bacteria or virus. Symptoms include pain and a feeling of fullness or pressure in the ear. Your child may complain of an earache and feel off-balance or have trouble hearing. Babies might cry a lot, especially when lying down at night.

See a doctor if you think your child has an ear infection. Symptoms usually improve within 24-48 hours. Middle ear infections are so common in young kids that over 80% of children will have had one by the time they're 3 years old!

Conjunctivitis

Conjunctivitis is an infection of the lining of the eyeball and eyelids. Symptoms include red, puffy, sticky and sore eyes. Bacterial and viral conjunctivitis are very contagious, but allergic conjunctivitis isn't.

Hives

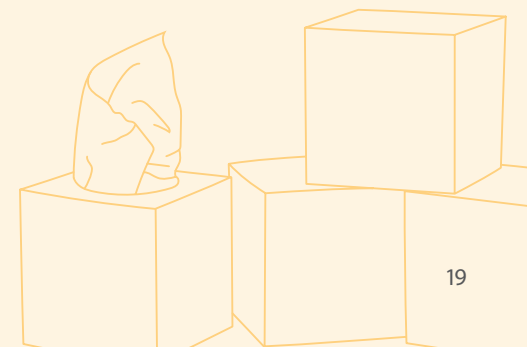
Hives is a skin rash caused by an allergic reaction, where pink or red, itchy, swollen areas (blotches or raised lumps) appear on the skin, often on the chest, tummy or back (though it can occur anywhere).

Causes of hives include food, plants, insect bites, medicines, commercial sunscreens and insect repellents, even heat and sun are triggers for some people!

Hives can develop quickly, or over days or weeks. They can last between a few hours to 24 hours.

Applying aloe vera, witch hazel, chickweed, lavender, or calendula cream can help relieve the itch. Cold packs, cold showers or oatmeal baths can also be soothing.

Hives are usually harmless but sometimes they can be accompanied by anaphylaxis, requiring urgent medical attention. See your doctor if your child has difficulty breathing, a swollen tongue or throat; or if the hives keep recurring.



{ common conditions }

MENTAL HEALTH + BEHAVIOUR



Anxiety

It's common for kids to have different worries and fears – we all have them! These feelings are normal to experience from time to time. But as a parent, sometimes it might be hard to know the difference between normal childhood worries and fears, and something more serious, like anxiety.

Normal worries and fears may include being upset before and/or after being left at childcare or school; worries about schoolwork; being shy and worrying about social situations or being laughed at; and fear of the dark. Children also worry about different things as they get older.

In most cases, childhood fears and anxiety in children can be short-lived and go away, but many kids can experience more intense anxiety, more frequently. This form of anxiety can be excessive, uncontrollable, and often irrational – and be a barrier to your child enjoying life.

Some kids may develop anxiety conditions such as a phobia, generalised anxiety disorder or separation anxiety and may benefit from professional support.

If your child is anxious, they may show the following signs:

- Trying to avoid the situation or issue they're worried about
- Frequent headaches or stomach aches
- Difficulty sleeping
- Negativity and worrying often
- Defiance and other challenging behaviours
- Anger or agitation
- Struggling to pay attention and focus
- Needing a lot of reassurance
- Overplanning
- Want things to be perfect and get upset if they're not

If you think your child has anxiety, you can support them by:

- Avoiding labelling your child as 'shy' or 'anxious'
- Acknowledging their fears – don't dismiss or ignore them
- Gently encouraging your child to do things they're anxious about
- Waiting until your child gets anxious before stepping in to help
- Praising your child for doing something they're anxious about

Autism Spectrum Disorder

Autism Spectrum Disorder (ASD) is a complex developmental condition. Children with ASD face challenges with social interaction, speech, nonverbal communication and can display repetitive behaviours. Kids with ASD can also face difficulties with attention and understanding, which can affect their learning and development. But they also have learning strengths, like visual and rule-based thinking which can be leveraged to help their development. Children with ASD can have other conditions, called co-existing or concomitant conditions.

Depression

Kids' moods and behaviours can go up and down, taking you on rollercoaster ride as a parent! But if the downs seem to be happening more often and they're harder for your child to get out of, it may indicate depression.

While everyone gets sad sometimes, including kids, depression is more than just a low mood. Depression affects mental, emotional, and physical wellbeing, causing someone to think negatively about themselves, their situation, and their future. It can be confronting as parents if your child has depression, but remember you're not alone.

Depression in children may be linked to stressful triggers such as family difficulties; birth of a sibling; an impact on the child's social ties such as moving to a new house or school; or bullying. The best way to support a child's emotional development is to nurture safe, secure, and loving relationships.

If a child is depressed, they may show signs that are out of their usual character. These can happen together over several weeks and may include:

Feeling sad or unhappy, more days than not

Crying easily and difficult to soothe

Feeling agitated and irritable; easily annoyed or upset

Worrying a lot and feeling helpless

Being more negative than usual

Losing interest easily in activities they usually enjoy and seeming to have less fun

Fidgeting and restlessness – not being able to sit still

Being easily distracted or having trouble listening and concentrating

Having low energy and being difficult to motivate

Withdrawing from social situations, not wanting to spend time with friends

Changes in eating habits – having no interest in food or overeating

Changes in sleeping habits – having problems going to sleep or staying asleep; waking early; or sleeping a lot

If you think your child has depression, you can support them by:

Giving them time and space to talk about what's going on. Let them know that you're there to listen to whatever they want to say, openly without judgement. If they don't know how to express what they're feeling, suggest some feeling words and see if they resonate with any of them.

If your child shares a problem or negative experience with you, you can work on some problem-solving strategies together or help them reframe the situation with another explanation for things. Revisit the problem to find ways to improve the situation.

Encourage your child to keep active or do something fun. Getting outside and exercising or doing something special together can raise their spirits.

Keep a focus on normal everyday routines and activities – these can help distract kids from negative thinking patterns.

Encourage your child to spend time with friends who can help reduce unhappy feelings, provide a distraction, and suggest different ways of thinking about things. If your child is reluctant, start small with short periods of time or simple activities.



Children may find it difficult to explain how they're feeling, especially if they're experiencing depression. They may not understand what they're feeling, or why they're feeling that way, and could believe something is "wrong with them". Seek professional advice to help children develop emotional tools to use during difficult times.

{ common conditions }

SKIN HEALTH

Eczema

Also known as atopic dermatitis and allergic eczema, this is a common skin condition where a rash develops, becoming irritated, red, dry, bumpy and itchy. As with allergies and asthma, this condition tends to be linked to an over-reactive immune system, where substances can trigger an inflammatory immune response.

Lice or Nits

Insects attach themselves to children's hair, lay eggs, and cause itching and scratching.

Acne

Preteens and teens can get acne due to hormonal changes that come with puberty. Acne is very common – it is often considered a normal part of growing from a child to an

adult! But it can also influence your child's mental health when they look in the mirror and see pimples on their face.

As children grow and their bodies develop, hormones stimulate the sebaceous (oil) glands in their skin pores, encouraging them to make more sebum (oil). The glands can become overactive, clogging the pores with oil along with dead skin cells and bacteria. This leads to acne. Stress and poor diet can make acne worse as the pores produce more sebum.

Acne vulgaris, a common type of acne in preteens and teens, appears on the face, neck, shoulders, upper back and chest. For most people, acne improves by their twenties.

Encourage your child to try the follow strategies to keep pimples at bay:



If using facial products, make sure they are **oil free and as natural as possible**.



Take the time to remove all makeup when washing your face.



Don't scrub! Scrubbing can irritate the skin and make acne worse. Wash gently with your hands.



Wash your face once or twice a day with warm water and cleanser, to prevent oil build-up.



Keep long hair away from your face and wash it regularly to reduce oil.



Try not to touch your face! Don't pick, squeeze or pop pimples.



Keep hair products away from your face as they can clog pores.



Wash your face after exercise and sweating a lot.



Reduce processed foods and eat a whole foods diet – the link between acne and diet is strong!



Avoid caps and hats if they cause pimples along your hairline.

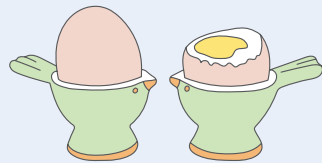
EAT FOR LIFE

Eating a healthy diet is essential for your child's good health, growth, and development. It also reduces their chance of illness and supports them to feel good in their body and mind – to get the most enjoyment out of life!

Here are a few more helpful hints to encourage healthy eating:



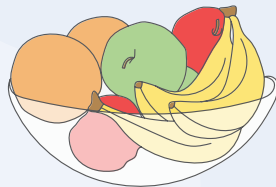
Wash your hands and make sure food is prepared and stored safely



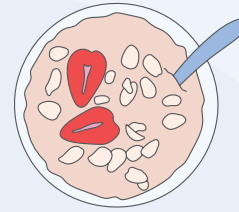
Eat good quality proteins, essential building blocks for growing kids



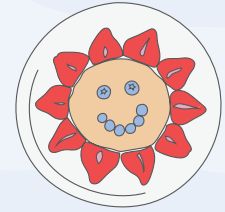
Make mealtime family time, without any screens



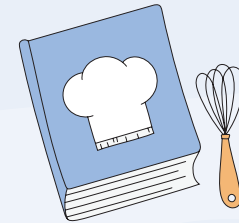
Keep a bowl of fruit handy for a snack



Eat a healthy breakfast every day



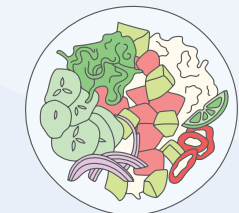
Make healthy foods fun



Try new healthy foods and cook different recipes together



Show your children where food comes from and let them help you buy food



Fill half a plate with fresh vegetables and fruit



Keep mealtimes pleasant and relaxed

IT'S OKAY TO GET DIRTY!

Playing outside used to be a natural part of childhood. Today, just 8% of Australian kids play outdoors each day. Children now spend so much time indoors, and so little time in nature, that this disparity has been given a name – Nature Deficit Disorder.

This shift is largely due to technology coupled with an increase in parents' fears about the dangers of playing outside. One third of Aussie kids exceed the recommended two-hour daily cap on screen time – and that's just outside of school hours. In hand with this, less than one in five children get their recommended 60 minutes of physical activity each day. Current modern childhood has been described as "mostly indoors, sedentary, technologically-immersed, risk-averse and fearful".

Fears around safety have led to a modern culture where children lack independence and autonomy to roam outside. This means that kids may default to high screen time, because it's not as easy or encouraged for them to get outside and play. But screen

time can be offset by "green time" – time spent playing in nature – reducing stress and increasing attention span, amongst a myriad of other benefits.

In spending time outdoors, exploring and engaging with the natural world, children cultivate curiosity and a greater appreciation for the environment and health of the planet. This also increases their awareness of the different types of environments that feel pleasant, stimulating, and supportive for their own individual wellbeing.

To have the time to spend in nature, children require time free from scheduled activities, which can often be over-timetable for fear of children getting bored or missing out on opportunities. But a whole world of entertainment and education awaits in the expansive outdoors...

How can you help your child find more balance through exploring their natural environment?

THE BENEFITS OF UNSTRUCTURED NATURE PLAY

Improves focus, which is especially beneficial for kids with ADHD

Promotes creativity and imagination, through less structured play

Builds confidence and explores their limits and what they're capable of

Better planning, insight and using creative plans to work towards a goal

Reduces stress and fatigue

Learn skills around emotion recognition, communication, team building, problem solving

Appreciate and protect the natural world

Gets children moving

Makes them think and promotes wonder

Provides different stimulation by broadening their senses and increasing the richness of their human experience

Builds complex social interactions from playing with friends outdoors

MINDFULNESS FOR KIDS

Let's be honest – parenting can be exhausting at times! Sometimes, you need to take a mindful moment to find a feeling of calm amongst the chaos. Meditation and mindfulness practices have become increasingly popular for their well-publicised benefits, including cultivating calm. Not only for adults, these tools can also be taught to children to foster a firm foundation of wellbeing, that they can take with them throughout their lives.

Mindfulness meditation is simply paying full attention to the present moment, without judgement. That may include sensations, sounds, sights, or anything else you're experiencing. Importantly, there's no special place you must go to or inner state you must achieve, and it's not about clearing your mind. It's an honest and kind look at what you're experiencing in this moment.

Mindfulness is a tool that allows children to cultivate the ability to reflect on their experiences, thoughts, and emotions. The earlier in their young lives that they are

taught how to do this, the earlier they can develop resilience; and the greater the opportunity they have to better relate to themselves and the world around them.

It's a practical exercise that can impart a profound insight – teaching children that they do not need to be governed by their inner environment. As part of our human experience, our attention is constantly being hooked by our thoughts and emotions. But through mindfulness, children can learn how to counter these by intentionally exploring their present experience free from their mind's preconceptions.

Mindfulness teaches children how different experiences or emotions feel in their body which can help them better manage difficult feelings and enjoy positive ones. Kids also learn that they don't need to sweep their feelings under the rug – they can acknowledge all emotions but not be consumed by them, and they can feel different things at once.

Mindfulness can be used to help with managing conditions such as ASD, challenging behaviours, ADHD, anxiety and stress. Teaching mindfulness to children can help with learning, decision making, emotional intelligence, confidence, resilience, positive relationships, and connectedness to others.

The benefits of mindfulness include improvements in:

Social skills

Self-awareness

Attention + memory

Self-esteem

Self-regulation

Positive mood

Academic achievement

Sleep

Reduction in anxiety + depression


Compassion for others

Try introducing meditation and mindfulness to your child and equip them with the tools to meet and manage the stresses of the world and to relate to uncomfortable or challenging situations with presence, self-compassion and openness.

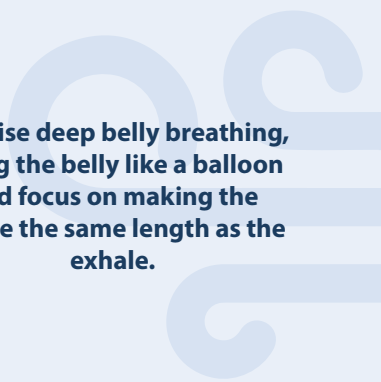
And if you practise with them, you may just experience the benefits too! Take the time you need each day to pause and notice your own feelings. The more you discover how to be mindful, the more you appreciate how to be present with your child in each moment.

MINDFUL MOMENTS

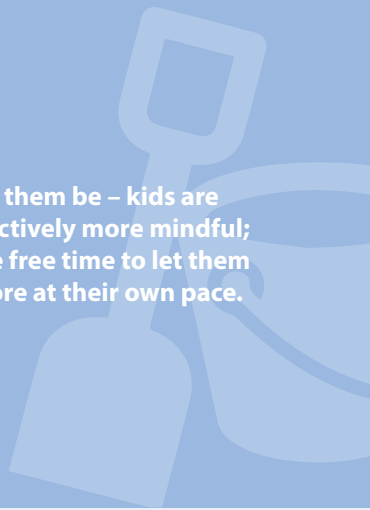
The following are examples of mindful activities you can do with your child



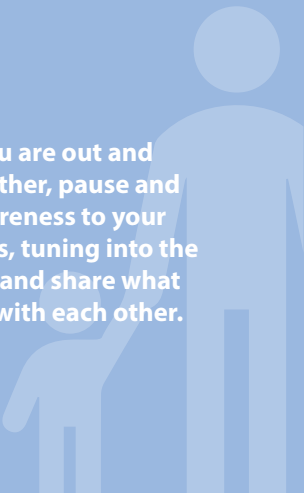
Teach by example and describe your own mindfulness process to them.




Practise deep belly breathing, filling the belly like a balloon and focus on making the inhale the same length as the exhale.



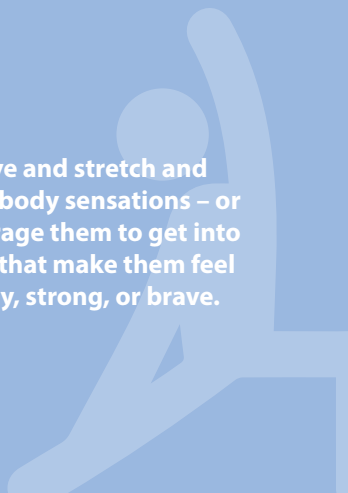
Let them be – kids are instinctively more mindful; create free time to let them explore at their own pace.



When you are out and about together, pause and bring awareness to your surroundings, tuning into the five senses and share what you notice with each other.



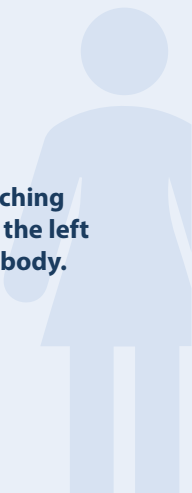
Eat a snack mindfully, slowing down to pay attention to appearance, scent, taste, texture.



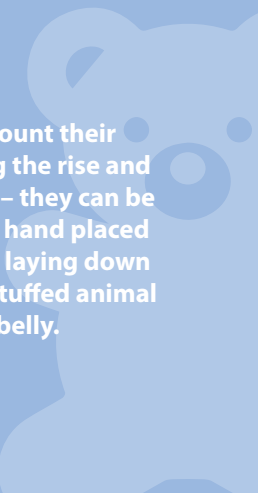
Move and stretch and notice body sensations – or encourage them to get into poses that make them feel happy, strong, or brave.



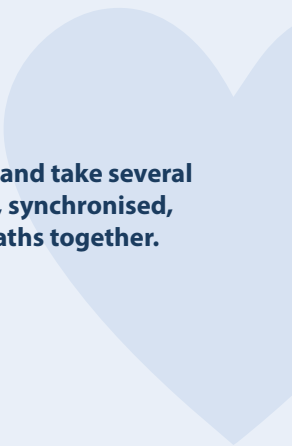
Take a moment to send kindness to someone, wishing them well.



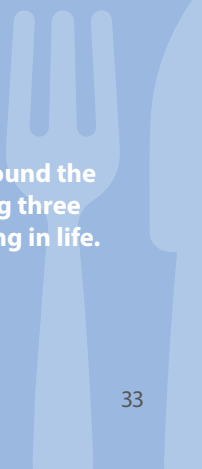
Do a body scan, switching between sensations in the left and right side of the body.



Get them to count their breaths, noticing the rise and fall of their belly – they can be sitting up with a hand placed on their belly, or laying down with a pillow or stuffed animal on their belly.



Share a hug and take several deliberate, synchronised, deep breaths together.



Practise gratitude around the dinner table, naming three good things happening in life.

RESILIENT KIDS



Resilience is the ability to cope with tough times in life, unexpected changes, and challenges.

Resilience is an important skill for children to develop as they grow, to equip them with the resources to work through challenges and stress that they will inevitably face along the journey of life – obstacles such as bullying, moving, divorce, or anxiety. Children can be highly resilient and capable of working through challenges and as a parent, you can help your child build their resilience muscle, by encouraging them to draw on their inner resources.

For example, you can help them build resilience by asking your child for their input and involvement at home. Give them the responsibility of doing certain jobs around the house. This builds independence and self-confidence that they can go out into the world and live life on their own, rather than relying on someone to do everything for them.

OTHER TIPS FOR BUILDING RESILIENCE:

Build, strengthen and promote supportive relationships and emotional connection, with both adults and peers

Build their independence, focusing on autonomy and responsibility

Create opportunities for personal challenge, building confidence

Focus on managing emotions – learn to identify, label, express and manage their emotions

Promote healthy risk taking

Resist the urge to fix, and ask questions instead

Teach problem-solving skills

Demonstrate coping skills and model resiliency

Embrace mistakes – theirs and yours

Promote the bright side

Encourage them to get outdoors and play in nature

NURTURING HEALTHY FAMILY LIFE

There is no one right way to parent, and no parent does it perfectly! When things get tough, it's easy to lose sight of what matters most. These are a few intentions to help ground and guide you to get back on track and show up in a way that best serves yourself and your child.

But remember, you're not always going to get it all right, and that's alright. Perhaps pick one thing off this list as an intention for the week ahead and focus your efforts there. Just trying your best is enough.

Embrace imperfection

Show up courageously + authentically

Set + respect boundaries

Practise appreciation + gratitude

Forgive each other + yourself

Have an open heart + mind

Communicate clearly + honestly

Honour vulnerability

Practise support + generosity

Listen with curiosity

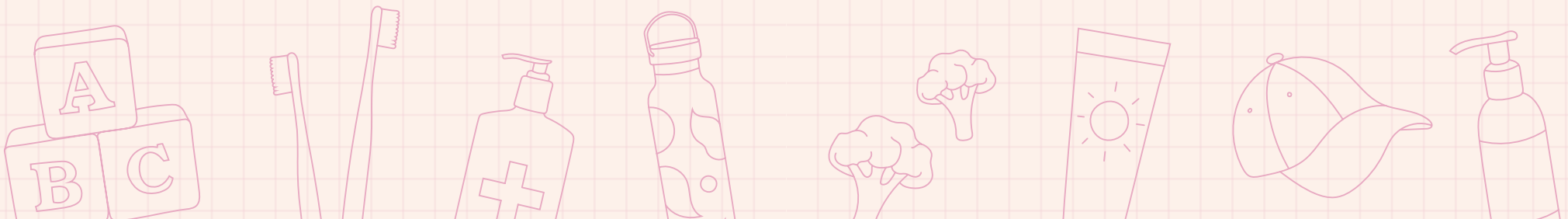


HEALTHY HABITS

CHECKLIST

- ✓ **Eat the rainbow** of healthy whole foods
- ✓ **Limit processed foods** + reduce added sugars
- ✓ **Make mealtimes a regular routine** + don't skip breakfast
- ✓ **Drink water**, not sugary drinks
- ✓ **Limit screen time** + get outdoors
- ✓ **Get active** + find a form of movement your child enjoys
- ✓ **Be sun safe** by using UV protection if your child is out + about in the peak of the day
- ✓ **Maintain healthy hygiene**, including handwashing to prevent the spread of germs

- ✓ **Practise good dental health** by brushing twice a day
- ✓ **Keep a clean environment** and reduce exposure to chemicals + toxins, including smoking
- ✓ **Practise a positive attitude** + minimise stress in your child's environment
- ✓ **Prioritise sleep** to rest + recharge
- ✓ **Take mindful moments** to practise being with what is present
- ✓ **Build nurturing relationships** to help your child feel safe + secure
- ✓ **Incorporate fun play time**, which is important for childhood development, building confidence + social skills





RECIPES: KIDS IN THE KITCHEN

Getting kids to eat healthy foods can sometimes be a struggle! Make good natural food, fun, with these kid-friendly recipes, getting fussy eaters into the kitchen and teaching them healthy habits.

SWEET POTATO FALAFEL

Ingredients

750g sweet potato, cut into chunks
2 tsp ground cumin
2 tsp ground coriander
½ tsp mixed spice
1 garlic clove, chopped
⅓ cup fresh coriander, chopped, plus extra to serve
¼ cup plain flour
1 tbsp sesame seeds
1 cup plain Greek yoghurt
1 tbsp lemon juice
1 tsp sweet paprika
2 tbsp fresh mint, chopped
Extra virgin olive oil

Method

1. Preheat oven to 180 degrees Celcius.
2. Steam sweet potato until tender, then cool.
3. Place sweet potato in a large bowl and mash coarsely.
4. Add cumin, ground coriander, mixed spice, garlic, fresh coriander and flour. Season with salt and pepper. Mix to combine. Refrigerate for 15 minutes.
5. Roll mixture into 3cm balls. Place on a baking tray, brush with olive oil and sprinkle with sesame seeds.
6. Bake for 25 to 30 minutes, carefully flipping the falafels halfway through baking, until the falafels are golden on both sides.
7. Meanwhile, combine yoghurt, lemon juice, paprika and mint in a small bowl. Season with salt and pepper. Drizzle with olive oil.
8. Garnish falafel with extra coriander. Serve with yoghurt dip.

Adapted from source: <https://www.taste.com.au/recipes/sweet-potato-falafel-bites/gmqi0sxi>



RICE PAPER ROLLS

Ingredients

6 pieces rice paper
100g vermicelli rice noodles
6 tsp sauerkraut or kim chi
½ red capsicum, sliced into 6 strips
½ avocado, sliced into 6 strips
6 lettuce leaves, rolled up or halved
6 sprigs fresh mint leaves
6 sprigs fresh coriander or basil
1 tbsp black sesame seeds to garnish

Dipping sauce

3 tbsp peanut butter
1 tbsp tamari
1 tbsp rice malt syrup
1 tbsp rice wine vinegar
1 tbsp water
Pinch chilli flakes, to taste

Method

1. Put the noodles into a bowl and cover with boiling water whilst you prepare the other ingredients.
2. To make the dipping sauce, combine all ingredients together in a small bowl. If the sauce is too thick, add more water teaspoon by teaspoon.
3. Prepare vegetables on a plate. Drain the noodles once they have softened in the bowl.
4. Wet a chopping board so that it is damp. Take a sheet of rice paper and run under luke-warm water, or dip in a bowl of warm water, so both sides are wet. Lay it flat on the chopping board.
5. Place the ingredients horizontally across the middle of the rice paper. 1 tsp of the sauerkraut or kim chi, a slice of capsicum and avocado. A piece of rolled lettuce, a sprig of mint and coriander in each, followed by ¼ cup of noodles.
6. Fold the top half of the rice paper down, then fold the sides in and roll towards you, tucking the ingredients in to form a neat roll.
7. You can also sprinkle with black sesame seeds to serve. Enjoy with the dipping sauce.

Variations

Add meat: Add chicken breast or seafood if desired
Nut-free: Replace the peanut butter with tahini
Soy-free: Replace the tamari with coconut aminos
Sesame-free: Leave the black sesame seeds off

Source: <https://wellnourished.com.au/vegan-rice-paper-rolls>

CHOCOLATE OVERNIGHT OATS

Chocolate is an indulgent treat that both kids and adults alike love to sink their sweet tooth into. Unfortunately, conventional store-bought chocolate and chocolate-flavoured foods are riddled with refined sugars and other additives that we know are not good for us, let alone our children, so there can be some guilt around giving it to them more than in moderation.

Instead, ditch the guilt with these healthy, wholesome, chocolate oats. They're a great way for kids to enjoy the flavour and fun of chocolate, without any of the nasties - and they make a great start to the day for growing bodies.

Ingredients

- 1 cup oats
- 1 cup milk of your choice
- 1 dessertspoon cacao, or to taste
- 1 tbsp maple syrup

Optional toppings

- Greek yoghurt
- Fruit of choice (we like berries, kiwifruit, passionfruit and banana)

Method

1. Place the oats and milk in a bowl and cover, leaving overnight (refrigerate in summer).
2. In the morning, mix through the cacao and maple syrup.
3. Top with plain Greek yoghurt and fruit - enjoy!



Your next appointment is:



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