

KIDS, NUTRITION AND SCHOOL DAYS

For parents who want this year to be different for their child's health, behaviour and brain function, but struggle to make the necessary lifestyle changes because the know how time and money are preventing good intentions and becoming reality.

You know how it is: You schedule extra days off of work the week before labor-day to get the kids prepared with supplies and clothes for the new school year. "Ah, a fresh start, this year will be different," as you vow to send them off each morning with a belly full of wholesome goodness and a lunch box packed with a nutritious meal and snack.

And then it starts: By the end of September it all falls apart. You get lost in the whirlwind of the morning frustrations: one is up and at 'em waiting for breakfast, while the other one is still in bed and the little one has their shoes on the wrong feet. Intentions of a wholesome breakfast are out the door as quickly as you are about to be. They all want something different and time is running out. "Oh wait, don't forget your lunch bag! I hope it has all the nutrition you need for today."

Why are some days so maddening? Is it ever possible to feed your child the proper nutrition for optimal physical, mental and emotional health?

You've tried every thing - cook books for kids, getting up earlier, instant oats, breakfast bars, prepackaged lunches and hoping for a school breakfast program. You have even resorted to giving the kids money with instructions to use it wisely, despite the lack of healthy options in their school environment.

These methods help a little, but can often leave you tired, frustrated and unsure of nutritional quality. These approaches may seem mediocre in comparison to the amount of love and concern you have for your child's wellness.

What you really need to do is stop beating yourself up and accept that there IS A WAY to provide great nutrition for your child without burning-out yourself, your money or your time.

1. Education and Inspiration: Seminar: Food for Thought: Discover how food affects your child's growth and development in three key areas: physical, mental and emotional. Receive practical nutritional advice from families who have successfully implemented healthier lifestyle choices and noticed



positive outcomes in their children. For seminar information – go to www.healingfoundations.ca.

2. Time and Patience: Do NOT change everything over night! “ *A little of something, is better than a whole lot of nothing*”. Make one new recipe and prepare one new snack per week that fits into the nutritional guidelines you learned at the seminar. By second term, you will have approximately twelve new, nutritious recipes and twelve new, healthy snacks successfully implemented into your child’s routine.

3. Prepare and Plan: Commit one hour of your family’s weekend to prepare food staples for the upcoming week. Doing this will significantly reduce weekday dinner-time stress levels. Preparing ahead makes nutrition easy and quick after work and school and allows you time and energy for evening activities.

4. Fun and Enjoyment: During food preparation, get everyone involved and play some music. Learn to enjoy the taste of good wholesome food and notice the positive changes in yourself and children. Healthy food will leave you feeling satisfied, energized and in a good mood.

5. Eat dinner as a family at least once per week. Scientific studies say this activity has “*profound positive implications, not only on lifetime nutritional habits for children, but it also has powerful mental and emotional effects on the state of health for the family dynamic as a whole*”.

For more information see the following articles: Food Preparation Tips and Nutritious, Delicious, Easy to Make Recipes.



Heidi McGill is a registered doctor of naturopathic medicine. She has owned and operated Healing Foundations since November 2006. She has helped dozens of families discover their best balance for overall wellness in body and mind, using the principles and practices of

naturopathic medicine. Dr. Heidi regularly appears as “Guelph’s Naturopathic Expert” on Inside Guelph, a local Roger’s T.V. program. She also writes articles on topics that matter to you. Dr. Heidi is focused on educating you about how your body functions in combination with the natural and cultural environment. She is genuinely passionate about guiding you towards optimal health, vitality and more joy in your life.

Healing Foundations Naturopathic Clinic

Phone: 519-821-1999

Email: clinic@healingfoundations.ca

Website: www.healingfoundations.ca

