

# Project: Healthy Kids



# INTRODUCTION

It seems that the average child is much more busy than they used to be decades ago. Besides spending at least 75% of their year in school, most children have to deal with more homework, lessons, extracurricular activities and more.

As a devoted parent, it's your job to guide your child through those long busy years of growing up. You have a lot to do as well. You need to give them emotional and moral support and take care of

their physical needs. A child's lifelong health is affected by the nutrition and exercise they receive from birth and throughout their growing years! That's a lot of responsibility, but you can handle it. There's lots of good advice that can give you guidance. Read on to get some valuable tips and ideas on how to keep your child healthy and happy as they face their everyday challenges at home and at school.





## OMEGA 3S AND YOUR CHILD

**A**s a parent who is concerned about your children's diets and how they will be affected now and in the future, it's important to ensure that they ingest omega 3 fatty acids. What are omega 3s? These are some of the most important nutrients you need. Nutrients which you probably are not getting. Omega 3s have

a large amount of health benefits for your family, yet it is very likely that you are not getting enough of them. Experts believe that a large number of people are deficient in the amount of omega 3 fatty acids they are consuming.

Omega 3s can be found in the fatty layers of cold water fish and shell fish which contain Long-chain omega-3 fatty acids, EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). They are also present in plant sources like walnuts and flaxseed which provide short-chain omega-3 fatty acids, ALA (alpha-linolenic acid). EPA and DHA have more potential health benefits than ALA.

Studies are showing that omega-3s seem to reduce the inflammatory process that leads to many chronic conditions like autoimmune diseases, cardiovascular diseases, asthma and much more. Omega 3s can be beneficial for people at many different stages in their lives. There are 2 main omega 3 fatty acids, DHA and EPA. Studies are showing that the omega 3 fatty acid, DHA, is essential for growth and functional development of the brain in infants and children. EPA is an essential component of brain cells and is also useful in the mental development of children.

Jamieson's Omega 3 Kids Gummies for instance provide children and adolescents aged 2-18 with premium EPA and DHA. This can be ideal for their brain development and overall heart health. To ensure that children are motivated to take this important supplement, the gummies are in natural tropical fruit flavours.

Helping your children improve their consumption of omega 3 fatty acids will help set the stage for good health later in their lives.



# HOW TO HAVE A MORE ACTIVE CHILD

Is it a familiar sight in your home to find your child sitting in front of the television for hours or spending the day playing video games? With childhood obesity increasing, it's important to make sure your children get sufficient exercise to lower their risk of health problems.

Here are some ways to encourage your children to be more active.

## BE A GOOD EXAMPLE

Work exercise into your own routine. Go for a walk with your child or go on a child-friendly hike. Together you can move toward a fitter life.

## MAKE EXERCISE A PART OF THE ROUTINE

Children have busy schedules. Make sure there is some time in there for exercise. If you have decided that you and your child will walk around the savannah once a week, schedule it and make it a priority just like other important parts of your day.





## **USE VIDEO GAMES TO GET THEM MOVING**

Many video games exercise the fingers and not much else. If you can afford it, invest in video games which encourage dancing and movement and let the whole family join in.

## **DANCE TOGETHER**

Put your favourite soca tune on and dance with your child! Dancing is one of the most fun and healthy workouts.

## **BE ENCOURAGING**

The most important goal is that your child is doing activities and enjoying them. Praise them for their efforts and make sure they are having fun. Avoid criticizing their ability or the fact that they did not win a game.



# GROWING HEALTHY EATERS



**M**aybe when you were little, your parents made you clean your plate and be grateful for what you had. These days many parents are looking for an alternative to on-going food wars with their children. There's something to be said for encouraging your child to enjoy their food and to make healthy choices on their own as they grow older!

Here are some handy tips to help you work with and not against the picky eaters of your family.



## ONE BITE RULE

Experts say you shouldn't force a child to eat anything, but you can enforce the rule that your child should have at least 1-3 bites of a food before giving up on it.

## USE VITAMINS TO GET EXTRA NUTRIENTS

It's a good idea to provide additional sources of nutrients. Jamieson's Multivitamins for Kids can be a great resource for iron, calcium, Vitamin C, iodine and zinc. Best of all they are available in tasty fruity chewables or gummies.

## ENCOURAGE YOUR CHILDREN TO GET INVOLVED

Get your children involved in preparing the meal. Sometimes let them have some say in the menu. Their sense of pride in the meal will make them more likely to eat it.

## MAKE IT FUN

Experiment with fun shapes like pancakes with funny faces. Try mini versions of certain foods. Children also love dipping food into hummus or salsa.

## SET A GOOD EXAMPLE

Cut down on your junk food intake and cultivate a healthy attitude toward food.

## BE PATIENT

Don't give up. Despite all your efforts, it might take a while to get your fussy eater to become more adventurous. Don't let it get to you and celebrate the little victories.





