



Keeping kids healthy

Dr Lauren Johnson

Topics

- Nutrition
- Physical activity
- Screen time
- Sleep
- Immunisation

Perfection
is not a
standard...
It's an *obstacle*

-UNKNOWN

Nutrition

Things my children will eat:

- Play-dough ✓
- Cheetos from under the couch ✓
- Their own toenails ✓
- Dog food ✓
- Dirty bathwater ✓
- Literal dirt ✓

Things my children won't eat:

- A home cooked meal ✗

Dietary guidelines

- Vegetables 2.5 - 4.5 serves (1/2 cup cooked or 1 cup raw = 1 serve)
- Fruit 1 – 1.5 serves
- Grains 4 serves (1 piece bread or ½ cup cooked rice or pasta = 1 serve)
- Meat, fish, eggs, tofu etc 1-1.5 serves (65g cooked or 100g raw meat, 2 cooked eggs, 30g nuts = 1 serve)
- Dairy 1.5 – 2 serves (250mls milk, 200g yoghurt, 2 slices cheese = 1 serve)



Fussy eating

- Peaks around 20 months of age
- Normal developmental stage
- Risk factors for increased fussiness- painful eating experiences (e.g reflux, ear infections, large tonsils, food allergies), biting & chewing difficulties, sensory sensitivities, stressful mealtimes
- Only 4% of children eat recommended amount of veggies

Strategies

- Parent provides child decides
- Less pressure at mealtimes, take stress away
- Offer variety but make sure there is always a “safe food”
- Be persistent with offering new foods
- Involve kids in meal prep
- Eat meals together (at least some of the time)
- Be a good role model
- Seek help early

HOW TO GET CHILDREN TO EAT VEGETABLES

HIDE THEM IN A POCKET DEEP
INSIDE YOUR HANDBAG



Paula Kuka

RANDOMLY SCATTER THEM
ON THE KITCHEN FLOOR



COOK, BLEND AND FORM INTO PELLETS
AND PLACE THEM IN THE DOG BOWL



SERVE IN A VINTAGE CRYSTAL CHAMPAGNE
GLASS WITH A GARDENING FORK



@common_wild



Dr Kyla Smith
is a paediatric dietitian
specialising in
preventing and
managing fussy eating.



MealTime
Building Blocks

If you've got an extremely fussy eater up to 12 years of age and you need more personalised support, you might find Mealtime Building Blocks more helpful.

FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Achievement Program to support a whole-school approach to healthy eating.

FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP

1-6!

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)



VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (In small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silveride, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable frittata
- Stinkies chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallot)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service:
<http://heas.health.vic.gov.au/>

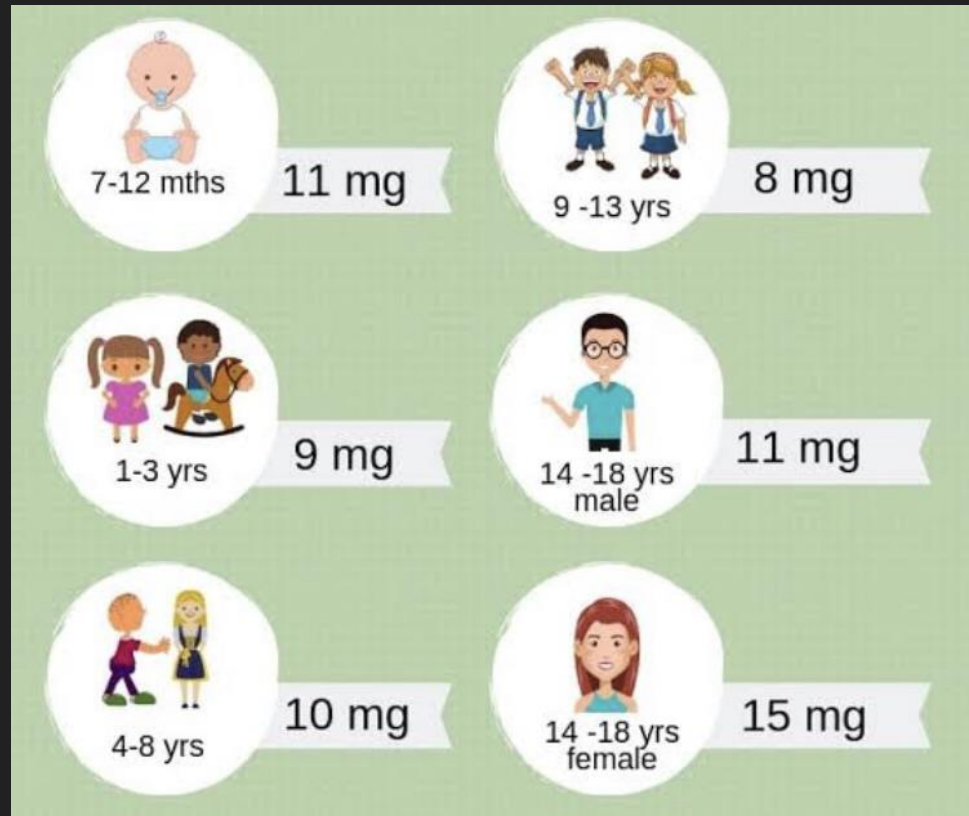
*Check your school's policy regarding the use of nuts and products containing nuts.

Iron deficiency

- Insufficient dietary intake/ excessive cow's milk
- Iron stores start to deplete at 6 months of age
- Fussy eaters often don't like texture of red meat

Symptoms of iron deficiency

- Tiredness
- Behavioural problems
- Poor memory, attention and concentration
- Impaired learning
- PICA
- Poor growth



Physical activity

- 1-5 year olds 3 hours per day
- 1/3 of kids meet this target
- Important for motor development, muscle and bone development, coordination & balance, heart health, improving confidence, mental wellbeing, learning and behaviour
- Movement wires the brain for developmental tasks



Screen time

- Main concern is the displacement of other activities crucial to development e.g movement, social interaction, unstructured play, green time
- Not just the “how much” but also the what, where, when and who with that's important
- Role model





RAISING YOUR CHILD IN A
DIGITAL WORLD:
FINDING A HEALTHY BALANCE OF TIME
ONLINE WITHOUT TECHNO TANTRUMS
AND CONFLICT

By Dr. Kristy Goodwin

Sleep

- Toddlers ideal 11-14 hours (not less than 9)
- Preschoolers ideal 10-13 (not less than 8)
- Includes naps

Sleep problems

- Behavioural
- Obstructive sleep apnoea/ upper airway obstruction
- Iron deficiency and restless legs
- Disrupted circadian rhythm from screens before bed

**I HAVE A SLEEPING
DISORDER. IT'S
CALLED CHILDREN.**



Behavioural sleep problems

- Routine, routine, routine
- Seek help!
- Sleep consultant
- Sleep psychologist e.g Dr Paul Jeffrey
Sleep Matters Perth
- Boss of my sleep book (3-8 year olds)



Obstructive sleep apnoea

- Caused by blockage of upper airway usually due to enlarged tonsils and/ or adenoids
- Poor quality sleep
- Reduced oxygen during sleep
- Can cause tiredness, behavioural problems, attention and concentration issues, learning difficulties
- Other signs- snoring, apnoea, persistent mouth breathing
- See GP for ENT referral

Immunisation

- Influenza
- Meningococcal



GET A FLU SHOT

WINTER IS COMING

memeged

What is flu?

- Viral illness
- Fever, runny nose, cough
- Headache, muscle aches and pains, lethargy
- Can cause diarrhoea and vomiting
- Complications- pneumonia, heart and other organ damage , brain inflammation and permanent damage, death
- Of all vaccine preventable diseases flu is the leading cause of hospitalisation in kids < 5
- On average between 5 to 10 children die due to influenza each year
- 486 deaths, 4 children so far this year

Influenza vaccine


- New vaccine developed each year
- Covers 4 strains- those predicated to be most prevalent
- Estimated to be 60% effective
- Contains no live virus so can NOT cause influenza
- Side effects include pain or swelling at site, fever or aches and pains for a day or 2
- 1 in 1000000 chance of severe anaphylactic reaction
- Free for children under 5 or those with chronic condition at increased risk of flu e.g asthma
- All children under 9 years need two dose one month apart the first year they get the vaccine

Flu prevention

- Stay home from childcare, school, work if flu like symptoms
- Wash hands regularly
- Catch cough & sneezes in elbow
- No sharing cups, bottles, cutlery
- Throw tissues in bin straight away then wash hands

Meningococcal vaccination

- 5 main strains in Aust- A, B, C, W, Y
- ACWY vaccine now on schedule for 12 month olds
- Can have earlier (from 6 weeks) but not gov funded
- B strain not gov funded but available on private prescription
- W strain most prevalent in WA



**Parenting isn't
stressful at all.**

JESSICA, AGE 27







the
Kids Health
Network

PODCAST

