



Circles of learning

Education Health Environment Community Creativity

Balancing your Child's Health

This step by step guide helps to balance and improve your child's health and learning ability.

Test for food sensitivities

Food allergies usually display an external sign such as a rash but also cause internal reactions that are rarely seen. They can trigger adverse behavioural problems and stop nutrients from being absorbed into the body and brain.

Minerals

Your child may be affected by too many minerals (copper excess is common in children with learning difficulties), or too few minerals (magnesium and zinc deficiencies are common in children with learning difficulties). To balance these eat fresh, living foods that are strong in the minerals you need. Sometimes you may need a natural dietary supplement. Remember that seaweed is also full of minerals, and children often love eating sushi.

Eat biodynamic or organic fruit and vegetables

They have up to 200% more nutrients than the regular supermarket varieties. For outlets contact www.theorganicsdirectory.com.au.

Limit television and video games

These develop a short attention span, rapid eye movement and slow the growth of creative pathways in the brain. Television and computer games can also affect the children's ability to sleep well.

Learn Yoga, Eurythmy or Martial Arts

These train the body and mind to focus and concentrate. The discipline and practice feeds more oxygen to the brain, trains the mind to visualise and concentrate and to work within a strong discipline (find a teacher who enjoys working with children).

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Give strong guidelines

...and stick to them. Have a rhythm in the family that suits everyone with set times for meals, homework and sleep.

Get your child to sleep early

Despite them wanting to stay up, they are usually grateful that you are persistent as a growing body needs a lot of rest. Once the habit is formed there is little resistance.

Build your child's self esteem

by being positive about his/her abilities and provide family support for love and security. Look for ways to set up positive experiences such as asking for their assistance around the house.

Responsibilities

Give your child responsibility and a role in the household and surrounding community. For example, grow some vegetables and encourage your child to water them, to pick them and share the produce with your neighbours. A worm farm can be a lot of fun.

Relax and have time out for yourself

Disharmony and stress in the household can create emotional and behavioural problems.