



**Effective
Ways to Improve
Your Child's Health
And Learning Ability**

Nourish & Nurture Children to
Discover the Joy and Love of Learning



EFFECTIVE WAYS TO IMPROVE YOUR CHILD'S HEALTH & LEARNING ABILITY

The following provides a check list for you to see areas in which you may be able to assist your child to have a healthier body and mind.

DIET

There is a direct relationship between nutrition and the function of the brain. As our food today is more processed and depleted of nutrients, it is important that steps are put in place to enable your child to receive vital nutrients to build their immune system.

Eat organic fresh living foods

To provide the maximum amount of natural nutrition, eat whole organic fresh fruit and vegetables.

Increase protein

Seek out meat from animals and poultry that have been fed on hormone free organic foods. If eating beef, check out grass fed. Extra protein can be obtained by eating eggs, legumes, nuts and fish.

Reduce sugar intake

Highly refined sugar has nutrients removed and the body can have difficulty digesting it. Symptoms of ADD/ADHD can often be reduced by removing processed sugar from the diet. Replace with fruits and vegetables and healthy snacks such as carrot, cucumber and celery sticks.

Reduce carbohydrates

Reduce or eliminate refined carbohydrates such as white bread, white rice and white sugar. Replace with natural carbohydrates found in pumpkin, potato and natural whole grains.

Increase water

Water is one of the most essential ingredients for a healthy mind and body. Encourage your child to drink 1-2 litres of filtered water throughout the day.

Check for Allergies

The most common allergies and food sensitivities are gluten, dairy, sugar and yeast. In addition to affecting the learning abilities of your child, they can also contribute to fungal problems such as candida which cause similar symptoms to those of ADD in particular a scattered and unfocused mind

Food sensitivities can also trigger asthma, hay fever and poor behaviour.

SIGNS TO LOOK FOR**General irritability**

Mood swings and irritability can be caused by different foods, and can occur a few hours after eating. Note the times the irritability occur and try to relate it back to what your child may have eaten, or been exposed to, such as game boys, television and the computer. If you notice a consistency, then it is likely you have discovered what is triggering the behaviour.

Cravings

Children often crave the foods that they have an intolerance to. When you identify a craving, eliminate that food from their diet and notice if there are changes in their learning, mood or behaviour. Children with ADD/ADHD symptoms often crave sugar.

Hypoglycaemia

Many children suffer undetected hypoglycaemia. Be aware of looking for signs of sugar sensitivity such as fatigue, dizziness, light-headedness, headache, irritability and anxiety. Hypoglycaemia affects health and learning. Have them eat low glycaemic foods and eliminate processed sugar.

Sleeping patterns

Many children who have difficulty learning often do not have good sleeping patterns. Children cope best with regular sleeping times. Television, videos, game boys and fizzy soft drinks can be the cause of sleeping problems, avoid these close to bed time.

To ensure a good night's sleep establish a regular bed time routine and stick to it. 8 hours a night is a good guideline.

Stress and Anxiety

Children easily become anxious and stressed. When parents and teachers are anxious, the children often absorb these emotions, resulting in bad behaviour, moodiness or sleeplessness. When you are peaceful, your children are likely to absorb these emotions and be peaceful too.

EXERCISE

When you exercise your body you also exercise your mind. Children need a lot of exercise and play time. Unlike previous generations, children are often driven to school and to sport. An hour's organised sport does not provide enough exercise for a healthy body and mind.

Increase Physical Exercise

Walking, playing, ball games, trampoline and any exercise that promotes health and well being will also improve your child's learning ability. Inappropriate behaviour and poor concentration is often the result of spending too much time in front of television, computers and game boys.

Brain Gym

Learn Brain Gym Movements to boost different skills. These movements keep the brain integrated and enable the brain to function better.

Join in team sports

When there is strong team spirit it promotes a feeling of well being in your child, a feeling of belonging and fitting in, and builds their self esteem.

Martial Arts

Enrol your child in a martial arts course, such as Kung fu, Tai Chi or Tai Kwon Do. These build focus and concentration skills, visualisation skills and contribute to a healthy body.

Yoga

Join a yoga class and gain the benefits of keeping fit, maintaining a healthy body and stimulating the mind.

Chess

Enrol in a chess class, this trains the mind to focus, concentrate and to think laterally.

AVOID AND REDUCE CHEMICALS

Chemicals in food and household products contribute to weakening your child's immune system, so wherever possible replace products with chemical free alternatives.

Chemical Sunscreens

Look for chemical free sunscreens, or get your child to wear a bigger hat and long sleeved garments, or simply avoid the sun when it is at its strongest.

Remember that we do need the healing effects of the sun and it is important for building our immune system, so encourage your child to play outdoors in nature every day.

Household chemicals

It is often difficult to see the effects these chemicals can have on your child's health and learning, but they can cause irritability and behavioural problems. Seek out chemical free alternatives.

Perfumes

Remember perfumes are chemicals, they rarely contain natural fragrances, and children can cause headaches, upset stomachs, asthma and learning difficulties when a person nearby is wearing perfume.

Antibiotics

Antibiotics break down the good bacteria along with the bad. Supplement with acidophilus or a good probiotic and look at alternative ways of helping your child through an illness. Fevers are usually a body's natural way of burning up the bad bacteria.

PLAYING

Playing outdoors in nature helps build imagination, helps to make decisions, to work as a team and develop social skills.

Television & Computers

Television and computers dehydrate the body, giving off radiation and often cause difficulty concentrating. Television trains the brain's pathways to accept fast frames, reducing concentration skills and reading can be difficult. Children who spend long hours in front of television often become more aggressive and irritable. Allow your child to use them for limited periods only.

Video games and Game Boys

These all have an adverse affect on a child's ability to build imagination and learn, so allowed them only in very small time frames. Irritability and aggressive behaviour can result from spending too much time on these.

EFFECTIVE PARENTING

Self esteem

Your child's self esteem is one of the most important factors that affects their mind and body. When a child feels good about themselves, they tend to socialise easily and do well with their learning.

Teach responsibility

Give your child small tasks from an early age so they learn how to take responsibility for themselves and for others.

Breathing

The body and brain rely on oxygen to operate efficiently, and it is important that children get enough oxygen into their body through regular, rhythmic breathing.

Ability to change

Encourage children to be flexible in their body and mind. There are many ways to achieve successful outcomes. Encourage your child to find their own unique way. They need to know there are different ways to handle the same situation.

Boundaries

Children thrive on positive guidelines. Whilst they may rebel for a short time, once they know the boundaries they usually respect them. Be consistent to avoid confusion and mixed messages.

Use Positive words

Words have a big impact on how your child reacts to situations, and how they feel about themselves. Avoid words such as, but, if only, difficult, can't, try, impossible. Avoid judgment words such as good and, bad, right and wrong and replace with words such as appropriate.

Structure days

Structure is like boundaries and guidelines, it allows the child to know what is expected of them, and allows them to organise their lives within the structure of the day. You can structure meal times, show time, leaving for school, bed time and more.

Meditation

Meditation is a vital ingredient for today's children. It allows them to slow down and find their inner peace and strength. It eliminates stress and clears the mind to enable it to focus and concentrate on school work.

Fun and laughter

When you bring fun and laughter into your child's life, you find that this happy disposition flows on into each aspect of school, home and friends.

Play

Play with your child, it builds up wonderful relationship, builds self esteem and a healthy immune system. A child needs unstructured play time to build their imagination.

Reading

Read to your child daily if possible and continue to do so up until the teens. Reading stimulates your child's interest in learning and reading and story telling enhances your child's imagination and creativity.

Ensure teaches are supporting your beliefs

Be in close contact with your child's teacher to fully understand what is happening in the classroom and how your child is progressing. It is important that the messages the child receives from you and the teacher are in harmony.

Listen to your child

Children are highly intuitive and often full of wisdom. Listen to them and they will let you know how they feel about issues, and what their body needs to help them get better. When you listen, you can share their concerns and decide how best to handle them.

Love

The most essential ingredient for people, and for your child, is love. They need to know and to feel that they are loved and as parents we need to make a conscious effort not to allow daily anxieties to get in the way of caring and loving.

Circles of Learning is a non-profit organisation established 1999 partnering with families, schools and communities to address the need for practical solutions to children's health and learning.

Giving children a strong foundation for life— to bring love and laughter into their lives and to build up their self esteem, and encourage a positive attitude towards learning and create community spirit and support.

The aim of Circles of Learning is to show that by taking positive steps, our children can find their inner strength, and through good nutrition, visualisation, exercise and courage, they can find happiness and achieve their full potential.

Programs available help prevent and overcome symptoms of ADD/ADHD and related issues. Our core formula links the basic building blocks of life with the latest practices in whole brain learning.



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