

# Healthy Child Development Presentations

Includes:  
*Presentations*

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Completed for:

*Peterborough Family Resource Centre*  
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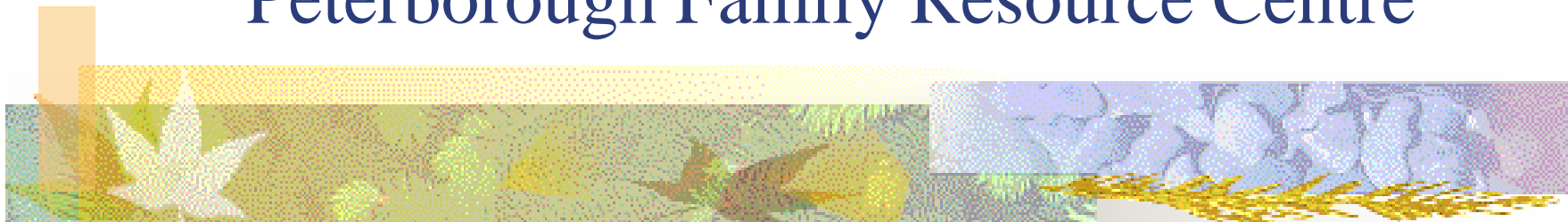
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# Ontario Early Years Centre Peterborough Family Resource Centre



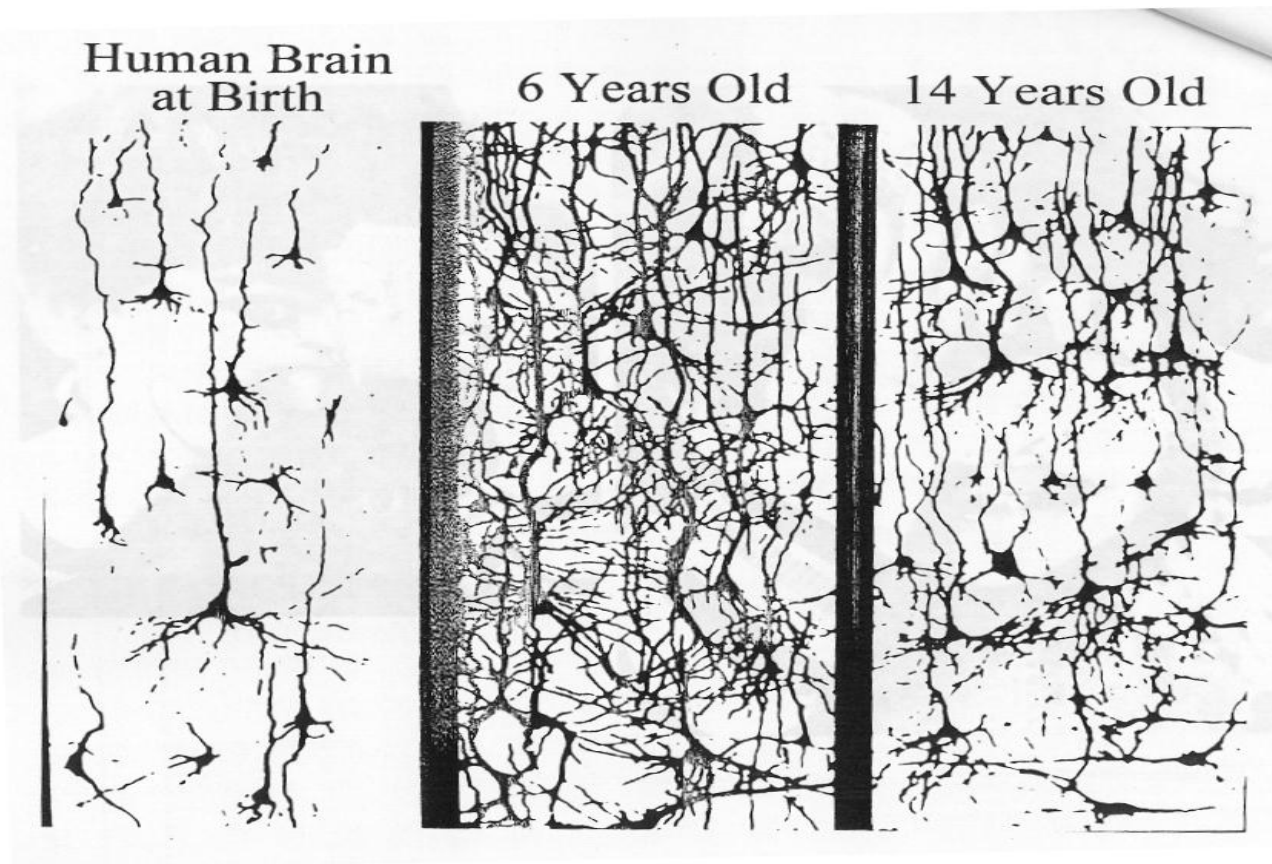
“Our mission is the well-being of the whole child,  
families and care providers”



# Early Years Study

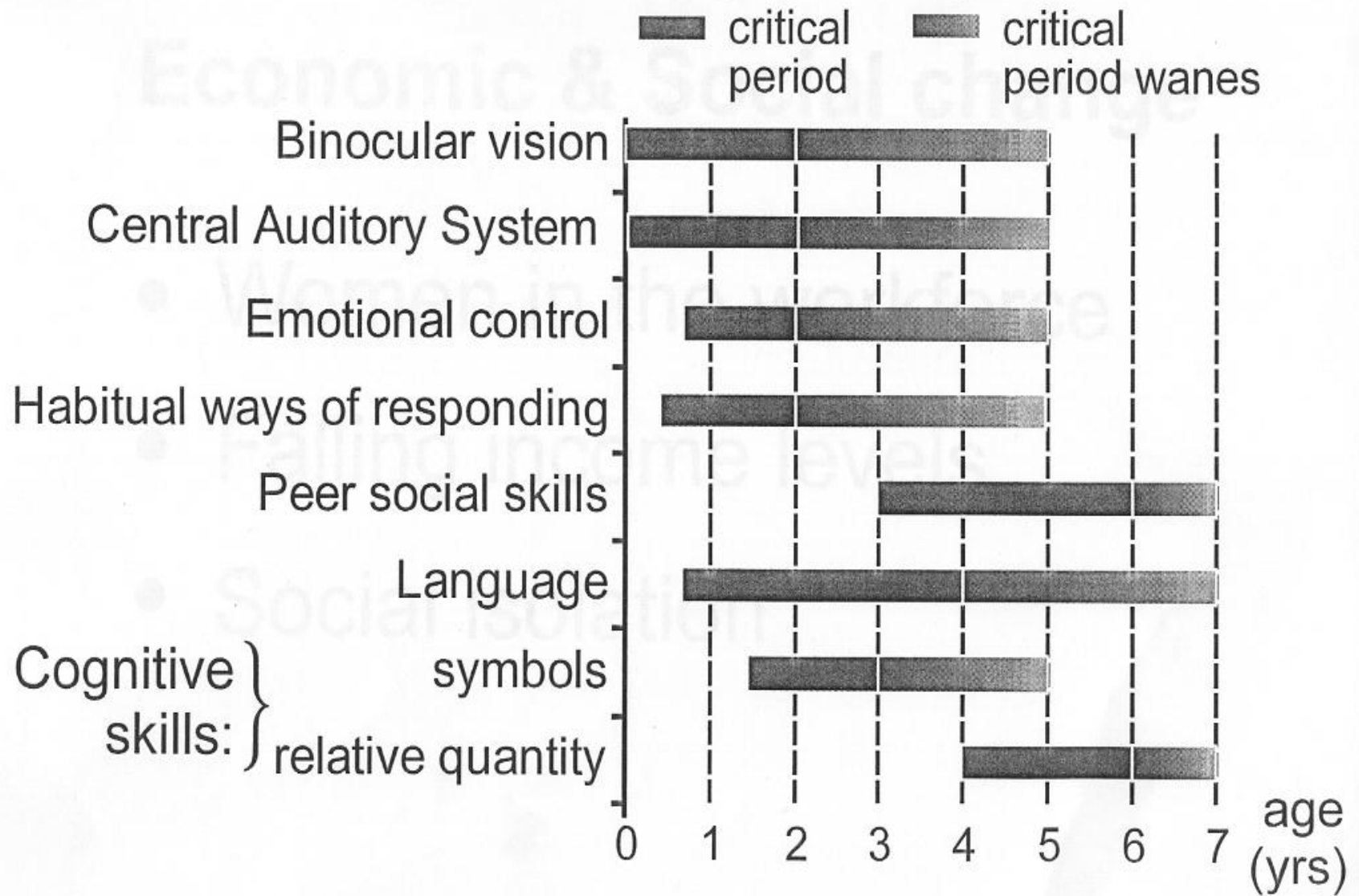
- New understanding of brain development in the early years and its effect on subsequent learning, behavior and health has led to steps being taken to provide better circumstances in and outside the home for early child development
- The 'Early Years Study' was conducted to provide options and recommendations on the best ways of preparing Ontario's young children
- Written by Dr. Fraser Mustard and the Honorable Margaret McCain and a reference group in 1999

# Brain Development





# Sensitive Periods for Early Development



*Early Years Study*

# Ontario Early Years Centres

- Focus on children ages 0-6
- 103 across the province by 2003
- Accessible to all families
- Focal point for communities across Ontario
  - 'Early years gateway'
  - Builds on existing programs and services
  - Linked to other important community initiatives such as the Early Years Challenge Fund and Ontario's Promise

# Centre Services

## Peterborough Family Resource Centre



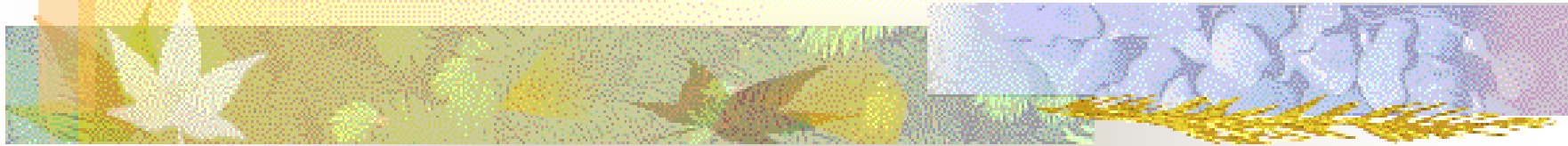
### • Common set of core programs and services for children and families including:

- Early Learning activities
- Parent resources and training
- Pre and post natal resources and information
- Information about and links to other Early Years Services
- Outreach services
- Speakers bureau
- Coordination of volunteer services
- Monitoring program effectiveness and tracking community progress in improving child development outcomes-DATA ANALYSIS
- Early Literacy Specialist





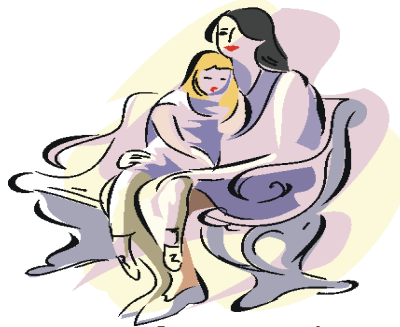
# School Age Nutrition



Peterborough Family Resource Centre  
Speakers Bureau Presentation







“Good nutrition and nurturing support optimal early brain development and physical development and set the base of learning, behavior , and health throughout the life cycle.  
– McCain & Mustard, Ontario Early Years Study Final Report, 1999

# Typical School Age Child Appetite

- How much should my preschooler be eating?

Canada Food Guide says:

Grain Products: 5-12

Fruit & Veggies 5-10

Dairy 2-3

Meat & Alternatives 2-3



- Child size servings can be from ½ to a full adult serving. More than likely your child will be eating whole serving sizes

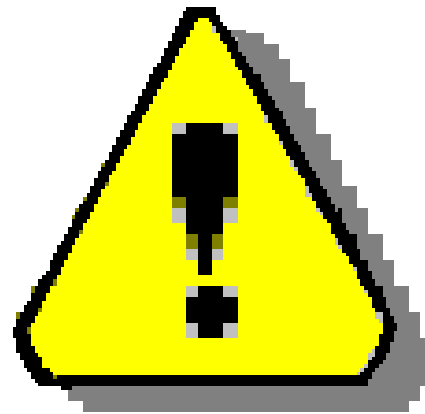


# Nutrients and their function

- Carbohydrates- used for energy
- Fiber- to help lower intestine move
- Fats- stored and used for energy, insulate us, protect organs, and in children to help brain development
- Protein- to build cells and tissue
- Vitamins-A- for vision
  - B- health nerves and blood cells
  - C- to help the immune system
  - D- helps absorb calcium
  - E-healthy skin and wound healing

# Safety Concerns

- Chocking
- Pesticides
- Food borne Illnesses
- Food-Medication Interactions





# The picky eater

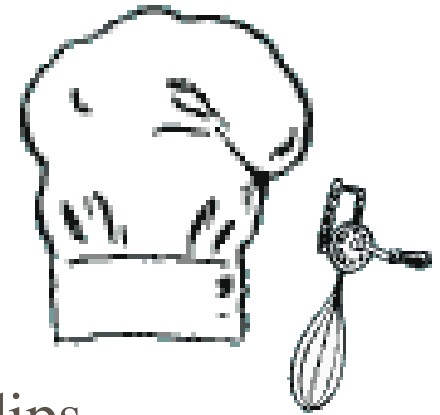
## Tips to encourage eating:

1. Get your child to write, tell, or draw the food that he/she like.
2. Buy your child his/her won cook book
3. Avoid forcing food
4. If you can, let him/her have their own shelf
5. Allow you child to choose their own lunchbox for school.
6. Try new recipes
7. Get your child to help prepare his/her lunch form school the night before
8. Serve them what you or an older sibling is eating



# Fun Food and Cooking Ideas

- Let child help pick out the recipe
- Picnics
- Good foods to make:
  - smoothies
  - fruit cups/ fruit or veggie kabobs
  - cheese & ham kabobs
  - omelets
  - muffins
  - PB & J grilled sandwiches



- dips
- yogurt parfait
- mini pizzas
- pasta salads



# Setting the tone for family meal time

1. Plan ahead, think creatively, and make adjustments to fit your family's schedule.
2. Have meal time without TV
3. Serve family members food at the same time
4. Limit discussion to neutral topics
5. Teach by showing, not by telling
6. Seat your child in a safe seat at the table with the family



# Allergies

## Most Common

nuts/peanuts

egg whites

berries

yeast

buckwheat/wheat

shellfish

dairy/soy

corn

chocolate

tomatoes

citrus fruits

## Why does it happen?

It is an immune system reaction



# Allergies (cont')

## What do I look for?

- runny nose, sneezing, or watery eyes
- constant cough, or wheezing
- diarrhea with mucus
- dry, red, scaly rash in face or in crease of neck
- swollen lips, eyelids, hands, or feet
- poor weight gain
- excessive spiting up, gas, constipation, or bloating
- shock

## What do I do?



# Do I need to worry about obesity?

- Causes:
  - genetic
  - slow metabolism
  - social influences
  - under exercise
  - over eating
- 9/10 obese infants become lean by age seven
- Obese people do not necessarily eat more food but do eat more calories





# My child is overweight what do I do?

## DOS

### *Role Model!!*

- nutrition
- exercise
- restrict TV and video  
game time
- be a guide
- involve children in meal  
preparation
- offer water instead of juice or pop
- cut down on family's diet, not  
just the child's

## TRY NOT TO

### *Force food*

- DO respect tiny tummies!
- be a dictator
- limit calories
- give into temptation, but allow  
a treat once and a while
- eat a lot of take out foods

**Remember: Children's food intake fluctuates**

# Where to go for resources

You family Doctor or Nurse Practitioner

Peterborough City County Health Unit

Peterborough Early Years Centre

Telehealth

Public Library

Internet

**Suggested sites:** <http://www.growinghealthykids.com/>

<http://www.wft-ifb.ca/>

<http://www.todayparent.com/>

<http://www.hcsc.gc.ca/hppb/nutrition/pube/foodguid/foodguide.html>

<http://www.navigator.tufts.edu/>

