

Health is a Journey!!

What to expect at 9 Years Old!!!

Where will **YOUR JOURNEY** lead??? Choose **DESTINATIONS**, **PATHWAYS**, and **GPS HABITS** to get there....

One Day at a Time!!

The **Healthiest Kids** work for these “Destinations” on the **JOURNEY**: How are **YOU** getting **HEALTHY** with these **DESTINATIONS**?



SKILLS: Things you can do and learn and use to make things better



BELONGING: Being a useful part of a group to make things better



GIVING: Giving your time and talents to make things better



INDEPENDENCE: Thinking and acting on your own to make things better

The **Healthiest Kids** choose Short Term Goals or **PATHWAYS** to do everyday to be Healthy. Which will you Choose to develop?



The **Healthiest Kids** choose Daily Habits, called **GPSs** (Gene’s Problem Solvers!) to get the **Pathways** done to reach **Destinations!**

Pathway-Nutrition

- ◇ Stop the Pop! Delete the Sweet! Vamoose the Juice!
- ◇ BMI less than 85... Percentile
- ◇ Toddlers; Take the Dip... in BMI
- ◇ Otter Drink your Water!

Pathway-Exercise

- ◇ Quit the Sit!!
- ◇ Be Heroic-Do Aerobic...Exercise!
- ◇ Go the Distance with Resistance
- ◇ Lengthen to Strengthen!
- ◇ Fetch the Stretch

Pathway-Sleep

- ◇ 10 hours a night
- ◇ No media in the bedroom

- ◇ Ways to go to sleep

Pathway-Teeth

- ◇ Don't share Spit!
- ◇ “Give a Swig” after eating/drinking
- ◇ Brush/floss 1-2 times a day

Pathway- Social/Emotional

- ◇ Share with /Help Others
- ◇ Smile/laugh
- ◇ Be thankful
- ◇ Read others’ emotions

Pathway- Cognitive (Brain Thinking)

- ◇ Make your Thought Stream Supreme!
- ◇ Read to Succeed- Perceive and Achieve- Solve and Evolve
- ◇ Math is the Path—Attention = Extensions & Dimensions

Pathway- Environment and Safety

- ◇ Use sunscreen
- ◇ Wear seat belts
- ◇ Don't smoke or use drugs
- ◇ Are you Mired in the Media Mélange?
- ◇ Disaster Drills

Pathway- Stress

- ◇ Practice WAIT!
- ◇ Pick a Calm the Qualm technique

Pathway-Bodily Tasks (each TSK may have a specific need, like working on Constipation, or urine accidents, or asthma... so... fill in the blank!)

- ◇ “Spy Inside” for a particular problem, like headaches or stomachaches— or just feeling Yucky!

One Day at a Time! START HERE →

for **YOUR HEALTHY JOURNEY!!!**

So... **Pick** something **HEALTHY** to work on this year!

- What** is it?
- How** will you do it?
- Make** a plan!

TELL DR. GRETA about!!!!

Parents— Give that Kid a hug!

Kids— Give your Parents and Grandparents a hug!



1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Health is a Journey!! One Day at a Time!!



Gene, Dr. Greta's Advisor

THANK YOU for sharing your journey with Dr. Greta and her advisor, Gene. Together, you will explore the wonders of your child's growth and development. We will explore how to use Short Term Goals to reach your Long Term goals... and how to enjoy the Journey... One Day at a Time! Under the tutelage of Gene, this material is developed by

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9 Year s Old- Where do I fit in with others!-Self-Image

MORE INFO IN DEPTH.....

The 9 Year Visit!! "Am I too Fat??"
Your innocent little child is starting to look at the rest of the world! **Are you ready for the Self-Image Analysis?**

Self-Image Analysis is the process of your child comparing himself or herself to "the world", and often feeling inadequate. This is the stage where you need to pay close attention to the new ideas that are forming about :

School, because the child will become more aware of failure.

Home, because he or she is comparing your family to that of friends.

Friends, because your child is just now starting to be influenced more by them.

Self, because some of the ideas and attitudes that form now, can have long-term affects.

So, how do you help your child develop a healthy Self-Image?

BE A GOOD ROLE MODEL- IF YOU ARE TAKING CARE OF YOURSELF YOU ARE MORE LIKELY TO HAVE A GOOD SELF-IMAGE, AND YOUR CHILD WILL WANT TO BE LIKE YOU!!!

Here are a few ideas, but you will develop your own. Please tell me what you are doing, and how **PROUD** you are of your child's accomplishments!

HABITS and SELF-IMAGE -The cornerstones for the rest of your child's life! **Habits are developed best by doing the same thing at the same time, most days.** As your child matures, he or she will start looking at himself or herself differently. Having strong habits in the main health areas is crucial for your child to lead a healthy life.

Help your child develop and continue healthy habits in relation to the new view of Self-Image. He or she will feel better physically and emotionally, so will have better Self-Esteem BECAUSE he or she is taking care of himself or herself!

Self-Image and the Basics

Nutrition - eating those 5 vegetables/ fruits, 3 milks, 2 proteins is best done in at least 3 meals and 1 or two snacks every few hours.

Self-Image check: Your child

may be worried about weight. If he or she is overweight, ask me, so we can develop a plan. You will have to be sure the food is present and in the right amount, but your child may be able to start to take some responsibility, as well.

Dental - How do the teeth look?

Self-Image check: Brushing well should be established. Check with the dentist, if any orthodontic work will be needed. A good smile is important, if at all possible!

Sleep - It is important to get close to 10 hours of sleep a night with up to 2 hours before this of "down time" to relax. Reading and "alone-time", should be considered as a routine for "down time".

Self-Image check: If your child isn't sleeping well, let me know. Poor sleep affects all attitudes, including self-image

Exercise - Exercising 5 times a week for 30-60 minutes is the suggested amount.

Self-Image check: This is especially needed, if your child is overweight. Help your child plan, then execute an exercise program. Often, you will need to be a part of this, such as exercising WITH the child. It can be a fun thing to do together!

Stress Management -Teaching kids how to relax is a necessary daily routine.

Self-Image check: What is more stressful, than suddenly being aware you might not really like your body, or yourself? When a child feels in control, even of some bodily function, like feeling anxious, there is less stress. Ask for techniques!!

Mood Control -This could be considered as part of Stress Management, since much stress is brought on by moods, and many moods are brought on by poor nutrition, lack of sleep and lack or improper exercise. If you have any concerns here, ask.

Self-Image check: Your child may start feeling more sadness or feel more isolated, as he or she compares self to the world. It is important that you are aware of these moods, and help the child work through them, if possible. If they become too overwhelming, you will

start to see other behaviors. If you have questions, please ask.

Self-Image Affected by Other Things

Media -It is only recommended to watch 1-2 hours of media daily. No TV in the bedroom.

Self-Image check: This is HUGE! Be sure you are watching what your kids are watching, so you can at least be aware of the ideas they are developing from the images.

Socializing -This is the age that kids are starting to really compare themselves to each other, and thus can be very cruel, sometimes, on purpose, other times not.

Self-Image check: The secret is to be an active part of the social events, so you can help your child understand and work through the experiences.

School - This is your child's "job", so it is important that you and he or she take school seriously. If your child isn't doing well in school, talk with the teachers frequently, and see if you can figure out why.

Self-Image check: This is the stage where school often becomes harder, so be aware of any new problems, so that you can address them early. Once a self-image concern arises, it will escalate in the child's mind, so you need address it as soon as possible

Family -The family works best when everyone is loving and helpful to each other

Self-Image check: Be sure that no one makes fun of the "Self-image Stressed" child. Making fun of how someone looks or acts, usually doesn't help, but makes the "family fun times" few and far between, and sows the seeds for the child to want to leave the family.