

Health is a Journey!!

What to expect at 7 years!!

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?



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-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 & mensions



Pathway- Stress

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

Pathway- Environment and Safety

- ◇ Use sunscreen
- ◇ Wear seat belts
- ◇ Don't smoke or use drugs
- ◇ Be careful with media
- ◇ Disaster Drills



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 stomach-aches

Pathway-Sleep

- ◇ 10 hours a night
- ◇ No media in the bedroom
- ◇ Ways to go to sleep



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

Greta McFarland, MD FAAP
Box 849
Ashley Clinic
Chanute, Ks 66720

7 years-- Wow! What Potential!!!!

More Info.....

The 7 Year Visit!! "Look what I can do!" Is your child using his or her time wisely? **And it all hinges on Time Management!**

Time Management: We all have 24 hours in a day, but how we use it, makes the difference in:

1. How well your child gets along in the world
2. What he or she is able to do, now and in the future

So, how do you help your child?

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 TIME MANAGEMENT –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. This includes eating regular meals, hopefully together, getting up in time to enjoy the morning, and not be rushed or harried, having a set time for chores, homework, and then scheduled family time to enjoy each other. All of these require a LOT of effort to use time wisely, but a child with habits is more likely to handle stresses better and do better in life. If a child can "Count On" some things in life, he or she does not have to worry or be concerned about nearly as many things, and can concentrate on other topics, like learning from books, but also learning a skill, like music, drawing, hand skills (like building things), and developing good, healthy, friendships.

Help your child develop healthy habits with good Time Management techniques. He or she will feel better physically and will feel better emotionally, so will have better Self-Esteem (remember last year?)

Time Management for 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. It is best to eat a balanced breakfast (not donuts and pop!) Sitting down to eat together and not watching TV helps everyone to learn to talk and share more of the day.

Dental – This needs to be an automatic twice-a-day routine: no exceptions!

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. This usually doesn't mean watching TV or playing video games, and even listening to music can "rev" up the nervous system. Reading and "alone-time", should be considered as a routine for "down time".

Exercise –Exercising 5 times a week for 30-60 minutes is the suggested amount, and to build this into a consistent time takes commitment. Go for walks together, or schedule to do a sport or do an exercise video, or go to a gym.

Stress Management –Teaching kids how to relax and to recognize the **NEED to relax is necessary as part of your daily routine. This can be done when they get home from school, or even in the morning, if you notice they are rushed or hurried. The first step is to get up earlier, and change the environment so it ISN'T so rushed, This can allow better time to**

be in control of the situation rather than the situation be in control of your child and family. There are several easy stress management techniques to teach your kids. Just Ask!!

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.

Time Management for Other Things

Media –It is only recommended to watch 1 -2 hours of TV, video games, computers (unless schoolwork), a day. And no TV in the bedroom! More than that has been shown to be harmful.

Socializing –This is very important, and needs to be planned and supervised to avoid violence and other activities that could lead to risk-taking activities.

Family –This is the hardest to plan, and probably the most important. Schedule time to at least check in with your child once a day. The meal time can be the most satisfying, but you have to make it happen.

Where does your Child and Family Fall on the Time Management Scale?

Fill in the blanks with how your child spends an average weekday and/or weekend.

Time of Day (ex.6-7 AM)	Activity (ex. Dressing/Breakfast)	Time Spent (ex. 15 min with family)

Then tally up how much time is spent with Media, with Friends (including school), on other projects or skill building, and with Family and what type of time (fighting, sharing, playing, etc.) At the end of each day, or maybe at the end of each month, look at **what your child has to show for the time?** Is your child better able to get along with others? Has he or she made improvements in a skill or ability? Most importantly, is he or she developing time management habits that will be helpful for him as he grows?