

# Health is a Journey!!

What to expect at 8 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 stomach-aches— 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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**8 Year olds– Ready to DO MORE– They just need to be shown how!!**

## More Info

**The 8 Year Visit!!** "I'm ready to do more, Mom!" **But are you ready to let it happen?** And it all hinges on Responsibility Readiness!

**Responsibility Readiness allows your child to succeed:**

At school, and later with a job, because he or she can be counted on to start and finish a project.

At home, because he or she can learn that the family works best when everyone works together.

With friends, because he or she can be trusted to do what is promised.

With himself or herself **(That Self-Esteem thing again!); the first step to real independence!**

**So, how do you help your child learn to take responsibility and become independent ?**

**BE A GOOD ROLE MODEL- IF YOU ARE RESPONSIBLE, YOUR CHILD WILL BE, TOO!!!**

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 RESPONSIBILITY** –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. If a child can "Count On" some things in life, he or she does not have to worry about the everyday things, then he or she can concentrate on other topics, like learning from books, learning a skill, and developing good, healthy, friendships. It is in this learning process that the child learns responsibility.

*Help your child develop healthy habits with an eye to responsibility. He or she will feel better physically and emotionally, so will have better Self-Esteem BECAUSE he or she is becoming independent!*

### Responsibility 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. **Responsibility Opportunities:** Have the child choose which vegetables to serve at a meal. He or she can participate in food purchase and preparation!

**Dental** – This needs to be an automatic twice-a-day routine. **Responsibility Opportunities:** Supervise it periodically to be sure it is getting done right!

**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". **Responsibility Opportunities:** Your child should be able to tell time well enough to know when to go to bed, and you may need to build in some other habit forming activities.

**Exercise** –Exercising 5 times a week for 30-60 minutes is the suggested amount. **Responsibility Opportunities:** 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, but this might not be so bad either: (how many of us can truthfully say a little more exercise would be harmful???? ) It can be a fun thing to do together, and you are helping your child develop a healthy habit that he or she may carry on for years to come!

**Stress Management** –Teaching kids how to relax and to recognize the NEED to relax is necessary as part of a daily routine. Allowing for inner relaxation can help control blood pressure, fatigue, and make kids less grumpy! They can then do more things they like. It helps them to start "Listening to the Body", and the body does tell us things, if we learn to pay attention! This is a skill that needs to be practiced. There are several easy stress management techniques to teach your kids. Just Ask!! **Responsibility Opportunities:** At a time when your child is well rested, and not in a hurry or preoccupied with something else, discuss ways of relaxing. Plan when you will practice these: you can't just practice this when the child needs it; relaxation is a learned technique!

**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. **Responsibility Opportunities:** Your child should be ready to start to recognize moods, such as anger and sadness, and with your guidance, can learn healthy ways to make the feelings go away. If you have questions, please ask.