



Temple Street

CHILDREN'S UNIVERSITY HOSPITAL



140 YEARS

Caring for Sick Children

EAT HEALTHY.
STAY FIT



AND



LIVE

HAPPY



Everybody is a different shape and size but nowadays more and more children are doing things that are not very good for their health. Examples include;

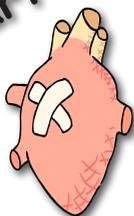
- ➡ Eating an unhealthy diet
- ➡ Watching lots of TV (2 hours or more a day)
- ➡ Not moving around enough (being inactive)

If the amount of energy (food) that you take into your body is greater than the amount used (through activity) an imbalance occurs which can lead to gaining weight.



Becoming overweight can cause various health problems for your body.

Heart



Lungs

Joints



Being overweight can also make you feel unhappy.

So What Is The Answer ?

It is very important to develop a healthier lifestyle. By lifestyle, we mean our way of life, the things that we do (behaviours), the way we think (attitudes and beliefs) and how we feel (emotions).



What Does a Healthy Lifestyle Mean to Me ?

For most people a healthy lifestyle means eating a balanced diet and becoming more active.

Eating

A balance of food intake and physical activity is necessary for a healthy weight. If the amount of food you eat is more than your body needs, then it will store the extra energy as fat.

Eating healthily means eating a variety of foods. Even when you are making nutritious choices, it is possible to eat too much. So it is important for you to watch the amount of food you eat, and that you eat the correct portion size for your age and activity level. It is important to work together as a family to improve everyone's eating habits.

Remember

- ➡ Don't skip breakfast.
- ➡ Spread your meals through out the day. Aim to have breakfast, lunch, main meal plus 2-3 snacks at regular times each day.
- ➡ Eat more fruit and vegetables
- ➡ Watch the amount of food you eat, especially fatty and sugary foods
- ➡ Eat at a table and avoid other activities when you are eating
- ➡ Drink water or sugar free squash
- ➡ Don't eat at fast food restaurants more than once a week
- ➡ Follow the food pyramid which is explained later in this booklet

It is important that you give your body all the goodness it needs to work properly, to help you grow and to be healthy.

Protein, fats, carbohydrates, vitamins, minerals and fibre are all nutrients that the body needs.



What is a Balanced Diet ?

It is important to include a variety of food in your diet.

No one food can supply all the nutrients you need. Different foods will provide a variety of essential nutrients.

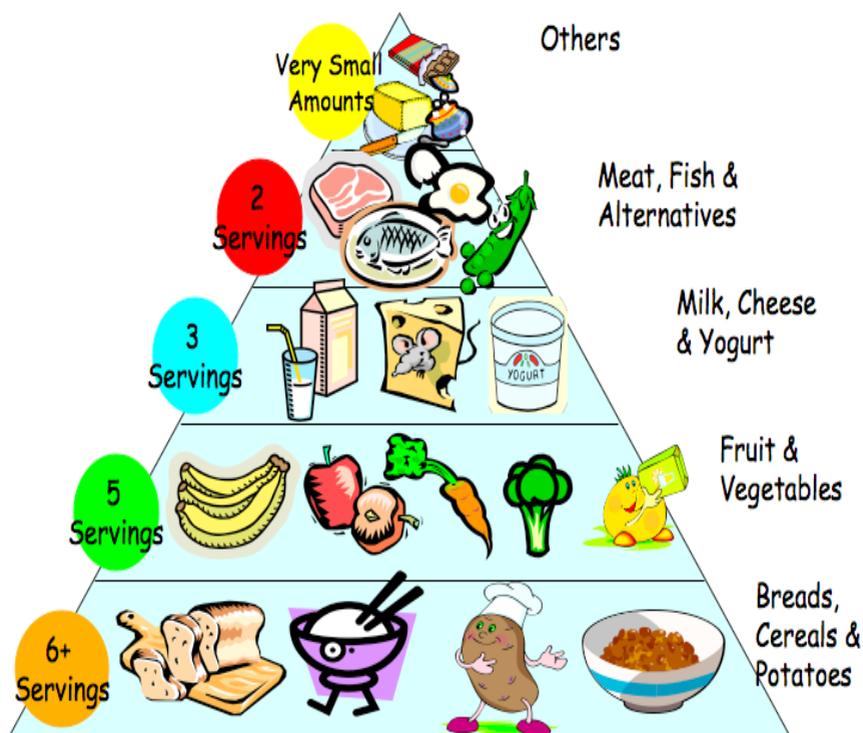
The food pyramid can be used as a guide to help you make wise and healthy food choices. It shows how much of different types of food or food groups you should eat.

Foods providing similar nourishment are put together in the same group.

It is better to eat more foods from food groups at the bottom and middle of the food pyramid and less from the top.

It is important to include foods from each of the food groups.

THE FOOD PYRAMID



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Group 1

Breads, Cereals, Potatoes and Pasta

These starchy foods are rich in carbohydrate and should be the major source of energy in your diet. This group also provides fibre, vitamins and minerals.

ONE PORTION IS:

1 Slice of bread

1 Medium bowl of breakfast cereal



3 Dessertspoons of cooked rice/ pasta/ noodles

1 Medium potato

1 Small bread roll

1 Small scone/pancake

2 Small crackers or crispbreads



6 or more portions per day are recommended, depending on how active you are. Base your meals and snacks on these foods. Choose whole grain or high fibre versions where possible.

Group 2

Fruit, Fruit Juices and Vegetables

This group provides a range of vitamins and minerals to help you stay healthy and to improve your skin and nails. It is also a good source of fibre, which you need to keep your insides healthy.

ONE PORTION IS:



- 1 Medium piece of fruit e.g 1 apple, 2 plums or 1 banana
- 2 Small pieces of fruit e.g. 2 plums or mandarins
- 3 Dessertspoons of cooked or tinned fruit
- 1-2 Dessertspoons of dried fruit
- 100mls (small glass) of fruit juice
- 3 Dessertspoons of cooked vegetables or salad
- 1 Bowl of home-made vegetable soup



5 Portions of fruit and vegetables are recommended daily. You should have plenty of fruit and vegetables with meals as these will help you fill up and are also good for you. It is a good idea to snack on fruit or vegetables as well as including them in main meals.

Fruit juice will count towards your 5 portions a day but should be drunk only once a day because of its high acid content which can cause dental decay.

Group 3

Milk, Cheese and Yoghurt

These foods provide calcium which is important for building strong bones and teeth. This group also provides protein and other vitamins.

ONE PORTION IS:

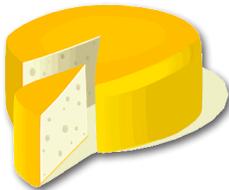
200 mls ($\frac{1}{3}$ pint) milk

1 Pot of yoghurt / fromage frais

30g (1oz) hard cheese (matchbox size)

2 Cheese singles

1 Bowl of milk pudding



3 portions daily from this group are recommended. Teenagers need up to 5 portions per day. Choose low fat options where possible e.g. low fat milk and yoghurt.

Group 4

Meat, Chicken, Peas, Beans, Fish and Alternatives

These are protein and iron-rich foods. Protein is important for building and repairing body tissues. Iron carries oxygen to all parts of your body. This group also provides other vitamins and minerals.

ONE PORTION IS:



60g (2 oz) of cooked lean meat or chicken (the size of the palm of your own hand)

90g (3 oz) of cooked fish

2 Thin slices of cold lean meat

2 Eggs



9 Dessertspoons of beans / peas / lentils

60g (2 oz) of hard cheese (size of 2 match boxes)

30g (1 oz) of peanut butter



90g (3 oz) of nuts or seeds



120g (4 oz) of soya, tofu or quorn



2 portions from this group are recommended per day.

Group 5

Fatty and Sugary Foods (Others)

Foods from this group are a rich source of calories due to their sugar and fat and can cause weight gain if taken in large amounts.

This group includes:



Margarine

Butter

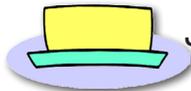
Low spreads

Cooking oils

Mayonnaise

Oil-based salad dressings

Sweets



Jam

Sugar

Chocolate

Biscuits

Pastries

Cakes

Puddings



Crisps

Cream

Ice cream



Honey

Syrups

Food in pastry

Food in batter

Fried foods

Chips

Rich Sauces

Fizzy drinks



Remember to keep these foods to a minimum.

Suitable Snacks

Everyone likes snacks, so try out some of these healthy options;

- ★ Fresh fruit e.g apple, banana, pear, orange
- ★ Tinned fruit in own juice or water
- ★ Dried fruit
- ★ 2 crispbreads or crackers
- ★ 2 rice cakes with low fat spread
- ★ Small carton of low-fat yoghurt or fromage frais
- ★ Frozen yoghurt
- ★ Custard or pudding made with low-fat milk
- ★ Slice of bread, pitta bread, small roll, bagel, small scone or fruit bun
- ★ Small slice of fruit cake
- ★ Chopped vegetables e.g carrot, celery, cherry tomatoes, cucumber
- ★ Bowl of unsweetened breakfast cereal and milk
- ★ Cheese string, triangle or cube
- ★ Plain popcorn
- ★ Cereal bar
- ★ Sugar free jelly
- ★ Funsized chocolate bar
- ★ Cup of soup



Food Diary

Fill in a diary of what you eat and drink on a typical day.

Breakfast _____



Midmorning _____

Lunch _____

Midafternoon _____

Dinner _____

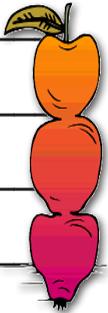


Bedtime _____

Anything Else _____

Now you have filled this out, go to the next page to list some changes you could make.

Make a list of things that make it hard for you and your family to eat healthily.



Now make a list of changes you and your family can make to help you all eat a well-balanced diet.



Media, Weight and Dieting

There is a lot of information in the media about dieting, weight and BMI.

What is BMI ?

BMI stands for Body Mass Index. BMI is used as a guide to determine if you are underweight or overweight. Your height and weight are used to find this out.

Being Media Savvy

Images in magazines of models or celebrities can give us an unrealistic view of what is normal or beautiful. It is important to remember that images in magazines and on TV are deliberately designed to sell a product. Almost every image you see has been changed to look “perfect”. At a photo-shoot, make up artists, hairdressers, stylists and photographers are all on hand to make the person look better. Pictures are often airbrushed or are retouched to remove pores, change skin colour, or slim down a model’s face and body. So remember, don’t be too hard on yourself if you don’t live up to images of beauty that aren’t even real !!

To Diet or Not to Diet

Celebrities seem to use some weird and wonderful ways of staying fit and trim. It is important to remember that many of these diets do not work. What works for adults may not work for children. Children and teenagers need a healthy, balanced diet in order to continue to grow to their full potential.

Diets that involve eating one food group more than another, or that don’t include key vitamins and minerals can do more harm than good in young people. In fact, many studies have found that teenagers who go on frequent diets may gain extra weight in the long term.

Activities

Everyday, you need to do at least 60 minutes of physical activity that makes your heart beat faster and causes you to sweat.

Sometimes it can be hard to remember to be active every day.

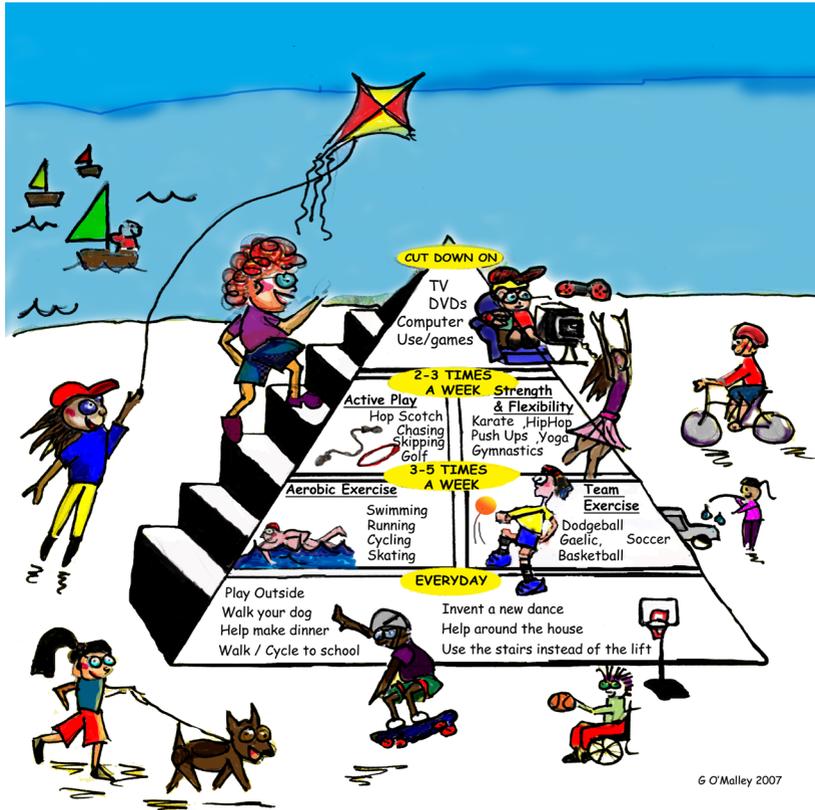
Things that make it hard to be active could be:

- Feeling that you don't have time
- Living too far away to cycle or walk to school every day
- Feeling lonely
- Being too tired after school
- Weather being too cold or wet
- Having too much homework

Things that could make it easy to be active:

- Taking a dog for a walk
- Playing a team sport after school
- Having friends, a parent or family member who will get involved in sport or activities with you
- Listening to music that makes you want to dance
- Buying a rain jacket
- Spending less time watching TV or using a computer

Exercise Pyramid



Remember that playing and moving makes you feel happy !

Tips

- ★ Plan times for the whole family to get moving together. Take walks, ride bikes, go swimming or play hide-and-seek outside. Everyone will benefit from the exercise and the time together.
- ★ Walk to school, cycle or take the bus. This will be good for you and the environment.
- ★ When you go shopping, ask your parent to park further away from the supermarket. Help Mam and Dad by pushing the shopping trolley.
- ★ Experiment with different activities until you find something that you really like doing.
- ★ If you feel that you are not good at sports, build your confidence by practising with friends or family.
- ★ Spend rainy days inventing plays and stories. Then dress up and put on a show.
- ★ Set yourself and your family an “activity goal” each week and fill in an activity diary
- ★ For your next birthday, plan an “activity party” e.g. Mini Olympics
Paint Balling
Quasar
Bowling
Disco
Bouncing Castle



Healthy TV Tips

Don't have a TV in your bedroom

Do not spend more than 2hrs a day watching TV or playing computer games

Turn the TV off when you are eating with your family at the table

Speak about why you like the programs you watch with your friends and family

Use the TV guide to plan what you will watch with your family

Try not to use the TV remote

Make a list of things you could do instead of watching TV:

- ★ Learn to play a musical instrument
- ★ Join the scouts / girl guides
- ★ Cook with a parent
- ★ Invent a new dance
- ★ Listen to music

Make a list of things that make it hard for you and your family to be more active.

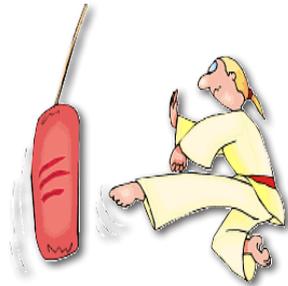


Now make a list of changes you and your family can make.

Be Active

Physical activity and play are important because they;

- Help you make friends and have **FUN**
- Help boost your confidence
- Make your bones and muscles strong
- Make your heart and lungs fitter
- Make it easier to concentrate at school



How Does Being Overweight Impact on My Life?

Your doctor may have spoken to you about how being overweight can affect your health. Just as important as this, is the impact that being overweight can have on the way you feel about yourself, also called your self esteem.

Weight can be one of the many things that children and teenagers are teased about. Teasing and slugging from other kids can be very hurtful and can lead to problems with self esteem.

If you are feeling down about your weight or if you have experienced teasing or bullying, talk to an adult you trust about it (e.g. a parent, aunt / uncle or teacher).

Make a list of three or more adults you could talk to if you were worried about something or were feeling sad.



Understanding Why We Behave In Unhealthy Ways

There are many reasons why we eat unhealthy foods or don't get enough exercise.

Our relationship with food can be confusing and we often eat for reasons other than hunger. We will sometimes eat out of habit ("I always have a biscuit when I come in from playing"), boredom or if we're feeling stressed or upset (hence the term comfort food).

The habit to eat everything on our plate can be drummed in to us when we are small.

It is important to tune into your body and become aware if you are hungry or not.

If you tend to eat junk food when you are feeling down, think about other ways of perking yourself up. You could:

- Rent a favorite DVD
- Phone a friend
- Paint your nails
- Play football with a friend
- Do some arts and crafts
- Read a book or comic



Now that we know more about eating healthily and being active, it will be easy to change !

Right?

Unfortunately its not always easy. It can be hard to try to achieve such a big change in one go. Instead, think about what smaller steps or goals you could take to reach your aim.



“Thats my Goal”

Setting and working on goals takes practice. The first time you set a goal you might set it too high and make things too hard on yourself. That’s okay, high goals mean that you have high hopes.

Just remember that you may have to adjust a goal to make it more manageable and to make sure you succeed. The most useful way of setting goals is to make them **SMART**.

What is a SMART Goal ?

SMART stands for:

Specific

Don't write fuzzy goals that leave out what you actually need to do. Pin yourself down by answering the "W":

Who
What
Where
When
Why

Example: A fuzzy goal would be, "get fit".
A specific goal would say " I'll bring the dog for a walk three days a week".

Measurable

You should be able to measure your progress towards your goal. Knowing how you are progressing will help you stay on track and will give you a sense of achievement.

To make your goal measurable, ask questions such as:

How much ?
How many ?
How will I know when it is accomplished ?

Example: I will have five extra pieces of fruit this week- one at each small break at school. At the end of the week I'll check back to see if I did it every day.

Attainable

Set a goal that you believe you can reach. Start small and try to match your abilities.

Example: An unreasonable goal might be to “be the fittest person in the class”.

An attainable goal would be “Join a tennis club and go once a week”.

Relevant

Create a goal that is important to you and your dreams. If you're not excited or motivated about this change, you won't succeed.

Example: A relevant goal could be to “eat chocolate at weekends only so that my skin will clear up”.

Time-based

Choose a date, time or schedule for your goal.

Example: A fuzzy goal is “play more football.”

A time based goal would be, “play football for 30 minutes twice a week.”

It is also important to decide on a time to review your goals, maybe once a week.



Tips to Help You Reach Your Goals

Break Each Goal into Small Steps:

Example: if your goal is to eat fruit at break time instead of a bar of chocolate, you might think of these steps:

-  Ask Mam or Dad to buy fruit or vegetables you like
-  Remember to take some fruit or vegetables to school with you every day
-  Avoid going into the shop where you usually buy chocolate or breakfast rolls
-  Ask Mam or Dad not to have chocolate in the house
-  Ask your friends not to tempt or tease you



Keep an Eye on How You Are Doing

Keep a diary, write down your goals for the week. At the end of each week check to see how you've done.

If you have slipped a few times, don't worry.

Remember, the important thing is that you have made some positive changes.



And Now Its Over To You

Set a goal for yourself-
Something you can work towards for
the next 7 days. Remember keep it
SMART

Decide on a reward

Keep a record and share it with someone
close to you

Review how you have done after a week

Example

My Goal for the Week is:

To take a piece of fruit to school each day

If I:

Eat fruit as a mid morning snack on at least 5 days this week

My Reward Will Be:

My favourite magazine

Goal Review

Date

Did I achieve my goal Y /N

If Yes Well Done!

My Goal for the Week is:

If I:

My Reward Will Be:

Goal Review

Date

Did I achieve my goal Y /N

If Yes Well Done!



Sleep

What do I need to know about children and sleep?

Every living creature needs to sleep. Sleep is especially important for children as it directly impacts mental and physical development.

The main benefit of sleep is the release of growth hormone which is needed for normal growth and development (toddlers can grow as much as 1.5cm overnight!).

Sleep also helps concentration and the



development of emotion/ mental health. It is important that parents understand the potential long term harm of not getting enough sleep and

pass on the skill of good sleep to children as early as possible. This will aid health, growth and function.

For school-aged children, there is an increasing demand on their time from school (e.g., homework), sports, fun and other activities.

School-aged children become more interested in TV, computers, and the internet. All of these can lead to difficulty falling asleep, nightmares and disruptions to their sleep.

In particular, watching TV close to bedtime has been linked with problems at bedtime, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

If a child or teenager does not get enough sleep it can be damaging to their health and lead to

- Weight gain
- Depression
- Poor concentration,
- Reduced creative ability
- Lower immunity to disease.

Establishing a good sleep routine

Most younger children respond well to a bedtime routine which could involve quiet play, a bath, a story and then bed.

Bedtime should be around the same time each evening, although on non-school nights older children who have good patterns may be allowed to stay up a little later

How much sleep should my child be getting?

3-5 years

12-13 Hours per night

At this age children can have difficulty in falling or staying asleep. They often have a favourite, soother or rag to help them sleep while a night light may help those afraid of the dark

Primary School Children: 10-12 Hours per night

Almost all children at this age have some difficulty sleeping. They may resist sleep or wake up at night. They may be scared of the dark, may wet the bed or may even sleepwalk.

A routine is very important at this age and parents should reassure the child.

Pre-teenagers:

10 - 11 Hours

Children at this age tend to have sleep problems like those of adults. They may worry about school, friends or family and may have more frequent nightmares.

Maintaining a good sleep routine at this time is very important.

Teenagers

9- 10 Hours

Many teenagers do not sleep enough, which can cause health problems and affect their performance at school.

Common Sleep Problems

But I'm not tired !!!!!!!

Children do not know when they are tired and can become overtired very easily by becoming tearful, clingy and bad tempered.

As they get older they will learn how to know when they are tired. Signs of tiredness to look out for include: poor feeding, moodiness, clumsy behaviour and indirect eye contact.

Children who are well rested communicate through direct eye contact, feed regularly and feel more cheerful.

I don't want to go to bed !!!!!!!

Is your child complaining about a bedtime that's earlier than their friends' bedtimes, and saying that everyone else gets to stay up later?

Let them know that every child is different and that this is their bedtime. Tell your child that you're keeping their bedtime at the right time for them because it's healthy. They'll feel better during the day if they sleep well at night.

Remember, letting children stay up later is not doing them a favour.

I'm Thirsty !!!!!!!

Metabolism rates in children vary greatly and it is possible that mild dehydration can affect sleep. Having a glass of water by the child's bed can help.

If your child wakes up lots of times during the night for drinks or needs to go to the toilet frequently during the night it is worth it.

I wet the bed !!!!!!!

This is common in childhood and needs to be addressed by effective and consistent toilet training. Sometimes, emotional or physical events can lead to bedwetting so identifying the cause and looking for advice can be helpful.

Sleep and Teenagers

Nowadays there are many demands on teenagers' time including: social networking on the internet, texting, Twittering, chatting and playing games.

Teenagers may consider sleeping to be 'uncool' but parents setting limits around sleeping is important. Parents can remind their teens that sleeping the right amount for their age makes their skin and hair look better. It helps them to stay at a healthy body weight and helps them to concentrate so that they can do their best at school, get a job they like and have the life they want in the future.

As teenagers go through a growth spurt it is really important that they rest and sleep enough.

A de-cluttering of the environment in which teens sleep, negotiated access to gizmos and gadgets, regular healthy meals and the odd allowable 'sleep in' may be helpful in keeping good sleep top of their minds (and yours!).

Your child is getting the right amount of sleep if they:

- Can fall asleep within 15 to 30 minutes.
- Can wake up easily at the time they need to get up and don't need you to keep calling them to get up.
- Are awake and alert all day, and don't need a nap during the day.

Check with your child's teacher and make sure and make sure the day.

5 Healthy Sleep Habits for Children and Teens:

1. Keep a regular wake-up time and bedtime:

If a child is having sleep problems, oversleeping or missing school, it's important to create a regular sleep routine for them that will work seven days a week.

2. Establish a bedtime routine:

A bedtime routine can help promote an easy and quick transition to nighttime sleep. For younger children, try 15 to 30 minutes of quiet activities before bedtime, such as reading.

Activities parents should discourage before bed include watching television, exercising, and using the computer or video games.

3. Create a balanced schedule:

Identify and prioritise activities that allow for down-time and sufficient sleep time. Help students avoid an overloaded schedule that can lead to stress and difficulty coping.

This can contribute to poor health and sleep problems. Having a family time-table can be helpful.

4. Don't use the weekends to catch up on sleep:

The effects of going to bed late or sleeping in on the weekends can create sleep problems, especially for adolescents. Children who are weekend night owls or sleep in on the weekends will often have a very different sleep pattern than they do on weekdays, increasing the likelihood for insomnia during the week. This can make it more difficult for them for them to fall asleep at an appropriate time on school nights.

5. Be a role model:

Parents can be role models for school-aged children by establishing their own regular sleep schedules and a home environment conducive to healthy sleeping habits.

The Dos and Don'ts of sleep

Do Make bedtime a special time. Go through a bedtime routine that your child is used to (wash teeth, change into pyjamas, read a story). At the end of that routine, turn off the lights and go to sleep.

Do Keep to a regular daily routine—the same waking time, meal times and play times will help your child to feel secure and comfortable, and help with a smooth bedtime.

Do Make sure your children have interesting and varied activities during the day, including physical activity and fresh air.

Do Use light to your advantage. Keep lights dim in the evening as bedtime approaches. In the morning, open blinds and curtains. Light helps signal the brain into the right sleep-wake cycle.

Do Not Put your child to bed with a bottle/cup of juice. If they need a drink, use water

Do Not Fill your child's bed with toys. Where possible, keep the bed for sleeping only.

Do Not ever use alcohol to help with sleep.

Do Not Use sending your child to bed as a threat. Sleep and bedtime should be a secure time and not be used as a punishment.

Do Not Have a TV in the child's bedroom. TV, phones, computers, video games and the internet can all affect sleep in a negative way.

Useful Websites

Activity

www.childrensbooksireland.com

www.fai.ie

www.sailing.ie

www.sculptureinwoodland.ie

www.aire.ie

www.festivalofworldcultures.com

www.nac.ie

www.straffanbutterflyfarm.com

www.steam-museum.com

www.fingalcoco.ie/services/PARKS/NewBrdg/home.htm

www.themillenniummaze.com

Nutrition

www.indi.ie

www.bordbia.ie

Other

www.bdaweightwise.com

www.bodywhys.ie

It is recommended that children's use of the internet is supervised by an adult.

If you have any comments after reading this booklet, please feel free to contact any of the authors listed on the back page of this booklet

Notes

Notes

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The information contained in this leaflet is correct at time of print