



DOVER COURT
INTERNATIONAL SCHOOL
SINGAPORE
A NORD ANGLIA EDUCATION SCHOOL

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Family Health at DCIS





What is Family Health?

Growing a Healthy Family

What does it take?

- Healthy Eating
- Regular Exercise
- Rest, relaxation and good sleep habits
- Healthy relationships – ‘Family Time’

- Parents: it starts with YOU.





Healthy Eating (and picky eaters!)

Fatima Ionescu – DCIS Speech & Language Therapist

Encourage a Healthy Diet



Picky Eater vs Problem Feeder

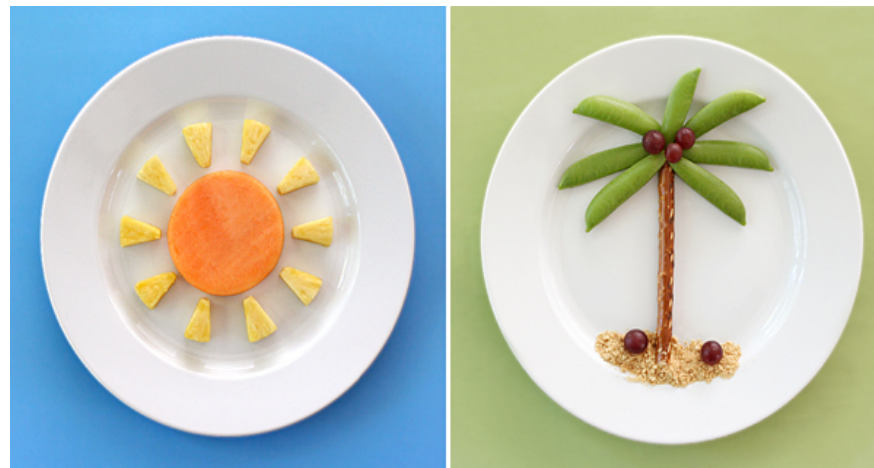
What's the difference?

Picky Eaters	Problem Feeders
<ul style="list-style-type: none">• Eats at least 30 different foods• Foods lost (“food jags”) usually regained• Tolerates new food on plate• Eats one food from texture and nutrition groups• Frequently eats a different meal to rest of family but eats with family	<ul style="list-style-type: none">• Restricted variety and range (less than 20)• Food lost due to food jags are not regained• Complete refusal• Refuses entire categories of food texture or nutrition• Always eats a different meal to rest of family and often doesn't eat with family• Persistently reported by parent as picky eater

General Strategies

Things you can try:

- Don't remove preferred foods
- Expose to non-preferred/new foods
- Involve child in preparation of food
- Structured meal times and routines
- Child stays at table for the meal - give a clear ending (15-30 min)
- 5 foods at every meal: fruit, veg, protein, grain, dairy
- We learn by watching others - social modeling
- Play with food – make food FUN and simple - #pinterest is your friend!



More helpful hints

- Stay calm and avoid punishment - adrenalin suppresses appetite and children pick up on your anxieties
- Avoid sugar if possible (reduces appetite)
- Allow option to spit out if they don't like it
- Reinforce siblings' good eating habits
- Specific praise - reinforce ALL steps



'Red Flags' – when to ask for help

Speak to your paediatrician if you notice:

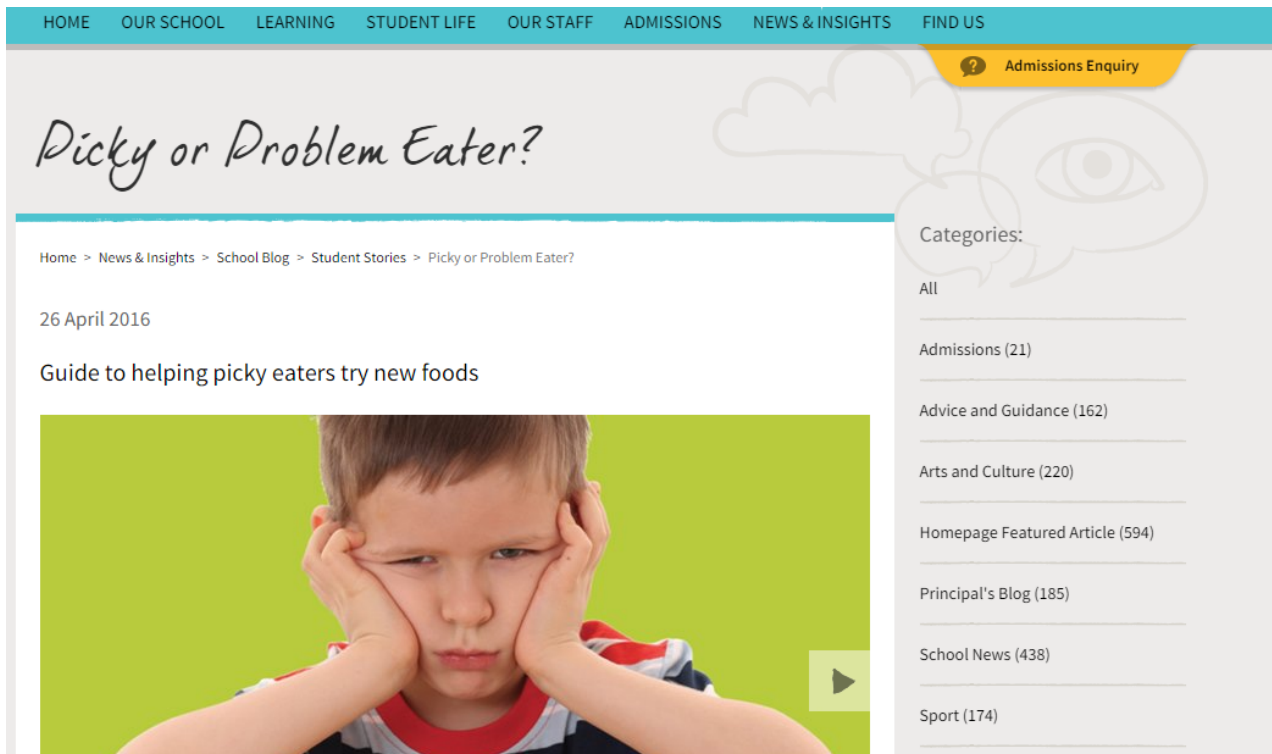
- Ongoing poor weight gain/weight loss
- Ongoing choking, gagging, coughing at meal time
- Ongoing vomiting
- History of breathing problems
- Difficulty transitioning from purees by 10 months
- Inability to accept solids by 12 months
- Not weaned off baby foods by 16 months
- Aversion of food groups/textures
- Less than 20 foods
- Crying/arching at meals
- Family distress/fighting/ongoing difficulty at mealtimes



We are here to help!

For more hints and tips visit the DCIS website:

- <http://www.nordangliaeducation.com/our-schools/singapore/article/2016/4/26/picky-or-problem-eater>



The screenshot shows a website page with a teal navigation bar at the top containing links: HOME, OUR SCHOOL, LEARNING, STUDENT LIFE, OUR STAFF, ADMISSIONS, NEWS & INSIGHTS, and FIND US. A yellow button with a question mark icon and the text 'Admissions Enquiry' is positioned on the right side of the navigation bar. Below the navigation bar, the article title 'Picky or Problem Eater?' is written in a large, cursive font. Underneath the title, a breadcrumb trail reads: Home > News & Insights > School Blog > Student Stories > Picky or Problem Eater?. The date '26 April 2016' is displayed below the breadcrumb. The main heading of the article is 'Guide to helping picky eaters try new foods'. A large image of a young boy with a sad expression, resting his head on his hands, is shown against a green background. A play button icon is visible in the bottom right corner of the image. On the right side of the page, there is a 'Categories:' section with a list of categories and their respective article counts: All, Admissions (21), Advice and Guidance (162), Arts and Culture (220), Homepage Featured Article (594), Principal's Blog (185), School News (438), and Sport (174).



Family Fitness

Andre De Sousa – DCIS Physiotherapist

How to exercise together as a family

Tips to get Active

- **Set aside a family “work time”**
 - With every member of the family doing active housecleaning, window-washing and gardening. This, too, is exercise!
- **Plan an active outing**
 - Each weekend and holiday such as a bike ride or a walk, kite-flying, swimming or a trip to the track for jogging and family fun races.



Making time to exercise



Prioritise and plan!

- Sit down as a family and discuss what kind of activities you would be interested in
- Create a schedule / plan, write it down and stick to it
- Daily exercise does not have to be time consuming

Active ideas indoor/outdoors

No matter the weather...

- Go for pre- or post-dinner walks
- Crank up the music and boogie down
 - Just Dance on YouTube for fun videos!
- Make a game out of household chores
- Sneak workouts into other activities
- Turn TV commercials into fitness breaks
- Have a weekly sports night
- Walk or run for charity
- Put kids to work in the yard
- Team up for gardening
- Walk the dog (or a neighbours dog!)



Interesting Facts

Families that incorporate exercise into their daily lives are happier, more relaxed and physically healthier. Make it a priority for your family! You'll be glad you did.

Dr Ron Eaker:

- “70 to 75% of the time, it’s the woman in the family who makes the decision when it comes to wellness and preventive care. When the mom starts adopting certain health behaviours, it metastasizes to the rest of the family,”
- “Genetics play a role in a lot of health issues, but we’re finding more and more now that environment and behaviour have a role in reducing health risks. You’re not a captive of your genetics. That gives you control back, and helps to motivate you,”





Sleep for Health

Vivienne Scott – DCIS Educational Psychologist

Why is sleep important?

How sleep helps your child to grow

- Brain development and learning
 - Recovery and repair
 - Emotional wellbeing
 - 'Executive functioning'
 - Other difficulties
-
- How do you feel when you haven't had enough sleep?



How much is enough?

As we age the amount of sleep we need decreases



Age	Hours of sleep needed
Newborns, 0-3 months	14-17
Infants, 4-11 months	12-15
Toddlers, age 1-2 years	11-14
Preschoolers, 3-5 years	10-13
School-age, 6-13 years	9-11
Teenagers*, 14-17 years	8-10
Young adults, 18+ years	7-9

Night-time routine

Consistency is the key

- Same time (<1 hour flexibility at weekends)
- Screen-time stimulation
 - make sure they don't sneak it to bed!
- Lighting
- Temperature
- Disruption
- Conversation
- Relaxation / winding down
- No napping



Relaxation Strategies

Remember: no technology at bedtime!



Breathing exercises:

- The tummy balloon
- Lift breathing
- Spelling bee
- Blowing bubbles

Muscle relaxation:

- Body scanner: face, jaws, shoulders, arms, hands, stomach, legs.

Practice makes perfect!

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- <http://www.nordangliaeducation.com/our-schools/singapore/article/2017/3/7/is-your-childs-sleep-affecting-their-learning>



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Quality Time

Building Relationships

“But how? We’re so busy!”

- One or more parents working away? Skype or record a bedtime story
- Include extended family – grandparents, aunts/uncles, cousins
- Ensure *quality*, not just quantity – consistency and predictability are key
- Family ‘charge time’ – put those devices away!
- Consider your helper – likely a significant person in your child’s life.
 - What happens when they are away?
- Something different at home? *Let us know at school so we can support your child*
- Be silly! Get messy, laugh and have fun
- Go easy on yourself, parents -
 - *Remember: there is no secret recipe! Find what works for you and your family*



Thank you.