

Take Our Quick Lifestyle MOT: Boost Your Child's Well-Being



A BALANCED LIFESTYLE IS ESSENTIAL FOR WELL-BEING.

THE NECESSARY COMPONENTS OF A HEALTHY LIFESTYLE INCLUDE:

- **SLEEP** (QUANTITY AND QUALITY);
- **EATING WELL** AND REGULARLY;
- **EXERCISE**,
- **SOCIAL CONTACT**; AND
- HAVING A SAFE HOME TO REST AND RECUPERATE FROM THE DEMANDS OF LIFE (LET'S CALL IT "**REST AND RELAXATION**") FOR SHORT.

LET'S EXPLORE AN EXAMPLE. DANIEL IS TWELVE. HIS PARENTS, GEMMA AND DAVID, HAVE NOTICED A DECLINE IN HIS MENTAL HEALTH.

DANIEL HAS BECOME WITHDRAWN. HE DOESN'T WANT TO INTERACT WITH HIS FRIENDS, WHETHER ONLINE OR FACE TO FACE, AND HE IS NOT REALLY INTERESTED IN SPENDING TIME DOWNSTAIRS WITH HIS FAMILY.

DANIEL HAS BECOME ANXIOUS ABOUT GOING OUT. IF GEMMA AND DAVID TRY TO PERSUADE HIM TO GO FOR A WALK, HE GETS ANGRY.

DANIEL DOES NOT DO ANY EXERCISE AT THE MOMENT.

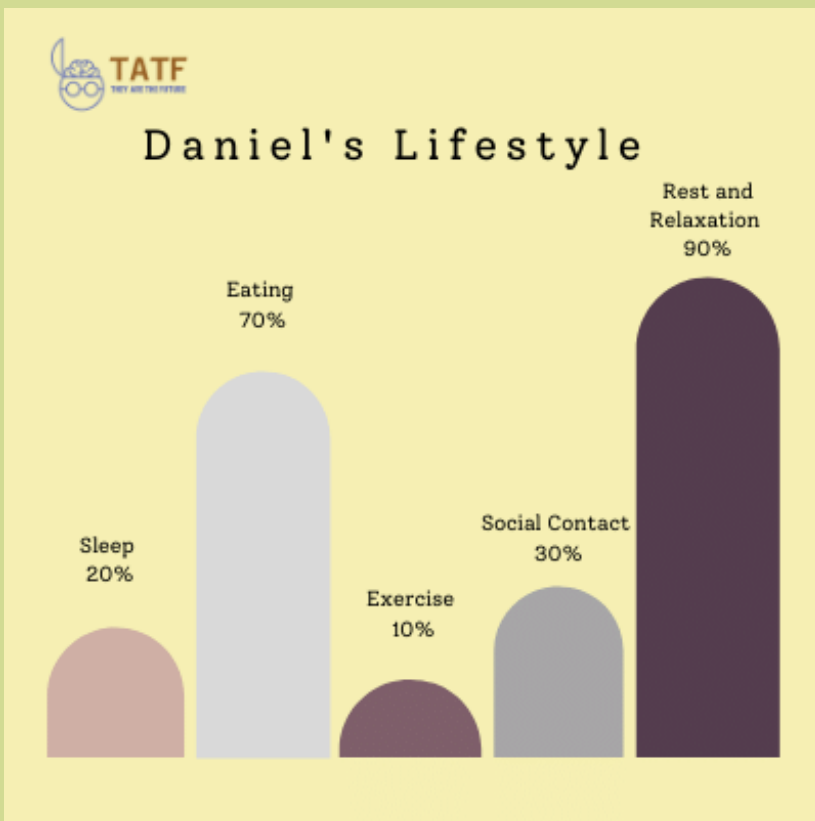
DANIEL REGULARLY HAS HIS LIGHT ON LATE AT NIGHT.

DANIEL'S APPETITE IS OKAY. HE PICKS AT MEALS BUT TENDS TO EAT COMFORT FOODS AND SNACKS IN BETWEEN MEALS.

DANIEL DOESN'T KNOW WHY HE GETS ANXIOUS AND ANGRY. HE FINDS IT HARD TO KEEP UP AT SCHOOL. HE IS A DEEP THINKER AND HE WORRIES A LOT ABOUT HIMSELF AND HIS FAMILY.

GEMMA AND DAVID MADE A ROUGH ESTIMATE OF HOW DANIEL IS DOING IN EACH AREA OF LIFESTYLE. 100% REPRESENTS THE BEST POSSIBLE LEVEL IN EACH AREA.

CREATING A VISUAL REPRESENTATION OF LIFESTYLE CAN BE A GAME-CHANGER IN UNDERSTANDING YOUR CHILD'S NEEDS.





BALANCING DANIEL'S LIFESTYLE IS A POWERFUL FIRST STEP IN IMPROVING HIS WELL-BEING. FOR EXAMPLE, GETTING MORE SLEEP WILL HELP HIM TO MANAGE HIS MOOD, AS HIS BRAIN AND NERVOUS SYSTEM WILL BE RESTED.

DANIEL NEEDS HELP IN SEVERAL AREAS OF HIS LIFESTYLE. THE BIGGEST CONCERN IS LACK OF EXERCISE. EVERY CHILD NEEDS DAILY EXERCISE FOR STRESS RELEASE (BURNING OFF CORTISOL AND ADRENALINE) AND TO RELEASE MOOD-BALANCING CHEMICALS SUCH AS SEROTONIN. OUTDOOR EXERCISE IS PARTICULARLY IMPORTANT.



DANIEL'S PARENTS COULD SEE THEY NEEDED TO TAKE ACTION. THEY DECIDED TO START WITH EXERCISE. THEY WANTED TO FIND A WAY TO GET DANIEL OUTSIDE. THEY SHOWED DANIEL THE CHART AND EXPLAINED WHY EACH AREA IS IMPORTANT FOR WELL-BEING.

GEMMA THEN HAD A BRAIN WAVE. THE FAMILY'S NEXT-DOOR NEIGHBOUR RECENTLY GOT A PUPPY. GEMMA ASKED IF THEY COULD WALK THE PUPPY, KNOWING THAT DANIEL LOVES DOGS. THE FAMILY BEGAN WALKING THE PUPPY STARTING WITH ONLY 15 MINUTES PER DAY AND GRADUALLY INCREASING THIS TO 1 HOUR.

GEMMA AND DAVID COULD SEE AN IMMEDIATE IMPROVEMENT IN DANIEL'S MOOD EACH DAY AFTER WALKING AND PLAYING WITH THE PUPPY. IT ALSO CREATED A SMALL AMOUNT OF SOCIAL CONTACT; COLLECTING THE PUPPY FROM THE NEIGHBOURS' DOORSTEP AND SAYING HELLO TO FAMILIAR PEOPLE IN THE PARK.

GEMMA AND DAVID KNEW THAT NEXT TIME THEY DREW THE CHART, THE EXERCISE AND SOCIAL CONTACT BARS WOULD HAVE INCREASED. THEY COULD SEE THIS WAS SLOWLY HAVING AN EFFECT ON DANIEL'S WELLBEING.

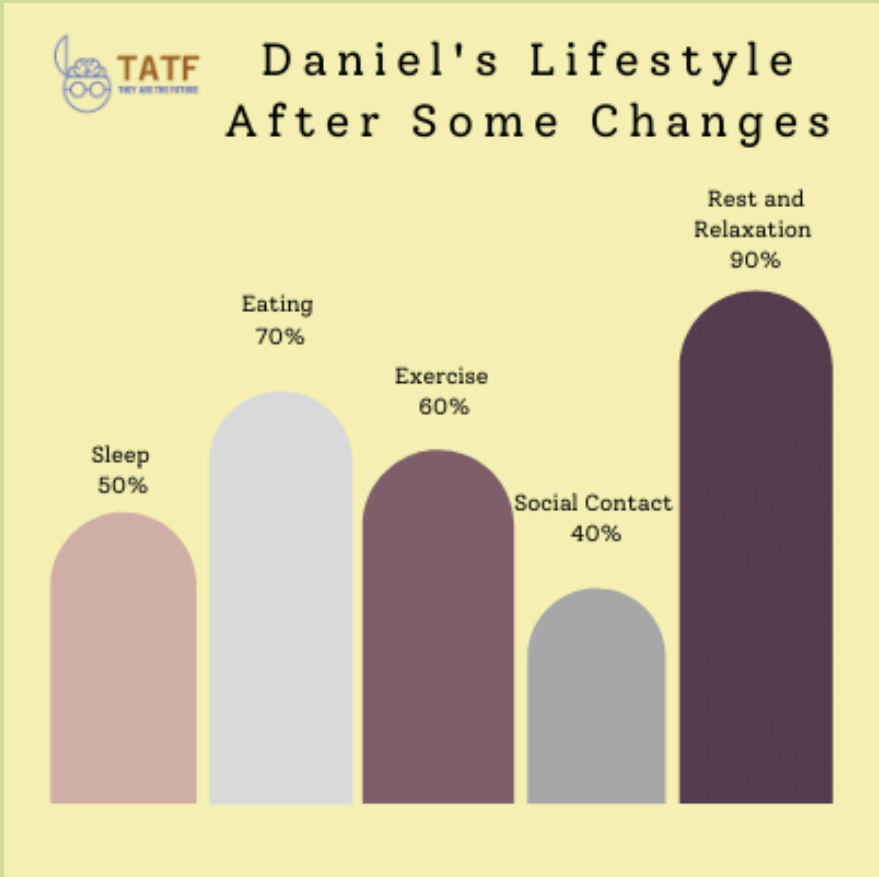
WITH MORE EXERCISE GEMMA AND DAVID COULD SEE THAT HE WAS SLEEPING BETTER BUT THERE WAS ROOM FOR IMPROVEMENT. THEY DECIDED THEY WOULD HELP DANIEL DE-CLUTTER HIS BEDROOM TO CREATE A MORE "ZEN" SPACE WHERE HIS MIND COULD WIND DOWN.



NEXT, THEY PLANNED TO HELP DANIEL CALM EACH OF HIS SENSES ONE HOUR BEFORE BED. DANIEL MADE A PLANNER WHICH INCLUDED HAVING A BUBBLE BATH AND LISTENING TO CALMING MUSIC.



WITHIN TWO WEEKS DANIEL WAS SLEEPING MORE SOUNDLY. GEMMA AND DANIEL COULD SEE THIS WAS HAVING A POSITIVE IMPACT ON HIS MOOD. HE BECAME LESS WITHDRAWN, AND SPENT MORE TIME DOWNSTAIRS WITH THEM IN THE EVENINGS. DANIEL'S SLEEP WAS STILL NOT PERFECT BUT AS GEMMA, DAVID AND DANIEL COULD SEE CLEAR IMPROVEMENTS, THIS SPURRED THEM ON TO LOOK AT OTHER SMALL CHANGES THEY COULD MAKE, TO CONTINUE THE IMPROVEMENTS.



NOW IT'S YOUR TURN!

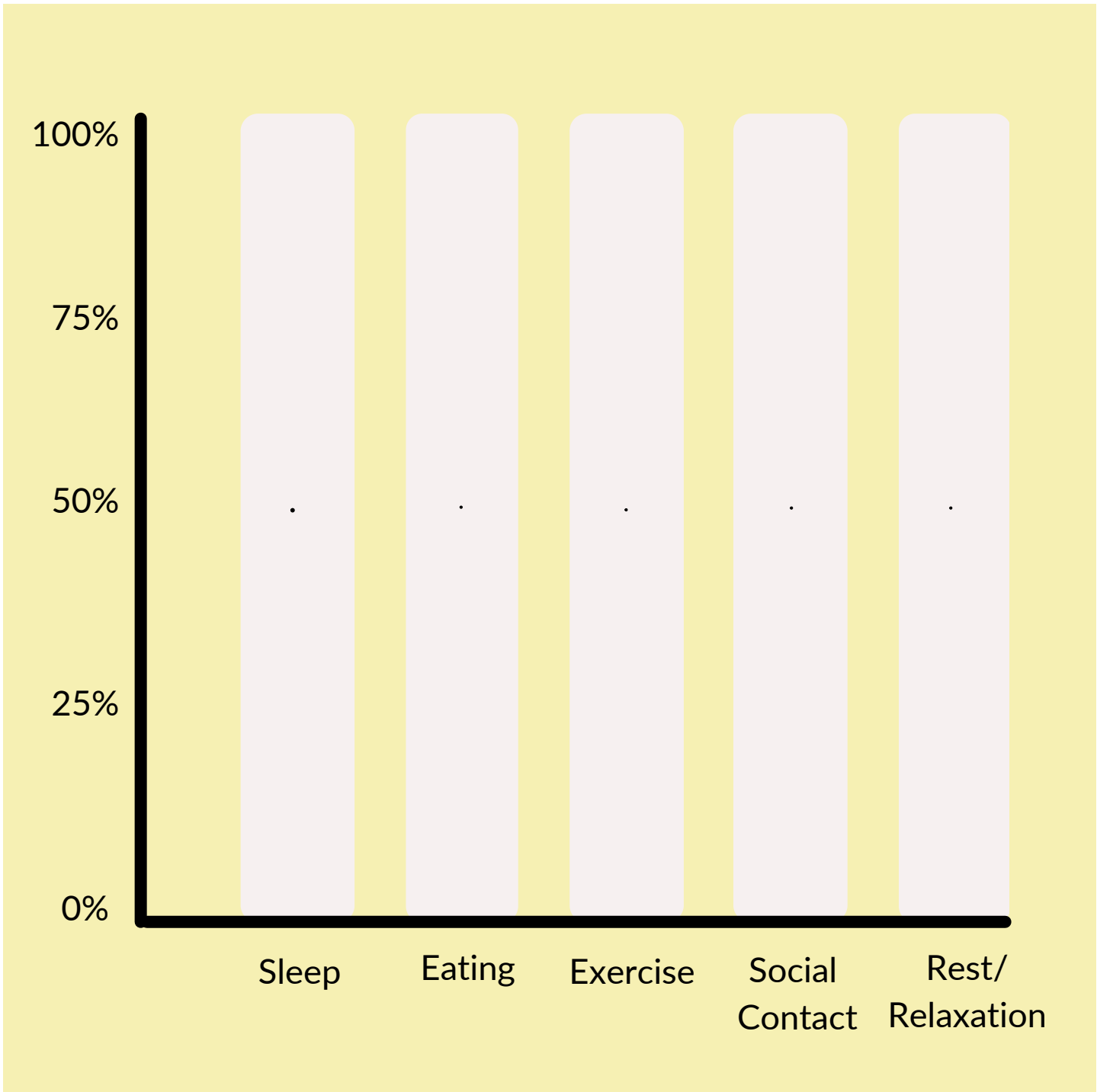
ON THE NEXT PAGE YOU WILL ESTIMATE HOW YOUR CHILD IS DOING IN THE FIVE AREAS OF LIFESTYLE. YOU WILL IDENTIFY WHICH AREA YOU WANT TO FOCUS ON TO IMPROVE YOUR CHILD'S WELL-BEING



MARK WHERE YOU RATE YOUR CHILD IN EACH AREA OF LIFESTYLE

CHILD'S NAME:

DATE:





IT'S TIME TO TAKE ACTION!

YOU ARE READING THIS BECAUSE YOU WANT TO IMPROVE YOUR CHILD'S WELL-BEING. THIS VISUAL METHOD WILL HELP YOU IMPROVE YOUR CHILD'S SCORES IN YOUR CHOSEN AREAS OF LIFESTYLE. THIS WILL POSITIVELY AFFECT YOUR CHILD'S WELL-BEING.



HERE'S WHAT TO DO:

1. TAKE A LOOK AT THE RATINGS FOR YOUR CHILD ON PAGE 4. WHICH IS THE LOWEST?
2. CHOOSE AN AREA OF LIFESTYLE TO WORK ON. USUALLY IT'S WISE TO CHOOSE THE AREA WITH THE LOWEST SCORE BUT YOU CAN PICK ANY AREA.
3. CHOOSE JUST **ONE** CHANGE YOU ARE GOING TO MAKE IN THIS AREA. CHOOSING IS THE TRICKIEST PART. USE THE RESOURCES I HAVE PROVIDED ON PAGES 8 AND 9.
4. SHOW YOUR CHILD THE CHART. EXPLAIN TO YOUR CHILD THAT YOU ARE GOING TO MAKE A CHANGE TOGETHER. LISTEN TO THEIR FEEDBACK AND IDEAS.
5. MAKE YOUR ONE CHANGE!
6. STICK TO YOUR CHANGE FOR AT LEAST TWO WEEKS. FOR EXAMPLE, IF YOU HAVE CHOSEN WARM BATHS AT NIGHT TO HELP SLEEP, MAKE SURE YOU SUPPORT YOUR CHILD WITH THEIR WARM BATH CONSISTENTLY EVERY NIGHT FOR 2 WEEKS, BEFORE MAKING ANY JUDGEMENTS ABOUT ITS EFFECTIVENESS.
7. REVIEW! RE-RATE YOUR CHILD'S LIFESTYLE USING THE BLANK CHART ON PAGE 7.
8. PLAN NEXT STEPS. EITHER:
 - A. THINGS ARE BETTER SO I WILL LEAVE THINGS AS THEY ARE FOR NOW.
 - B. CHOOSE ANOTHER CHANGE (JUST ONE) IN THE SAME LIFESTYLE AREA (E.G. SLEEP) AND FOLLOW STEPS 4-7.
 - C. CHOOSE ANOTHER LIFESTYLE AREA TO FOCUS ON AND FOLLOW STEPS 3-7.



CHILD'S NAME:

TODAY'S DATE:

AREA OF LIFESTYLE I HAVE CHOSEN TO FOCUS ON:

CURRENT SCORE FOR THIS AREA (E.G. 50%):

THE ONE CHANGE I HAVE CHOSEN:

I AM COMMITTED TO STICKING WITH THIS CHANGE FOR 2 WEEKS:

YES/NO

DATE I WILL REVIEW:

YOU'VE GOT THIS!



NEW SCORE AFTER REVIEW (COMPLETE THE CHART ON PAGE 7):

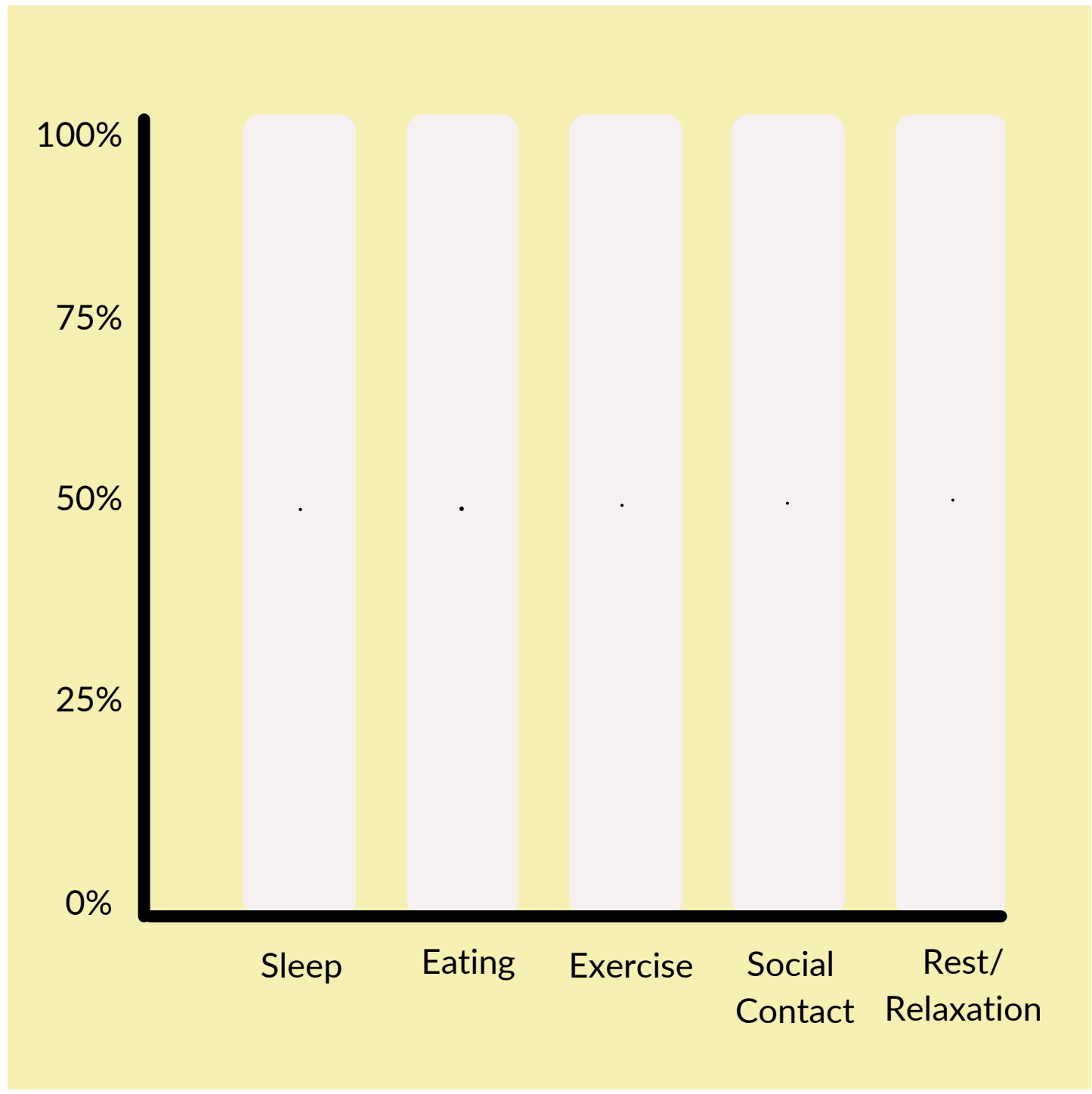
NEW STEPS:



NOW THAT YOU HAVE MADE ONE CHANGE FOR AT LEAST TWO WEEKS IT'S TIME TO REVIEW YOUR PROGRESS!

CHILD'S NAME:

DATE:





RESOURCES TO HELP YOU CHOOSE YOUR ONE CHANGE

SLEEP



READ THESE ARTICLES ON THEY ARE THE FUTURE'S WEBSITE:

[SLEEP PROBLEMS IN CHILDREN](#)

[SLEEP PROBLEMS IN TEENAGERS AND PRE-TEENS](#)

EATING



READ [THIS ARTICLE](#) BY HAPPIFUL.

READ THE BOOK: [THEY ARE WHAT YOU FEED THEM](#) BY DR ALEX RICHARDSON.

EXERCISE



READ THESE ARTICLES BY SELECT PSYCHOLOGY AND WILDERNESSREDEFINED.COM

[HOW EXERCISE CAN BENEFIT CHILDREN'S MENTAL HEALTH](#)

[THE MENTAL HEALTH BENEFITS OF BEING OUTSIDE](#)

CHECK OUT [THIS WORKSHEET](#) FROM WIDERPERSPECTIVE.CO.UK

SOCIAL CONTACT AND CONNECTION



CHECK OUT THE BOOK [LOVEBOMBING: RE-SET YOUR CHILD'S EMOTIONAL THERMOSTAT](#) TO STRENGTHEN PARENT-CHILD CONNECTIONS

READ [THIS ARTICLE](#) BY MEDICAL NEWS TODAY

REST/RELAXATION



READ THESE ARTICLES BY THENATURALNURTURER.COM AND PLAYWORLD.COM:

[WHY "DOWN TIME" IS IMPORTANT FOR KIDS](#)

[WHY DOWNTIME IS CRUCIAL FOR YOUR CHILD'S SCHEDULE](#)



EXAMPLES OF YOUR ONE CHANGE

SLEEP



- CREATE A TWO-HOUR "NO TECH ZONE" BEFORE BEDTIME.
- SAMPLE A YOGA APP BEFORE BED.
- USE A WORRY BOX BEFORE DINNER TO HELP YOUR CHILD PUT NIGHT-TIME WORRIES ASIDE.

EATING



- MAKE HEALTHY SNACKS ON A SUNDAY TO REPLACE CRISPS AND BISCUITS FOR THE WEEK.
- SET UP AN "EAT THE RAINBOW" TALLY TO ENCOURAGE YOUR CHILD TO EAT A RANGE OF COLOURFUL FOODS.
- GET YOUR CHILD INVOLVED IN MAKING DINNER ONCE A WEEK AND LEARNING ABOUT THE NUTRIENTS IN EACH FOOD.

EXERCISE



- FIND A TEN MINUTE WORKOUT ON YOUTUBE THAT YOUR CHILD CAN TRY OUT EACH DAY.
- SCHEDULE IN A QUICK FAMILY STROLL AROUND THE BLOCK AFTER DINNER.
- PLAY FOOTBALL TOGETHER FOR TWENTY MINUTES, FOCUSING ON A DIFFERENT SKILL EACH DAY.

SOCIAL CONTACT AND CONNECTION



- PLAY A CARD GAME AS A FAMILY.
- PLAN AN AFTERNOON OF 1 ON 1 TIME WITH YOUR CHILD, DOING WHATEVER THEY CHOOSE TO DO.
- ENCOURAGE ONLINE CONNECTION WITH PEERS.

REST/RELAXATION



- SCHEDULE A "DOWN DAY" OF THE WEEK INVOLVING NO HOMEWORK OR CLUBS/COMMITMENTS.
- PLAN A LEISURELY FAMILY MEAL (NO PHONES ALLOWED). TAKE YOUR TIME CHATTING AND ENJOYING THE FOOD.
- GO OUTDOORS AND SPEND TWENTY MINUTES WATCHING THE BIRDS, THE CLOUDS OR THE PEOPLE GO BY!