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Top 7 Holistic Approaches to a Healthy Child

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Registered Clinical
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INTRODUCTION

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During children's formative years, it is critical that parents and caregivers support every aspect of their development.

A holistic approach is important when planning and assessing the needs of a child. So what's top 7 Holistic Approaches to a Healthy Child?

Read on to find out the answers from six professionals!



JENNIFER CHIN
FOUNDER & CEO

WHIZPA

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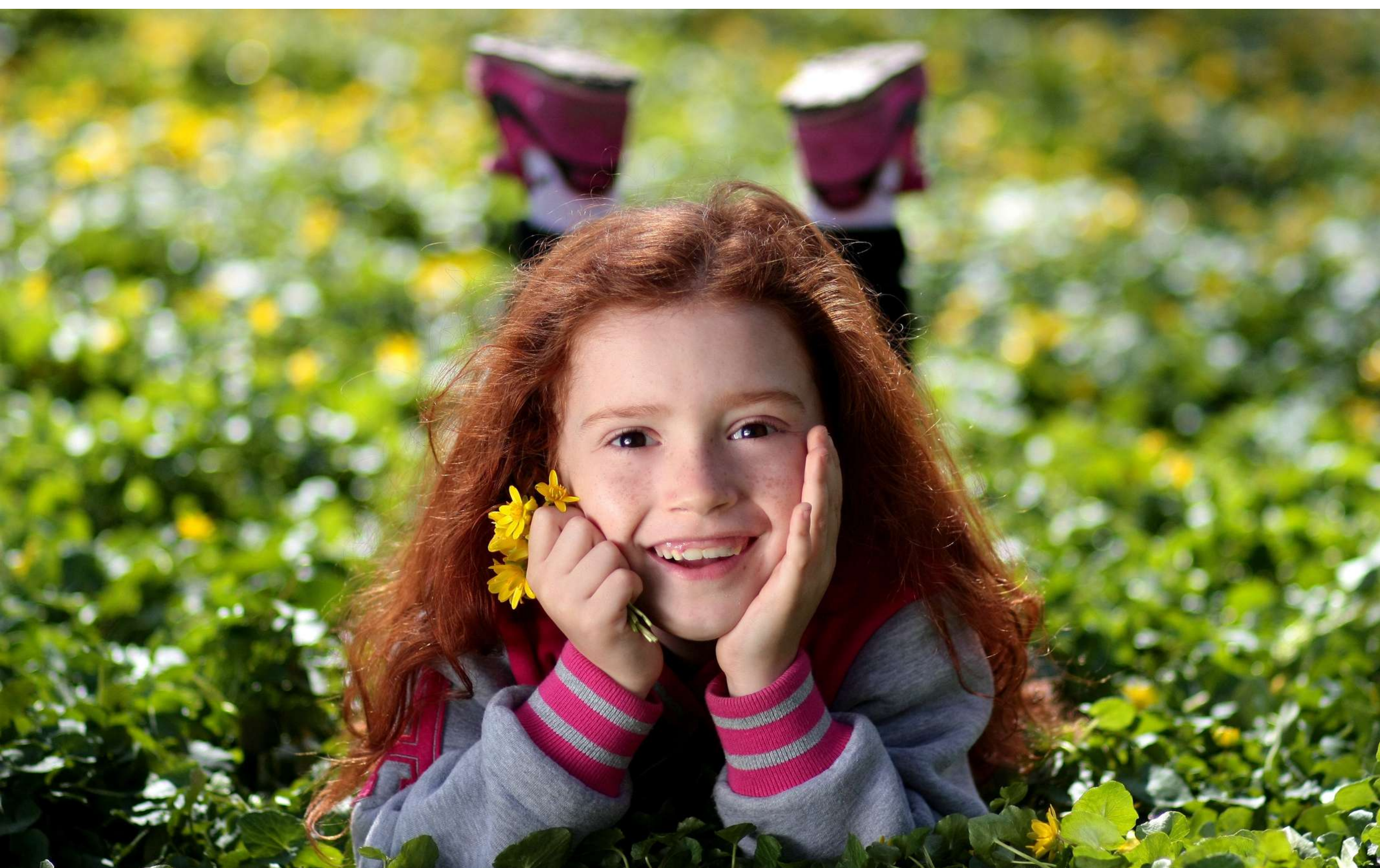
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DR. CORA HUI

Head of School

**Christian Alliance P.C. Lau
Memorial International School**

Love Unconditionally

Healthy children have common traits. They are joyful and helpful, confident and competent, responsible and self-motivated. It begins with loving your child unconditionally. When we accept, love, and show affection to our children, even when they make mistakes or fall short of expectations, they feel safe and are liberated to explore their identity and future. When children know that their parents, caregivers, teachers, and significant others are emotionally available and responsive to take care of them, they learn to trust and rely on others. In addition, they are better able to regulate their emotions and be their true self.

Find Their Strengths and Use Them to Serve Others

Every human being is wonderfully and fearfully created, and we all possess unique talents and gifts. As coined by Howard Gardner, a cognitive psychologist and author, there are different types of intelligence: linguistic, logical/mathematical, spatial, bodily-kinesthetic, musical, interpersonal, intrapersonal, and naturalist. When adults provide a supportive environment for children to explore their strengths and apply them to serve others, children develop a healthy sense of identity and experience a purposeful and meaningful life.

Stay Active

Have you ever heard of the Forgetting Curve? What we hear, see, or read slips out of our memory over time unless we take action to keep it there. Whenever possible, we should invest our money and time on positive experiences instead of material accumulation. Experiential learning is powerful because it builds our character, develops our relationships with others, and leaves us with fond memories. Therefore, encourage our children to be inquisitive, take initiative, and get involved. Let our children learn to ask the right questions before finding the right answers. Do not spoon-feed model answers to our children but encourage them to ask who, what, when, why, where, and how questions. Encourage them to be proactive and be ready for action. When they apply themselves to help others and get involved in community projects, they gain confidence and competency.

Navigate Life with a Moral Compass

Parents, caregivers, and teachers take on pivotal roles in instilling a moral compass in their children. Our role modelling, encouragement, and intentional teaching are integral parts of the process of forming our children's moral intelligence. When our values, goals, and actions align with ethical principles, we are at peace with ourselves and others. This requires one to know right from wrong and choose to act in the right way. A proverb in the Bible says, "Teach

children how they should live, and they will remember it all their life.” We cannot be around our children all the time, and we desire that they become independent thinkers and make good decisions. Hence, we need to equip our children with a moral compass so that they can navigate their life with good guidance and reference points.

Cultivate Healthy Habits

Habits are the ways we do things. We make our habits, and our habits make us. In *Atomic Habits*, James Clear says that small, incremental, everyday routines compound into massive, positive change over time. For example, I make my bed in the morning and tidy up my desk before leaving my workplace. A clean and tidy external environment has a mirror effect on one’s internal mind. These simple actions have helped to prepare my mind for my next task, whether it is getting ready for school or spending quality time with my loved ones at home. Moreover, I find starting and ending each day with gratitude is a great indicator of my wellbeing. Counting blessings—big and small—builds positivity. It is crucial for us to be mindful of our habits, and we need to help our children develop healthy habits.

Encourage Growth Mindset

If you think that you can, you are more likely to achieve. Do you know the difference between a growth mindset and a fixed mindset? Children with more of a fixed mindset emphasize performance which results from their natural talents. When setbacks come in, they tend to give up or become defensive. Generally, they are cautious of taking risks outside of their comfort zone. On the contrary, children with more of a growth mindset are learners who are interested in learning. They perceive effort—in practice, in seeking alternate strategies, and in seeking others’ assistance—as necessary for their progress. Setbacks do not disappoint them for a long time, and they are able to bounce back and make attempts again. Instead of Yes or No, they evaluate their achievement as Yes or Not Yet. When we choose to have a growth mindset, we possess a great attitude to embrace life to its fullest!

Practice Mindfulness

Living mindfully is paramount to everyone. Mindfulness gives us space to figure out what we want to do with our lives and who we are. Whether it is a daily 5-minute meditation or a year-long sabbatical, mindfulness practices take us to a higher level of awareness. Not only does it increase our ability to regulate our emotions, but it also decreases stress, anxiety and depression. When we take these short pauses, we notice our thoughts and feelings. Over time, we have a better understanding of ourselves and make more sense of our world. Most importantly, mindfulness helps us listen attentively and speak with honesty and kindness. As a result, we relate to ourselves and others with acceptance and compassion. Mindfulness practice, along with the other holistic approaches mentioned above, help our children to develop their body, mind, and heart. They become joyful and helpful, confident and competent, responsible and self-motivated—the traits of a healthy and happy child.



**Christian Alliance P.C. Lau Memorial
International School**
宣道會劉平齋紀念國際學校

Founded in 1992, Christian Alliance P.C. Lau Memorial International School (CAPCL) marks its 30th anniversary this year as a bilingual primary international school adopting the Canadian Alberta Curriculum, with emphasis on learners becoming servant leaders. CAPCL believes that holistic education encompasses character development based on Biblical principles, language fluency and intercultural competency as global citizens, and service to home, school, and local communities.

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HANNAH WILSON

*Physical and Health Education
Teacher*

King George V School

Support

Parental support, naturally, goes an incredibly long way. Children undeniably want to impress their parents - think of the arts and crafts they bring home from school and are so eager to share, or how excited they are when you are there watching a school play or sport game. Not all activities and experiences are going to be enjoyable to them, and that's ok. It's important for children to explore, to try different things and see what it is they enjoy. We all have our strengths and our weaknesses as well as our likes and dislikes; children are no different. Children need opportunities to figure out who they are and what it is that they enjoy doing for themselves, rather than just what parents want them to do. Are there limitations to this? Sure! You want to instil your values into your child but exploration and support to do so are key.

Balance

Balance is the key (I believe) to success. Having a balanced childhood experience allows for growth in so many areas whether that be social skills, athletic development, music skills, academic progress and much more. When one has a balance of different things such as school, sport, music and play, for example, one will also start to develop time management skills and teamwork. It's important for children to have experience doing different types of things rather than solely focus on one. Having breadth allows for socialisation with different groups of children alongside personal development. Balance also

includes time for play or free time; both equally important. Not every afternoon needs to be jam packed full of activities, it's important to have some time at home or with other friends socialising. This allows room for flexibility should opportunities crop up such as play-dates.

Physical Activity

Physical activity is vital to physical development and health. It is imperative that children have opportunities that push them physically every day. It is recommended that children aged 3-5 are physically active throughout the day through play and those aged 5-17 should get 60 minutes of moderate to vigorous physical activity every day, most of which should be aerobic such as running around a playground, on a scooter or sports training. It is vital that children's bodies are physically pushed to strengthen their cardiovascular fitness which helps to boost their immune system, improve their sleep and keep them more alert during the day. Being physically active can increase self-esteem and can reduce stress and anxiety. Physical activities can be an opportunity for family time and making them a fun part of their lifestyle is important. This will encourage children to continue valuing physical activity throughout their lives.

Socialisation

Time spent socialising with other children is so important for the development of a multitude of skills and attributes such as communication skills, empathy and the

ability to face and handle conflict. It's vital that children learn how to play and get along with others, understand that not everyone will agree with them all of the time, and develop the skills to enable them to deal with times of disagreement. Socialising also helps children to develop the concept of sharing, fosters teamwork and develops their ability to set boundaries. On top of all of that, it enables them to build self-esteem and resilience towards the unknown - allowing them to realise that new social interactions aren't scary and can help connect them to others with similar interests. What looks like just playing can have a profound impact on the overall development of a child and their ability to interact with others.

Nutrition

Having a balanced diet as a child is imperative to their physical growth and development. It's so important to ensure that the food that they consume provides them with the adequate vitamins, minerals and nutrients they need to grow and develop that is also aligned with their activity levels. Having a balanced diet provides children with the energy to live life to the fullest, helps boost and maintain their immune system, prevents obesity and reduces the risk of chronic disease. Providing your child with a healthy and balanced diet enhances brain development and helps to maintain a healthy weight. As children get older they may become more sedentary depending on their interests and amounts of physical activity undertaken during school years. It's important to consider this when preparing meals. Too much of anything can be detrimental, so moderation and balance are key.

Sleep

Sleep is an essential building block for a child's mental and physical health and development. The American Academy of Pediatrics estimates that sleep problems affect 25 to 50 percent of children and 40 percent of adolescents. Sleep plays a crucial role in keeping children happy, alert and attentive as well as having an impact on resilience, vocabulary acquisition, learning and memory. With quick access to screens and increasing

lengths of screentime, a child's sleep can be negatively affected. Try to maintain a regular routine when it comes to getting ready for bed which includes switching off devices 30 minutes to an hour before they go to bed. This can aid their ability to fall asleep as well as increase the quality of their sleep allowing them to wake up feeling more refreshed and ready to face the day ahead.

Fun

Play is one of the most important aspects of a child's life. Children only get to be children once so it's important to provide them with the opportunity to enjoy it without too much pressure. Play helps children develop cognitively, physically, socially, and emotionally — there is more to play than fun and games. Acquiring fine and gross motor skills through play, fun activities and games takes the pressure off and they don't even know they're doing it! Aside from physical benefits, play promotes healthy development and critical thinking skills. Having fun through play allows children to be adventurous and creative; play encourages children to take risks and push their limits, this is how they learn their place in the world. Play helps children grow into strong, healthy, and independent individuals so it's important to let them have fun, even when school pressures start to increase.



KING GEORGE V SCHOOL

King George V (KGV) School is an ESF secondary school of approximately 1800 students and 250 staff. KGV is located in Ho Man Tin and has a diverse, vibrant and energetic learning community that strives for each and every student to be their own remarkable.

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ALISON DRAKE

Founder

OmSkool Yoga

Grow connection

Family Yoga is an opportunity to enjoy some screen-free, desk-free time together with no distractions. Families can practise being fully present, giving each other the gift of their full attention. In these classes we practise breathing consciously and syncing our breath, in turn attuning our nervous systems. This allows parents to learn strategies for co-regulation, which can be really helpful when children are experiencing challenging emotions. We learn relaxation techniques which can then be practised together outside of class.

Develop communication skills

For some children, and for many adults, it can be quite tricky to express feelings or even understand what we are feeling and why. Social Emotional Literacy is a key component of Family Yoga classes. In class we create a safe space and practise a variety of mediums for sharing feelings, for example, by likening how we feel to a type of weather or drawing how we feel. We learn how to name feelings and practise strategies for self-regulation.

Understand body autonomy

Yoga poses help to stretch and strengthen our bodies as well as develop co-ordination, body awareness and balance. Through the inclusion of partner yoga poses and group yoga poses, we learn to ask for consent, set boundaries and respect boundaries of others. We learn that what feels good in our body, may not feel good for someone else. This can be especially helpful between siblings. Learning these skills in a safe family environment can then support children to practise these skills with more confidence in various social settings as they move through life.

Build trust

Linking with Body Autonomy, the inclusion of partner yoga poses and group yoga poses help to build trust within families. We learn how to communicate our preferences. Sharing our emotions without judgement allows us to feel supported and seen, and hopefully in a better position to keep communication open in families.

“

"I love doing classes with Ms. Alison because it helps me relax and stretch. She also helps me realise what I am thankful for. And I also love them because she makes arts and crafts and breathing exercises even more fun than they are!"

”

Grow in resilience

Some yoga poses feel more challenging than others; this is true for adults as well as children. It can be really useful for children to see that adults need to practise too! Families have a shared experience of working together as a team, persevering and encouraging each other through moments that feel hard.

Experience a non-competitive environment

There are no exams, no performances, no competitions and no grades. Yoga teaches us not to compare ourselves to others - this is very useful when considering the existence of sibling rivalry. We are all unique and each have special gifts to share in the world. In these classes we focus on building confidence and healthy self-esteem, with each family member given the opportunity to shine and feel appreciated just as they are.

Have FUN!

This is a time during the week for parents to connect to their inner child! Games, themes, songs, dancing, props and mindful craft activities are all included to encourage this. It is a time to have fun as a family and create happy memories together with the addition of learning lifelong skills for physical, mental and emotional wellbeing.

“

“Life in Hong Kong can be very chaotic. Through weekly yoga, Alison brings a sense of calm and balance to my family. She has taught myself and my young daughters to go inwards, move our bodies and ground ourselves while connecting with one another and creating beautiful and fun family memories. This is an extremely special gift and the highlight of our week!”

”

OmSkool
yoga

www.omskoolyoga.com

OmSkool Yoga, founded by certified Children's Yoga Teacher Alison Drake, have been providing bespoke yoga and mindfulness classes to children, teenagers and schools around Hong Kong since 2018. Their mission is to support children and teenagers with their physical, mental and emotional wellbeing, helping them connect with tools to live happy and healthy lives. Yoga poses, breathing exercises, mindfulness activities and relaxation are all mixed in with games, songs, dancing, art, props and lots of fun to bring the benefits of yoga and mindfulness to all ages.

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PHOEBE CHENG

Founder

Phoebe Mama Dermatoglyphic

Discover Children's Inherent Potential

Most parents are willing to support and grow the whole child in all their areas of development. They can be excellent role models by giving children opportunities to learn, an engaging learning environment, and freedom to explore and discover. Introducing children early to healthy lifestyle choices sets the stage for them to transform these behaviours into lifelong habits.

Indeed, it's not an easy task to achieve holistic development in a child. While genetic predispositions are important in determining a child's potential, a nurturing family and school environment are also important for their development and learning. A better understanding of children's development not only enhances parents' knowledge of their children's characteristics, it also helps them better support the children having a future skill.

Your Children Are Unique

DMIT (Dermatoglyphics Multiple Intelligence Test) is a biometric analysis based on the scientific study of our inborn fingerprints. DMIT is useful for all age groups; it is particularly beneficial for parents and teachers to understand a child's innate strengths as well as areas

that need molding. Our fingerprints reveal to us what we need and how we learn, transforming our lives through a holistic education approach.

There are five aspects of holistic development – physical, social, emotional, intellectual and spiritual.

Physical Development

Ideally, children should engage in at least one hour of vigorous physical activity every day. It is also important to give children the opportunity to try out a range of sports and activities and to ensure that they have a variety of exercise.

Making children passionate about physical activity is important from an early age. The sports talent can be discovered easily from a DMIT report.

Children can benefit from the more technical aspects of sports once they are put on the right track, as it helps to support brain function, analytical thinking and coordination skills.

One way to promote regular exercise is to limit how much time children spend in front of a television or smartphone. Encouraging physical exercise does not need to be just about organized fun but can be

anything from a game of tag in the playground, a run around the park, or tackling the climbing frame.

Social Development

From the moment children are born, they are developing a sense of self and the world around them. They begin to learn to trust you - as you build a bond with them, they feel secure in their world. This sets the stage for their entire developmental future. You help them develop socially and emotionally. Social development is our interaction with others. It is the ability to form secure relationships.

Parents can learn about their children's characteristics accurately according to the DMIT report, in order to have deep connections with their friends, family, and community. This is often why religion is connected with happiness as it can provide a deep sense of community and support, no matter what faith a person chooses.

Emotional Development

Children's emotional and social development are two sides of the same coin. Research reveals a direct link between healthy relational-emotional development and academic achievement. According to DMIT reports parents can nurture this critical area of development particularly by showing affection to their children, sharing feelings and allowing children to express emotions, encouraging children to try new things, maintaining a regular routine, modelling kind behaviour and providing plenty of opportunities for interaction with peers. Parents need to nurture their children's confidence individually when they need to ask for help, so that they know they are always supported. Allowing children to experience a range of experiences and opportunities will ensure that they have the best development according to their characteristics and abilities.

Intellectual Development

Language is a stepping stone for learning, writing, eloquence, life, and making friends. From an early age, let

children learn to use language to praise, care for others, and communicate openly.

Allow children to guide their learning with their natural curiosity by giving them ample opportunities to learn and explore on their own accordingly.

Spiritual Development

Spiritual wellness does not necessarily mean that you need to become religious; rather, it concentrates on the child being able to bond with their inner self and think about doing things for the greater good of the people and environment around him.

Spirituality can be revealed by our little fingerprint to see how it would be. Meanwhile, drawing and reading are good tools for children to express their inner emotions and to enhance their social skills. Through these skills, children are able to better express his thoughts and ideas in a creative and innovative manner. Coming up with new ideas and being able to express themselves is very important for the child's progress.

In the end, we all hope to let children grow up happily and bring out their potential.



Phoebe Mama
皮紋樂活

Phoebe Mama developed its original comprehensive analysis, which helped lots of families enjoy their harmony life more. Besides deeply communication, she found the gifted unique inherent key by everyone's inborn fingerprints to easily open the original setting of innate potential with DMIT.

This scheme can enable parents to truly know their child's talents and establish a best and efficient learning method. Also, the most effective parenting communication is formed so that child's innate potential can be well-developed and create an excellent performance and harmony life easily.

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DR HELEN KO

Registered Clinical Psychologist

Spend time talking about emotions

Talking to your child about emotions is an essential part of building a good relationship. Starting at a very young age, you can help your child label their emotions and encourage them to express how they feel. Without judging them, parents can create a safe and trusting space for their child to share their happiness, sadness, fear, worries and many other emotions. No emotions are bad, all emotions tell us important information. For example, sometimes anger tells us that our boundaries have been crossed, and stress tells us to break our task into smaller steps. Finding the time to talk about emotions also enhances overall wellbeing of the family as it helps parents identify early signs of any emotional challenges.

Set aside time for fun

With many parents working at home and children doing home learning, the quantity of time spent together under the same roof has increased extensively. Yet that does not necessarily mean the quality of interaction has been enhanced. To do so, it is important for parents to set aside special time, with undivided attention, to interact and engage with your child. This opportunity to bond enhances the parent-child relationship. Say, if you decide to play a game of monopoly together, find a time that you will not be distracted by work calls or have to rush into a meeting before the game ends. Adding onto that is also finding your inner child and having fun during this engagement. Your child can sense whether parents are genuinely enjoying themselves.

Practice mindfulness together

Mindfulness is about bringing awareness of the present moment to your attention, intentionally and without judgement. Research has shown that mindfulness can help with attention, stress and overall mental well-being. Introduce mindfulness to your child and encourage your child to practice with you. Children as young as 3 years old can begin doing mindfulness activities, such as mindful walking and using their senses, various fun ways to pay attention to their breathing, and gradually bringing awareness to their body, feelings and thoughts. With older children and teens, following mindfulness practice with experience sharing can be helpful for deepening their practice. This could be discussions about whether it was difficult staying focused during practice or whether it was easy to find calmness during the exercise. Practicing mindfulness together also creates a chance for joint activity, as well as giving you and your child a space to share thoughts and feelings.

Choose empathy over scolding

Empathy is the ability to understand the other person's feelings, 'be in their shoes', and try to understand the meaning behind the behaviour. Research has shown that empathy plays a huge role in the parent-child relationship. Children with parents that are more tuned into their emotions tend to have a better parent-child relationship, and this also promotes overall emotional wellbeing in children. In most cases, there is an explanation behind your child's challenging behaviour. Sometimes when

your child is having a hard time, it is easy for parents to go into auto-pilot mode and try to stop your child's behaviour by raising your voice. Parents who try to use empathy to guide their child's behaviour rather than punishments or scolding often experience less aggressive outbursts in children.

Show unconditional love and support

A parent that shows unconditional love promotes a safe and secure parent-child relationship. Your child needs your unconditional love to support their development into a healthy, independent adult. It also helps build trust in the relationship and provides your child with the courage to try new things that may seem challenging for them, such as going on that taller slide at the playground. Simply being there when your child turns around for reassurance as they walk towards that slide, or when they fall and scratch their knee is a part of showing love and support. When your child understands that you will always be there, even when they fall or make mistakes, it allows them to step out of their comfort zone and embrace various challenges in life. It can be as simple as "I see that this is hard for you, I'm right here my dear".

Encourage self-compassion and kindness

Self-compassion is a learnable skill that allows us to treat ourselves with kindness like we would treat a close friend, particularly in times of difficulty. Instead of beating yourself up, criticizing yourself and losing confidence, self-compassion helps you and your child with self-esteem, mental health, and enhances feelings of self-worth. We are at an era where parents and children of all ages face different kinds of stress, including work, academics, family and social relationships. Thus, self-compassion and kindness is much needed in every household. Parents can model, practice and encourage self-compassion and kindness, which then allows parents to better support themselves and provide their child with what's needed in their upbringing.

Build problem solving skills through collaborative brainstorming

When conflicts arise between you and your child, it's easy to just tell them what to do. However, a lot of times children and teenagers do not appreciate being told what to do. Instead, when you and your

child have calmed down, parents can try to sit down and discuss the problem together. Perhaps exploring feelings around the choices, going through alternative choice of actions, and discussing the pros and cons around the various options. Parents may also develop a plan with your child or even rehearse the solution that you collaboratively decide on. There is no one formula to dealing with problems in life but by going through this process, it helps your child build problem solving skills and manage conflicts in the future - including conflicts in the family.

Dr Helen Ko is a registered clinical psychologist in Hong Kong. She completed her clinical training with a doctoral degree from Australia. She specializes in treating children, adolescents, young adults, and their families with mental health challenges. Her psychotherapy focuses on the use of evidence-based treatment, such as Cognitive Behavioural Therapy and Acceptance and Commitment Therapy.

With many years of experience treating patients, she has worked exclusively with special needs children and their families since 2005, and began her career as a clinical psychologist after her clinical training in 2016. Her work experiences in Canada, Australia, and Hong Kong have enhanced her to care for the importance of cultural nuances and differences. She has worked with schools in providing psychotherapy for students with mental health difficulties, as well as providing training to teaching professionals on how to engage with students who struggle with mental health.

Dr Ko currently offers psychotherapy services, group and individual mindfulness training for children and teens, as well as parenting workshops. She is a certified mindfulness instructor for children and a facilitator for the Tuning in to Kids® parenting program. Her services are available in English and Cantonese.

Member of the Hong Kong Institute of Clinical Psychologists
Member of the Division of Clinical Psychology, Hong Kong Psychological Society
Member of Register of Clinical Psychologists accredited by Department of Health (Hong Kong)

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Making Quality Sleep A Priority For Everyone In Your Family

Sleep is the foundation of a healthy lifestyle - and while a lot of us know that deep down, how do we know if we are getting the right amount of sleep or even good quality sleep?

Setting our children up for good sleep no matter their age, is essential for their development, immune system repair, restoring energy levels, producing growth hormones and preventing over-tiredness during the daytime. Knowing the VALUE of sleep is the first step to a healthy child.

"A well-rested child is curious, energetic, playful, happy and eager to learn." - Dana Obleman

Tired children and babies can be more cranky, and more difficult to manage during the daytime simply because they can't cope with exhaustion.

If your child is over six months old and not sleeping through the night, then it is likely they're not getting enough sleep.

Know How Much Sleep You Need?

According to the Sleep Foundation, here is how much sleep is needed by age:

Newborn (0 - 3 months) 14 - 17 hours
 Infant (4 - 11 months) 12 - 15 hours
 Toddler (1 - 2 years) 11 - 14 hours
 Preschool (3 - 5 years) 10 - 13 hours
 School-age (6 - 13 years) 9 - 11 hours
 Teen (14 - 17 years) 8 - 10 hours
 Young Adult (18 - 25 years) 7 - 9 hours

ALISON JONES

Founder & Director

Sleep Solutions Ltd.

Adult (26 - 64 years) 7 - 9 hours

Older Adult (65 +) 7 - 9 hours

The guideline above is based on sleep needs within 24 hours. Babies and children under three still napping in the daytime will make up for the rest of their sleep needs during the day. Daytime sleep needs change dramatically from birth to turning one, and should be carefully managed to prevent being over-tired and cranky.

Is Your Sleeping Environment Helping OR Hindering A Good Night's Sleep?

A bedroom should be thought of as a sanctuary for sleep. Tidy and uncluttered rooms with good quality beds and mattresses neatly made, nice linen (good quality sleeping bags for babies in cribs) can make the world of difference to a good night's sleep.

Darkness is a huge contributing factor too because it is in the ABSENCE of light that Melatonin production can begin. Limit screen time for at least 90 minutes before sleep and ensure that bulbs in the home are not all florescent. Perhaps in the hour or so before bed, curtains can be closed and big bright overhead lights can be turned off and lamps that provide more ambient light can be turned on.

Good quality blackout curtains are a great investment into quality sleep. Taping up other light sources such as the air-conditioning / video monitor / air purifier lights can help too.



Have A Clear Strategy For Boundary Pushing

Kids are going to push boundaries no matter what - it's not a bad thing. Towards the end of the day, tired children can tend to push boundaries more and employ several delaying tactics getting to bed. This can lead to a lot of frustration for parents who don't want a huge fight at the end of a busy day. One more story, cuddle, trip to the toilet, one more "I need this or that" and before you know it, its way past bedtime and your child is running the show.

Setting clear boundaries and expectations helps limit the bedtime drama. Having a limit doesn't make you a mean parent, it keeps you in control and sets the tone for a smooth bedtime flow. Ok, but what do you do when boundaries are pushed? One warning that the next undesirable action will result in a consequence. It is then your responsibility to enforce that immediately. Not tomorrow, not next week. NOW.

Diet & Exercise Cannot Be Overlooked When It Comes To Sleep

Having a balanced diet helps to ensure that our bodies have the nourishment that they need to perform the functions they need to.

Eating too close to bedtime isn't helpful as our bodies are then hard at work digesting food. Try to include foods in the evening meal that contain the amino acid tryptophan as it is known to have a sedative effect. Tryptophan is found in foods such as poultry, tuna, banana, seeds, eggs, dairy, kidney beans, oats. A combination of protein and carbohydrates will help to keep your child from feeling hungry at night.

Who wants to go to bed if they aren't feeling tired? Ensure your child is getting a good amount of exercise every day to help build up sleep pressure.

Have A Healthy Attitude Towards Sleep

Our words have a powerful effect on our thoughts and emotions and it is important that we take a moment to gently bring some awareness to how we are speaking about sleep and bedtime. If you are constantly dreading bedtime and find it a painful process, that attitude can spill over to our kids and they can pick up on your energy and play up and also dread going to bed.

Subtly encouraging healthy statements like "I can't wait to relax in my bed tonight" / "I'm so tired - I can't wait for bedtime and happy dreams" / "I feel so happy and rested after a good night's sleep" are some examples.

Make bedtime a fun and enjoyable ending to the day so that when it is time for bed you child is content and relaxed and ready for sleep.

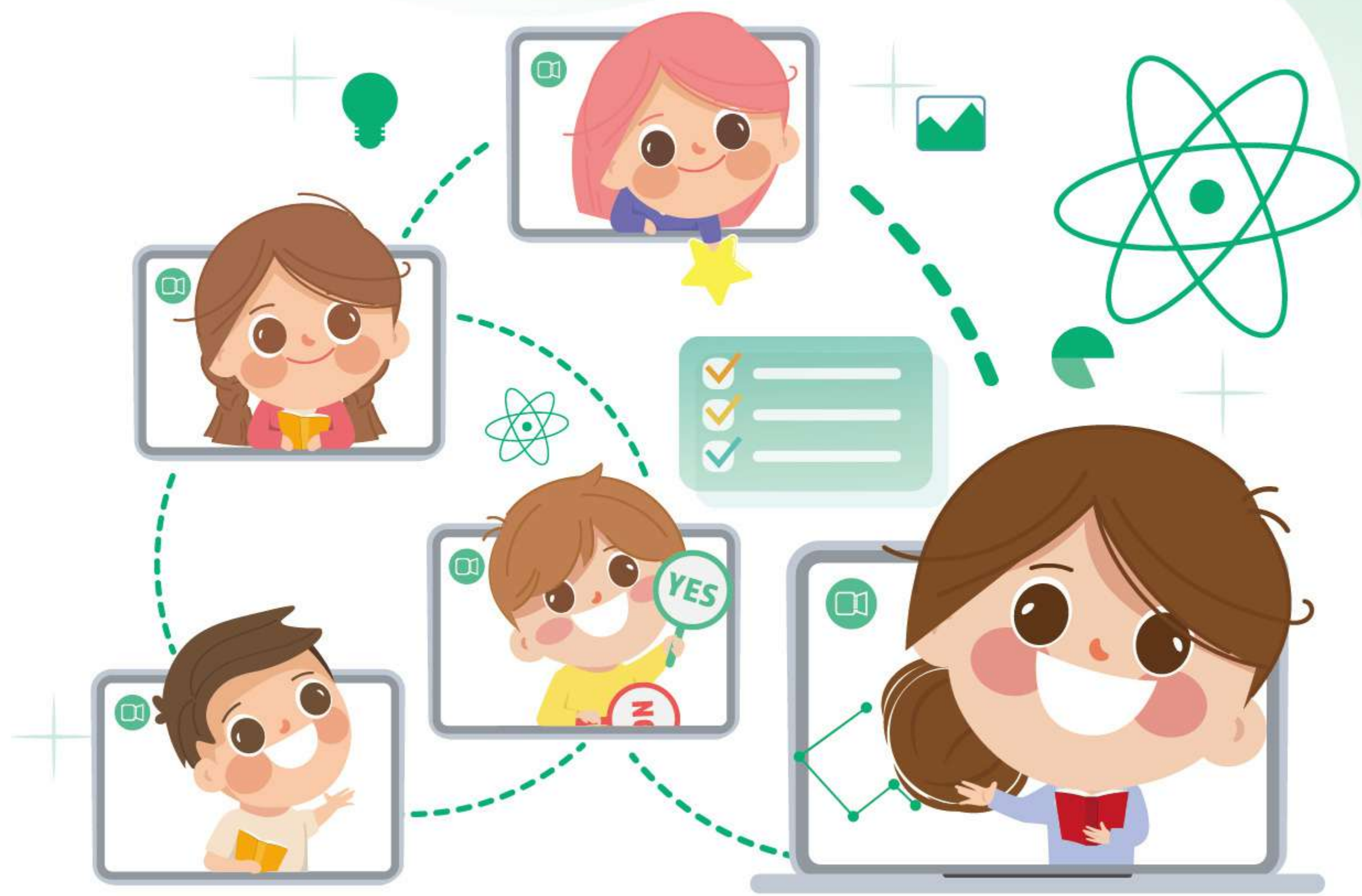
Having a well rested family sets you up for being able to face what the new day brings.



Sleep Solutions With Alison Jones t/a Sleep Solutions Ltd. is a consultancy service aimed at solving families sleep struggles to ensure everyone is getting the quality sleep they need.

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WHIZPA 線上課程

由於提前放暑期學校關閉，我們大多數人都想知道如何讓小孩子留在家中。為什麼不考慮為小孩子報讀有趣的線上課程？我們的課程有學術課程、國際象棋、藝術、STEM、普通話、英語、數學、講故事、寫作等，你必定能為孩子找到有興趣的事物去學習，讓小孩子在假期中獲得啟發。另外，只需訂購滿 HKD800 或以上的在線課程，即可獲得價值188元美味的【Cream & Sprinkle】朱古力禮盒套裝。 #creamandsprinkle

立即查看 Whizpa Eshop, 為小孩子報讀有趣的線上課程！使用折扣代碼“WHIZPA15”，即可獲得85折。

有關詳情，請查看我們的網站：bit.ly/3BWsAtE





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