



SUPPORT FOR ANXIOUS CHILDREN

- ✚ Anti-inflammatory nutrition (*see below*)
- ✚ Stress management strategies for the entire family, not just the children (*ie meditation, mindfulness, breathing exercises, journaling*)
- ✚ Sleep hygiene: no screen time 2 hours before bedtime; no TV in the bedroom; establish a relaxing bedtime routine.
- ✚ Nutritional support: Omega 3, magnesium, inositol
- ✚ Herbal support: chamomile tea
- ✚ Establish predictable daily routines

ANTI-INFLAMMATORY NUTRITION TIPS

Inflammation is the body's attempt to start healing. Chronic inflammation can lead to many health problems. To prevent or reduce inflammation and chronic health problems, teach children how to eat healthy as a lifestyle, not as a diet.

- ✚ Eliminate all processed food and artificial dyes and sweeteners
- ✚ No sweetened beverages or sodas

- ✚ Drink water
- ✚ Teach children to eat a “rainbow” a day: eat a variety of colorful vegetables and fruits every day
- ✚ Healthy fats: fish, eggs, nuts, seeds, olive oil
- ✚ Fermented foods: sauerkraut, pickled vegetables, kimchi, kombucha, kefir (*see addendum #3 for tips on how to make fermented foods your child's best friend*)
- ✚ Dessert should be a special treat not a daily food. Save it for Sundays or special occasions, like birthdays and holidays. Help children develop a palate for dark chocolate and desserts made with fruits.