

## **Wellness Plan – Jayce Ginn**

**12<sup>th</sup> November 2022**

### **Goals:**

- **Regulating emotions and outbursts**

### **Prescription:**

- Flower Essences – this mix contains 3 essences made from Australian Bush Flowers. These essences are for supporting co-dependency, promoting calm and emotional balance, and also supports the after effects of trauma. Please take 7 drops under the tongue or in a drink, morning and evening. You will receive an email from Natural Script with a link to order these.
- Keep taking the Nutra Organics Captain Calm. This has some great herbs which promote calm and relaxation.
- You will receive an email from Vital.ly which your prescription to order probiotics. I have added the following:
  - Biome Baby Probiotic – this is for 0-12 months old – however if you are taking probiotics yourself and are breastfeeding, unless there is specific gut issues going on with bub these are probably not necessary at this age
  - Biome Daily Kids Probiotics – this is for Jayce – great probiotic for kids to help support immune and gut functioning – children over 2 years old take 1 sachet per day – you can dissolve straight into the mouth, or add to water, milk or yoghurt
  - Biome Daily Probiotic – this one is for you and dad – helps support overall gut health, digestion and immune functioning – take 1 capsule daily

**Dietary Advice:**

- Limit sugary treats and foods with preservatives as these have been linked with behavioural and emotional outbursts in children
- Ensure Jayce is getting enough protein in his meals. Protein is essential for growth and development but is also very important in regulating our moods and nervous system health. Protein sources are not only meat and seafood. Protein is also found in eggs, dairy, nuts, nut butters, seeds, legumes, beans, rice, buckwheat and quinoa.

**Lifestyle Advice:**

- Jayce is at an age where regulating emotions is hard! He is having these big feelings and sometimes they just don't know how to express these feelings which end up in outbursts and screaming like you are experiencing. This is super common and very normal, however this age can be hard for parents so it can a good time to put some support measures in place for yourself as a family, and to help learn techniques which all members of the family can use when trying to navigate these emotions. Here are some resources which you may want to explore further for some family parenting support:
  - Triple P Parenting Program – this is a free online course which aims to give parents positive parenting strategies which aims to help your children deal with challenging emotions. You can find more information about it here: <https://www.triple-p-parenting.net.au/au/triple-p/>
  - The Child & Family Wellbeing Hub (Grafton) – The Hub provides support for families and offer a wide range of health and parenting support services, as well as being a great way to meet other families. You can find more information here: <https://givegroup.com.au/cfwh/>
  - Jodie Ward – Clarence Valley Counselling – highly recommended Social Worker that has heaps of experience working with family and children. I am not 100% sure if she is taking on new clients but you can always give them a call if you are interested. Her website is: <https://www.clarencevalleycounselling.com.au/>

- Vanessa Lewis is a counsellor who I believe has a more holistic approach that you may be more interested in. Check out her website <https://love2live.com.au/> and get in touch with her directly to see if she is still doing work with families as the link on her website to the 'Peaceful Parenting' section does not seem to be working