

Wellness Plan – Aurora

13th August 2022

Goals:

- **Improve overall gut health to make Aurora more comfortable**
- **Regulate bowel motions**
- **Start working towards improving asthma and immune response**

Dietary Advice:

- Get Aurora involved in cooking – making gummies and bliss balls (recipes attached to email – you can still add the condensed milk in, you may just need to add a few more almonds or coconut to get the right consistency) and prepping vegetables for dinner, helping make home made pizzas
- Get Aurora her own kids recipe book that she can choose a meal from once a week and get involved in cooking it
- Family style dinners once a week where you sit at the dining table together and everything is put in the middle and grab what you want – this can help expose her to more vegetables and after time she may be more likely to try them – have vegetable options you know she will eat plus some others – this helps give them some control over their choices
- Make dinner as stress free as possible – always easier said then done with our busy life's but doing things like food prep on the weekend and meal planning can go a long way to reducing the stress midweek and still ensure we are choosing healthy options

- Try to avoid excess snacking with regular, predictable meals times – and limit what sort of snack are available to Aurora
- Praise and reward trying new foods (non food rewards)
- Make gummies as per the recipe attached and try substituting the 'Immune Powder' for the 'Multi Care' powder you have. Nutra Organics Immune Powder or Vege Hero products could also be something you could try as these have been specially designed for fussy kids to get more nutrients into them – link to their products <https://nutraorganics.com.au/>
- Bliss ball recipe – can keep her condensed milk in there if that's what it takes for her to get the benefits from the other ingredients in there – they are full of protein, zinc, fibre which will be beneficial for her gut health

From previous plan – please continue these also:

- Ensure Aurora is drinking 1-1.5 litres of water each day
- Increasing vegetables, fruit and wholegrains are the best way to increase fibre which makes it hard when our children are fussy eaters!
- Ideally we are aiming for a palm sized (child's palm) amount protein (chicken, fish, red meat, nuts and seeds) and good fats (avocado, nuts, nut butter) in every meal as well as vegetables – this will help her feel fuller for longer
- As parents, eating variety of foods yourselves also has a positive effect on what your child eats
- Try to hid vegetables in as many meals as you can – grated into pasta dishes, grated into rissoles or meatball, homemade chicken nuggets with grated veggies, homemade pizzas (and get Aurora involved in putting toppings on – blitz up vegetables into the pizza sauce), grating up veggies into the base for Mexican dishes
- If you are into podcasts, Jessica Donovan is a Naturopath who hosts the 'Natural Super Kids Podcast' – there are a heap of episodes on here with tips for fussing eating and getting more nutrition into our kiddies.

Homework:

- Aurora to try one new vegetable and report back at next appointment ☺

Prescription:

Continue with the Ultra Flora Kids Care and the Multi Care for Kids as per the last Wellness Plan – just take 2 hours away from antibiotics.

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