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From Clinic to Home- Empowering School Age Kids to be Healthy

Michelle Dalal MD, FAAP , Diplomate, American Board
of Lifestyle Medicine

Associate Professor of Pediatrics , University of
Massachusetts Medical School

Pediatrician, Reliant Medical Group

Chair, ACLM Pediatric and Adolescent Medicine LMIG

I have no financial disclosure or
conflicts of interest with the
material in this presentation

Objectives

Summarize

key pillars in Lifestyle Medicine as it applies to the pediatric population

Review

LM pillars- whole food, plant-based nutrition, physical activity, sleep and stress management in the school aged child.

Identify

at least one evidence-based intervention and/or clinical tool to improve each of the following in the school aged child: whole-food plant-based nutrition, physical activity, sleep and stress management.

Outline

how to develop individualized lifestyle medicine action plans; Focus on development of SMART goals.

What is Lifestyle Medicine

Lifestyle Medicine is the use of evidence-based lifestyle therapeutic approaches, such as a whole-food, plant-based or plant-predominant dietary lifestyle, regular physical activity, adequate sleep, stress management, avoiding use of risky substances and increasing social connections, to prevent, treat, and reverse chronic disease.

- Validated as highly effective
- Addresses the root-cause of disease
- Better outcomes and lower cost ... value-based care
- Engaging / affordable / patient-centered / healing



A Brief Story



“We have long known what behaviors promote health and prevent disease. Lifestyle Medicine embodies this idea of true 'health' care. Rather than pills and procedures, the focus is on the lifestyle choices we make every day.”

- Jonathan Bonnet, MD

WHY NOW

Chronic Disease Epidemic:

- Poor diet is linked as the leading cause of death and disability globally.
- Top killers related to lifestyle behaviors: heart disease, stroke, diabetes, and cancer
- More than half of U.S. adults have at least one condition:

Six in ten adults in the US have a chronic disease and **four in ten adults** have two or more.



HEART
DISEASE



CANCER



CHRONIC LUNG
DISEASE



STROKE



ALZHEIMER'S
DISEASE



DIABETES



CHRONIC
KIDNEY DISEASE



Source: <https://www.cdc.gov/chronicdisease/about/costs/index.htm>

Unsustainable Economics

Source:

<https://www.cdc.gov/chronicdisease/about/costs/index.htm>

US Healthcare Expenditure= \$3.3 trillion (\$10,739 per person)

90% of this is on chronic disease.

6 Pillars of Lifestyle Medicine

Healthy Eating

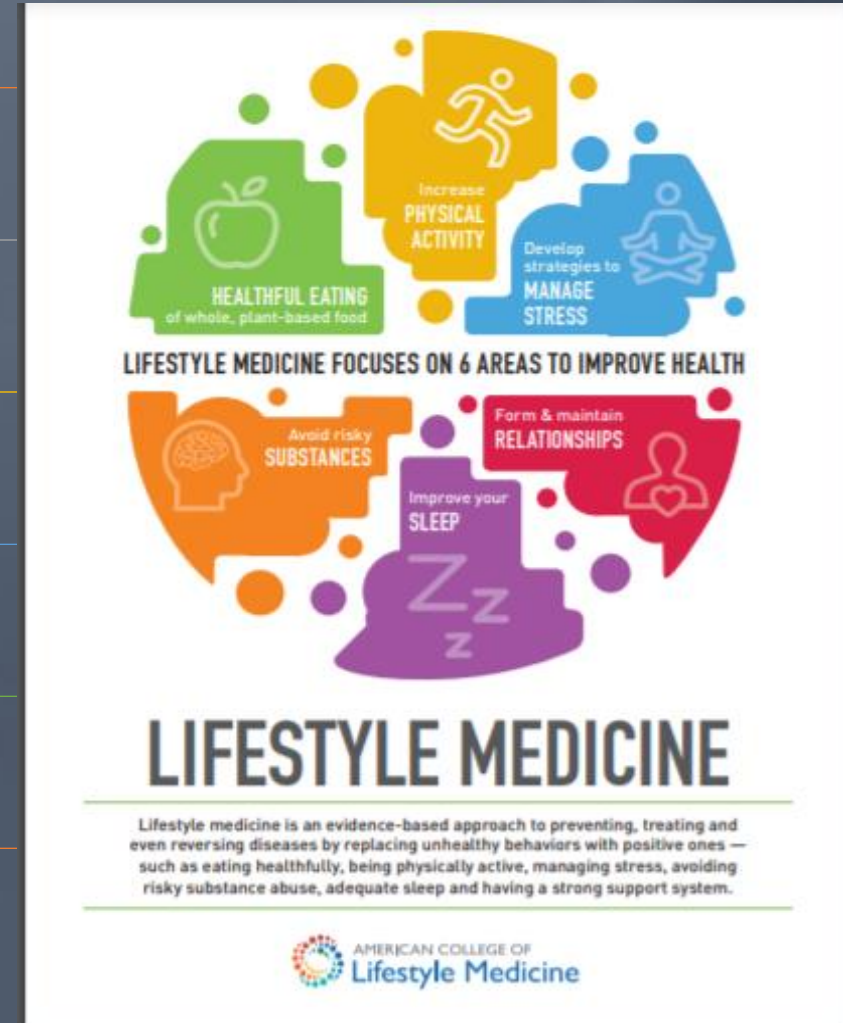
Physical Activity

Sleep

Stress Management


Substance Use Cessation

Social Connections





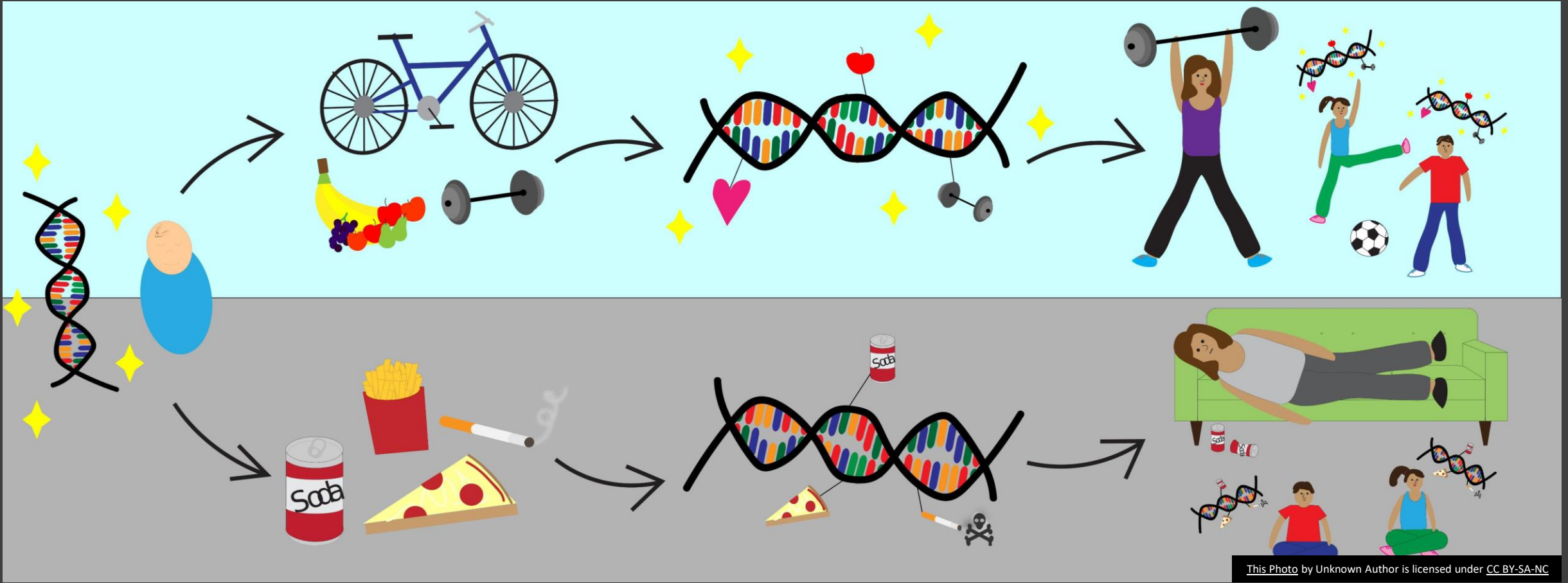
View Health through the Lens of
Lifestyle Medicine |

A close-up photograph of two hands, one from a darker-skinned person and one from a lighter-skinned person, holding a lit torch. The torch is held horizontally, with the flame visible at the tip. The background is a soft, out-of-focus blue sky. The word "EMPOWER" is superimposed in a bold, black, sans-serif font at the top center of the image.

EMPOWER

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EMPOWER PATIENTS AND FAMILIES
TO HELP MANAGE HEALTH



By changing our diet and lifestyle , [epigenetics may affect how our genetic code \(DNA\) can influence our health](#) and that of future generations

www.ornish.com



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Motivational Interviewing

- Increases Intrinsic Motivation



KASH Process

- K-Knowledge
- A-Attitude
- S-Skills
- H-Habit





The Pillars of Lifestyle Medicine

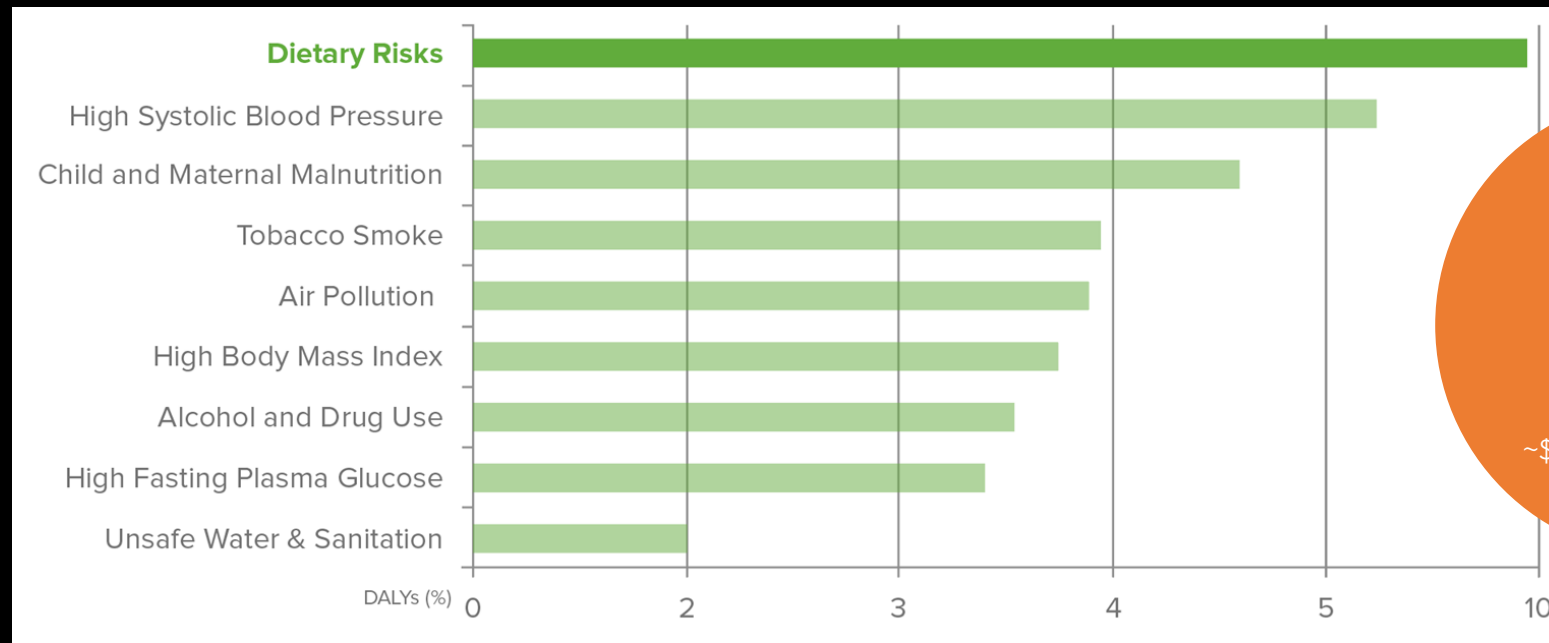


Eat Well



Poor diet is the leading cause of chronic disease and disability

- *“The most important dietary risks in the United States are diets low in fruits, low in nuts and seeds, high in sodium, high in processed meats, low in vegetables, and high in trans fats”¹*
 - These risks are the leading cause of chronic disease, not other common culprits



Risk Factors As % Of Disability-Adjusted Life Years (DALYs)

86%

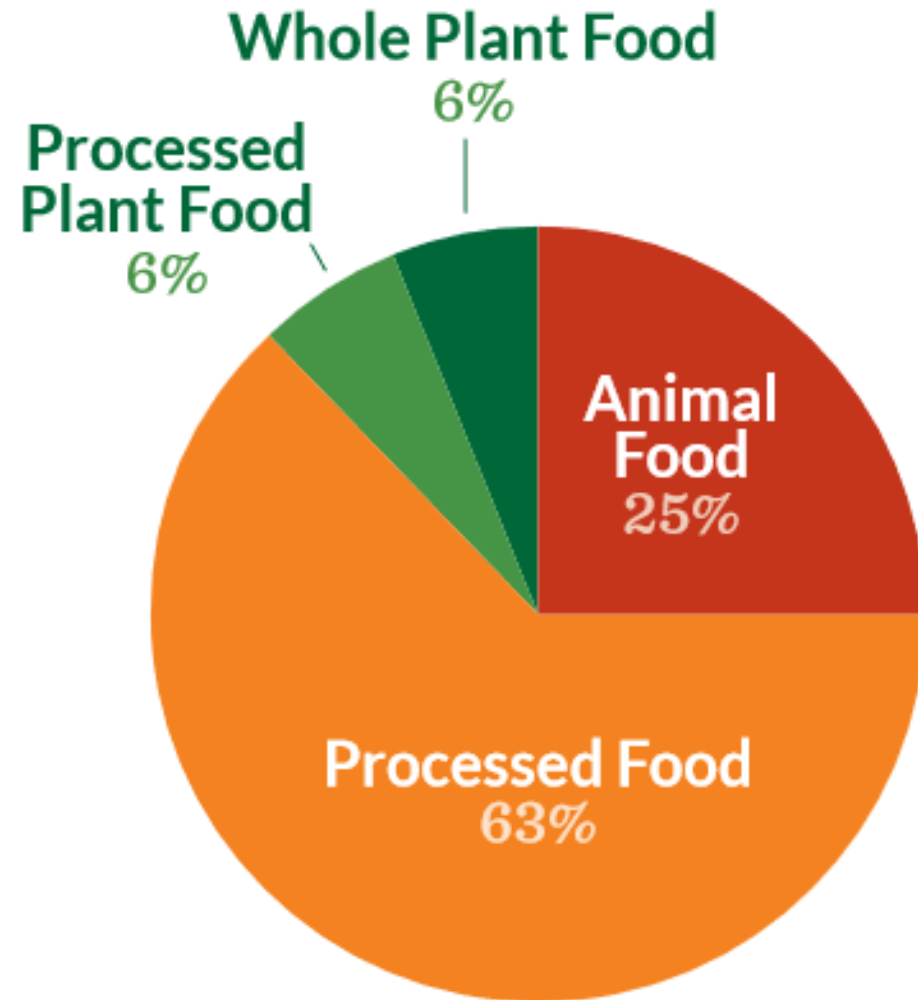
Health Spending:
People with 1+
chronic disease

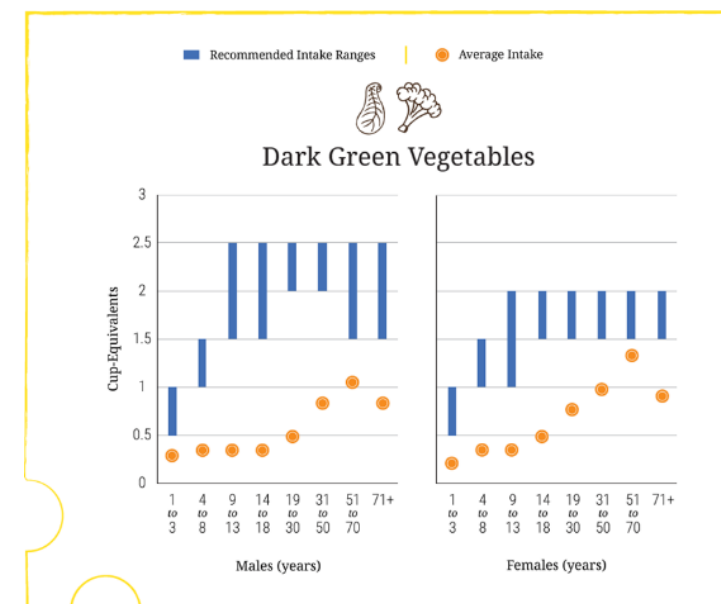
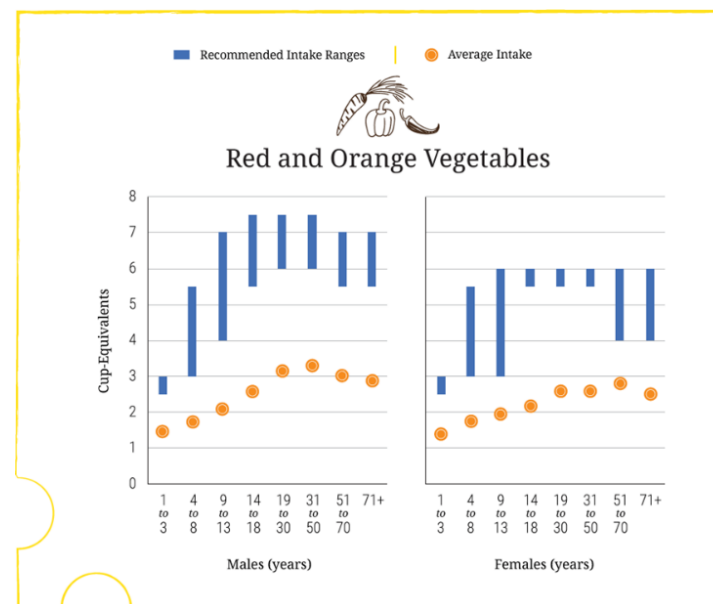
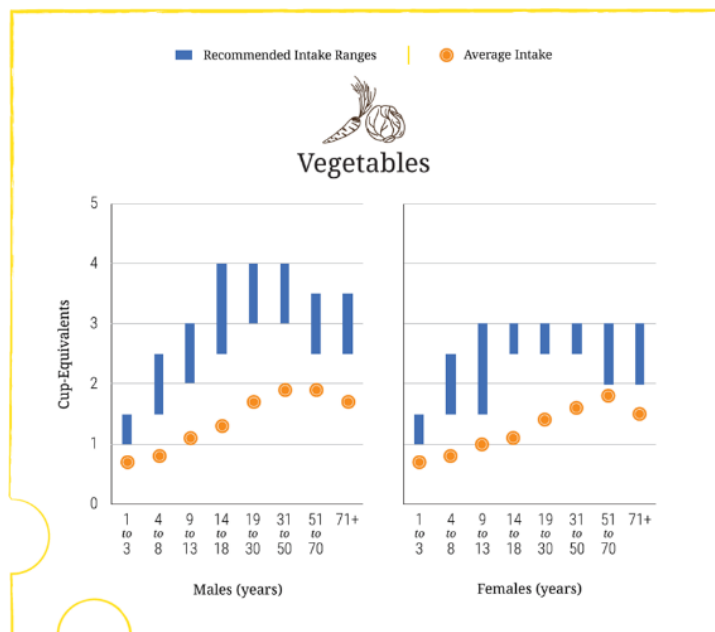
~\$7,500/yr/patient for
diabetes alone

WHAT ARE WE EATING NOW?

Source:
<http://www.healthylunches.org/nutrition101.htm>

The Standard American Diet





Vegetables: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups, Compared to Ranges of Recommended Intake

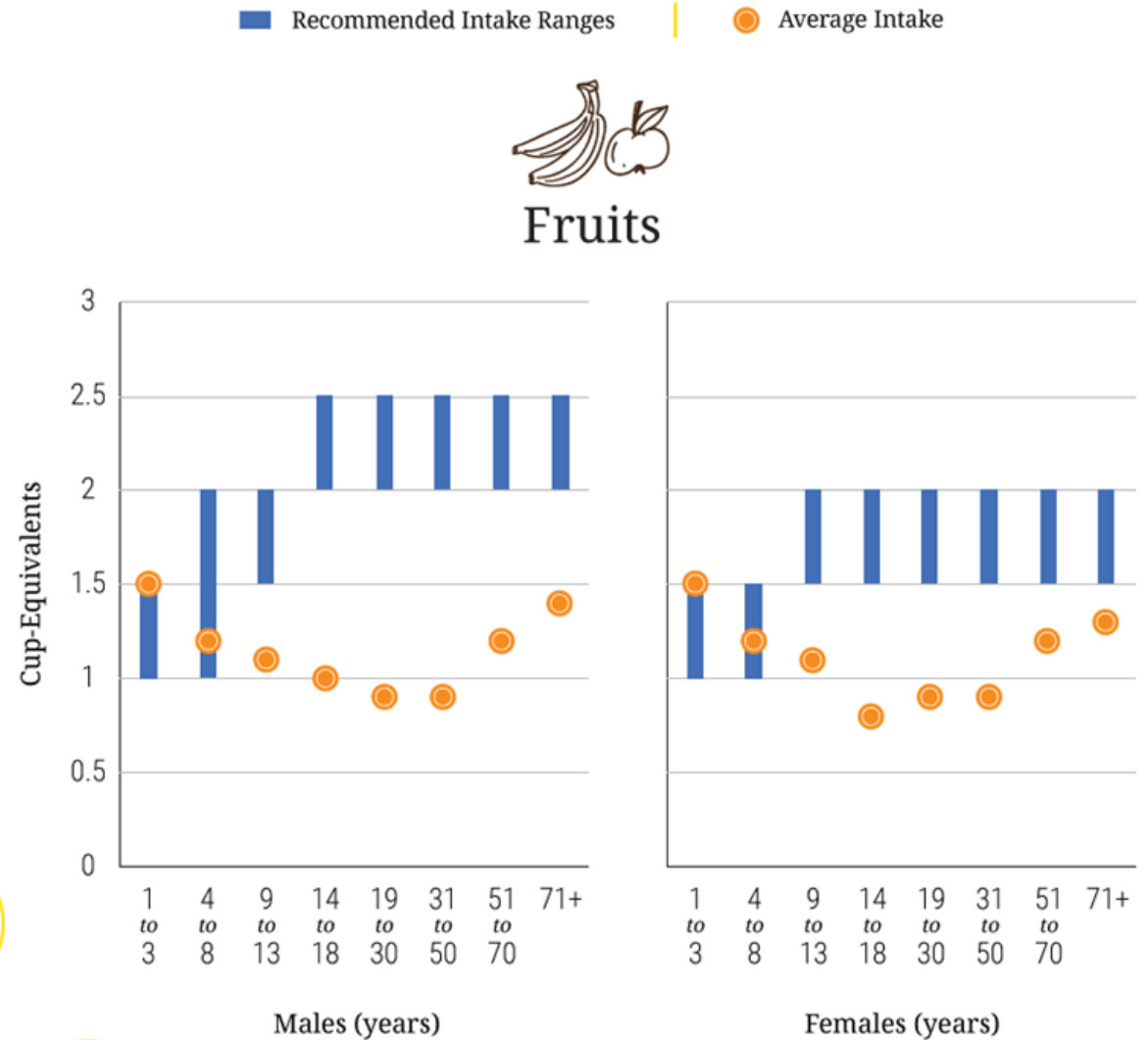
Data Sources:

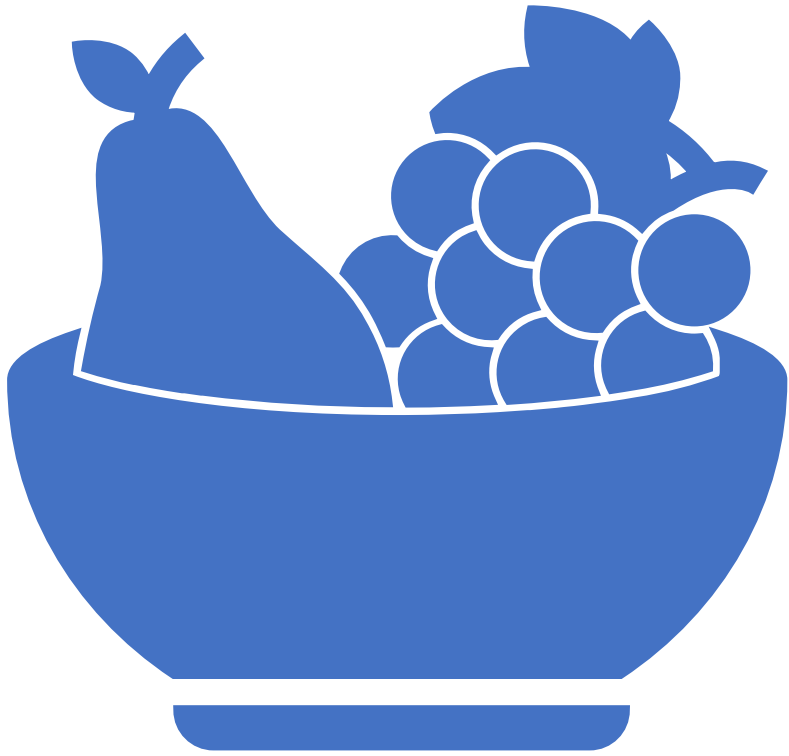
What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.

Fruits: Intakes and Recommendations

Average Daily Intakes by Age-Sex Groups,
Compared to Ranges of Recommended
Intake

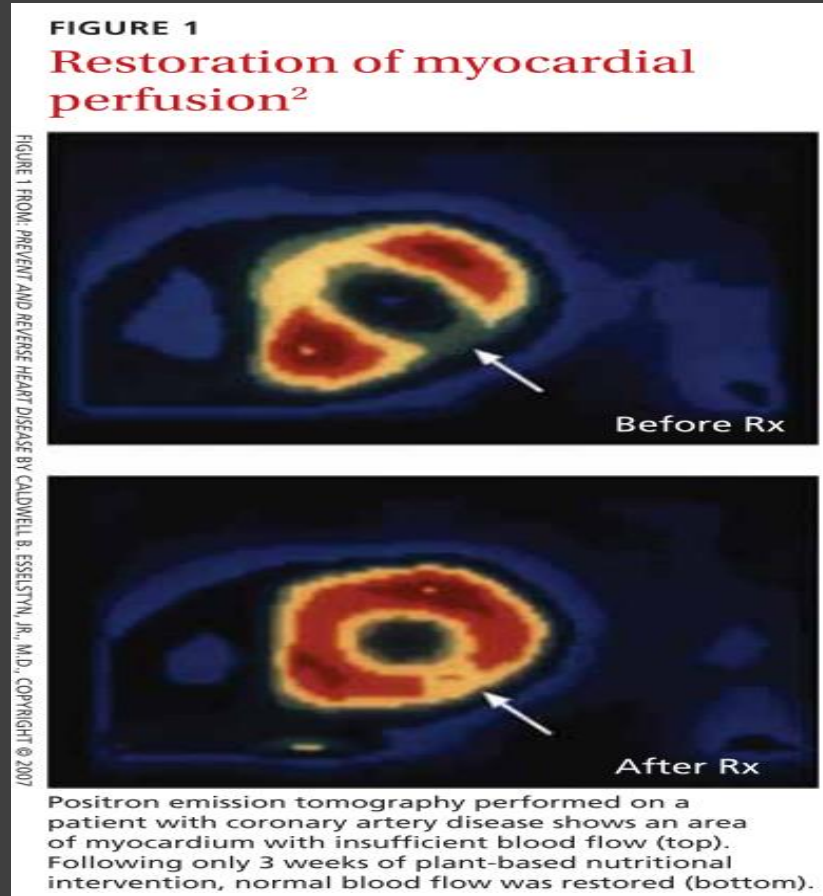
Data Sources: What We Eat in America, NHANES 2007-2010 for average intakes by age-sex group. Healthy U.S.-Style Food Patterns, which vary based on age, sex, and activity level, for recommended intake ranges.





Clinical Intervention:
Recommend Whole
Food, Plant Based

WHY ENCOURAGE PLANT BASED DIETS? - THE EVIDENCE



- Nurses Health Study and Health Professionals Follow-Up Study (2016)
- Adventist Health Study
- Lifestyle Heart Trial
- Berkow and Barnard – Over 87 studies reviewed in *Nutrition Reviews*

PLANETARY HEALTH

The Plantrician Project
Planting the seeds of change™




STANDARD AMERICAN DIET

2 football fields (1.3 acres each) feed 1 person per year

PLANT-BASED DIET

2 football fields (1.3 acres each) feed 14 people per year



“Eat food. Not too
much. Mostly Plants.”

Michael Pollan, *In Defense of Food:
an Eater’s Manifesto*

Implementing the Guidelines Through MyPlate (myplate.gov)

- A variety of fruits and vegetables
- Whole grains
- Fat-free and low-fat dairy products
- A variety of protein foods

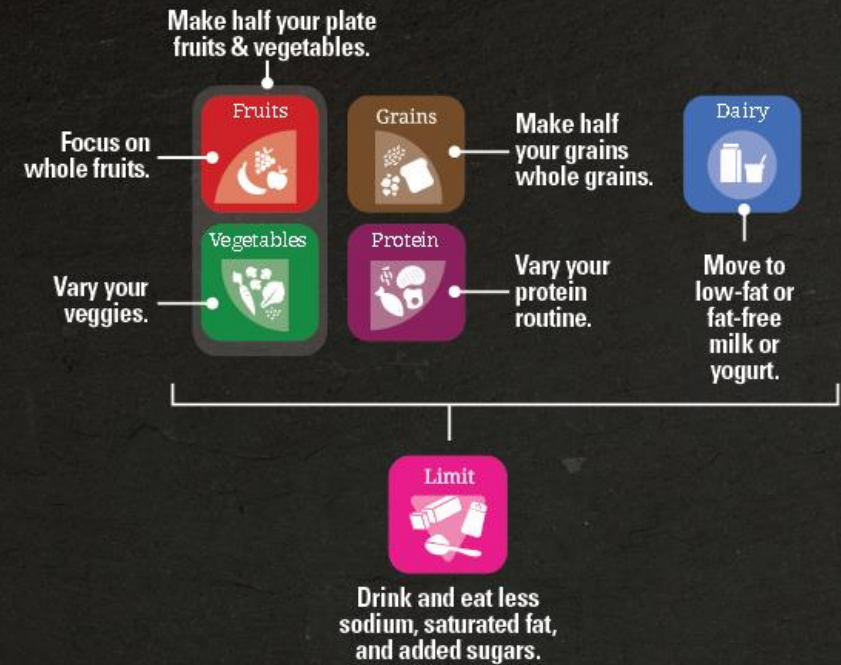
MyPlate, MyWins.

Find your healthy eating style and maintain it for a lifetime. This means:



Everything
you eat and
drink over
time matters.

The right mix
can help you
be healthier
in the future.



Start with small changes to make healthier choices you can enjoy.

Visit ChooseMyPlate.gov for more tips, tools, and information.

Talking about different diets may get confusing



WHAT IS A WHOLE FOOD, PLANT BASED DIET?



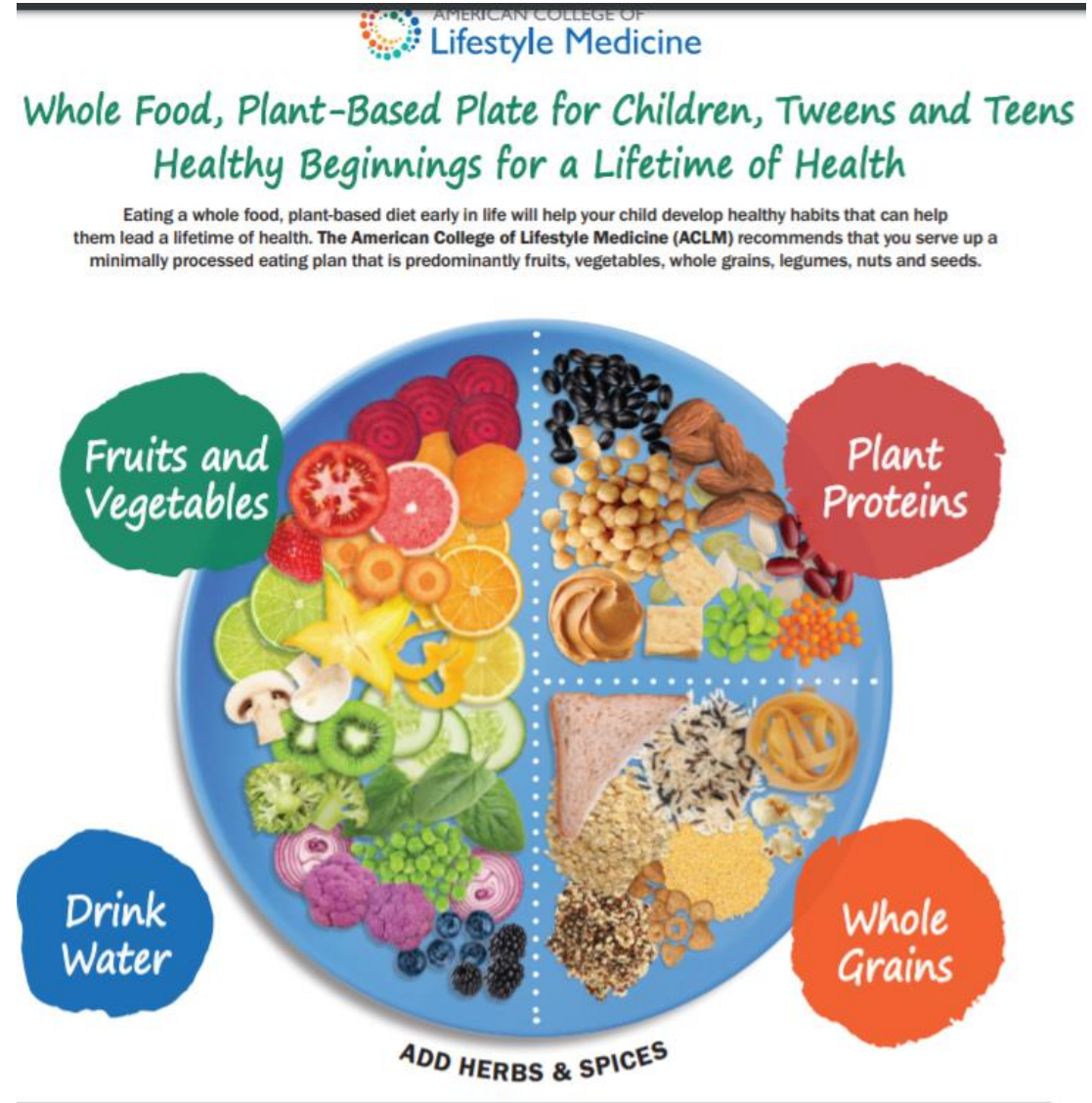
EAT FOODS IN THEIR NATURAL
STATE- NOT PROCESSED




EAT FOODS FROM PLANT
BASED SOURCES

ACLM WHOLE FOOD PLANT BASED PEDIATRIC PLATE

- For every meal, fill $\frac{1}{2}$ of your plate with vegetables and fruits, $\frac{1}{4}$ with whole grains, $\frac{1}{4}$ from plant proteins
- Use herbs and spices for flavor enhancers





Focus on whole fruits and vegetables and eat a rainbow of color.

- Vegetables: Dark leafy greens (spinach, kale, arugula, etc.), broccoli, squash, zucchini, carrots, tomatoes, beets, peppers, mushrooms, onions, celery, cauliflower, cucumbers, white & sweet potatoes, green peas, cabbage, whole plant fats (avocados, olives)
- Fruits: Apples, bananas, grapes, citrus fruit, berries, peaches, pears, pineapple



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Healthful Protein Sources (in grams)

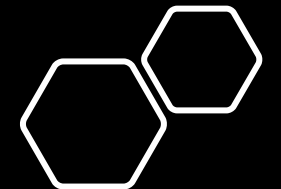
Black beans, boiled (1 cup)	15.2
Broccoli (1 cup)	4.6
Bulgur, cooked (1 cup).....	5.6
Chickpeas, boiled (1 cup)	14.5
Lentils, boiled (1 cup)	17.9
Peanut butter (2 tablespoons)	8.0
Quinoa, cooked (1 cup)	11.0
Seitan* (4 ounces).....	24.0
Spinach, boiled (1 cup)	5.4
Tempeh (1/2 cup)	15.7
Tofu, firm (1/2 cup).....	19.9
Whole-wheat bread (one slice).....	2.7


**A plant-based product made from wheat gluten; protein value from manufacturer's information*

Source: J.A.T. Pennington, Bowes and Church's Food Values of Portions Commonly Used, 17th ed. (Philadelphia: J.B. Lippincott, 1998).

Eat a variety of plant protein

- Legumes: Peas and beans, including kidney beans, pinto beans, white beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils, edamame, tofu
- Nuts and seeds: Almonds, pistachios, walnuts, nut butters, pumpkin/sunflower/chia/flax seeds



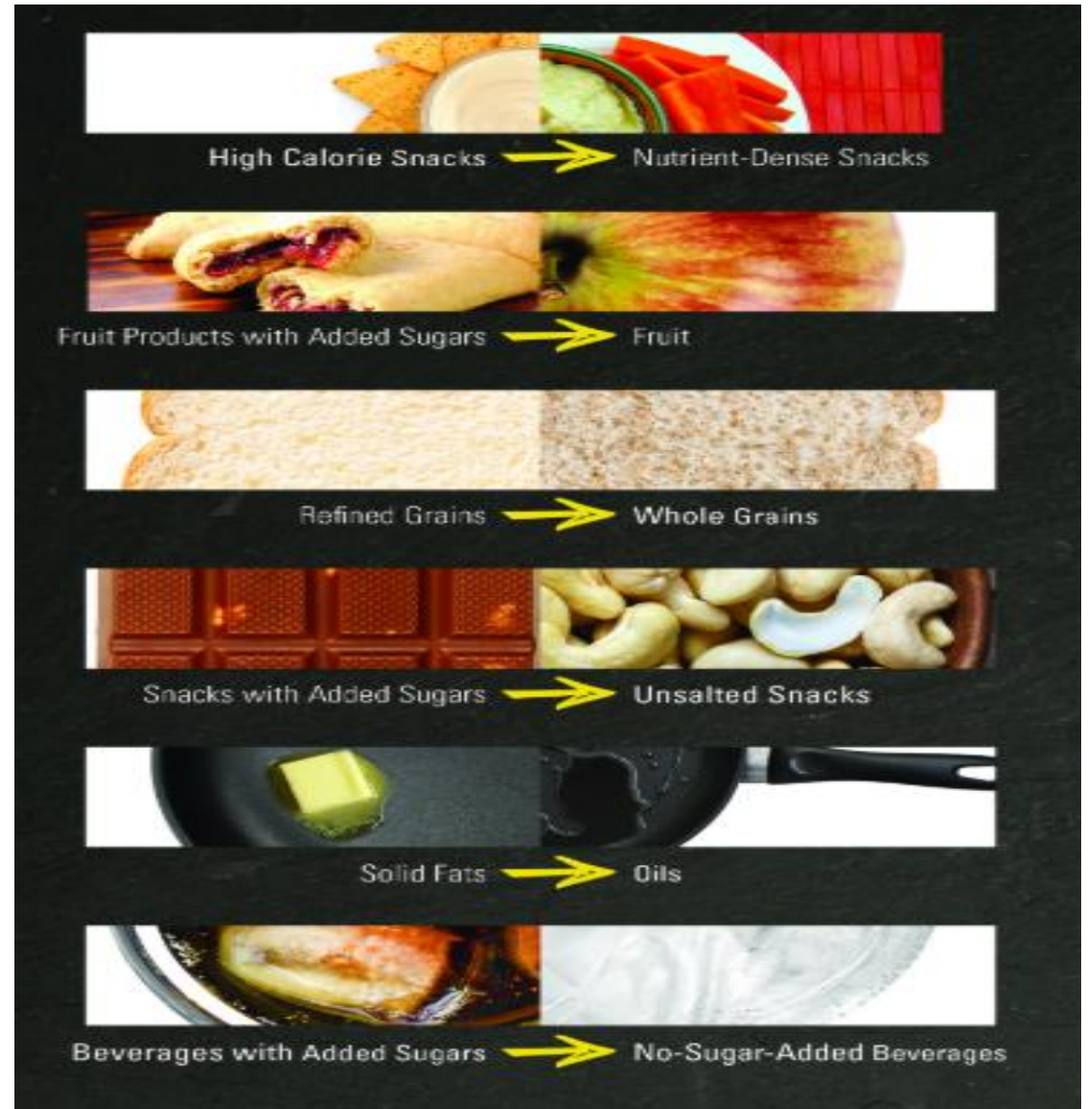


Choose Whole Grains

Amaranth, barley, brown rice, buckwheat, bulgur, millet, popcorn, rye, quinoa, whole oats, whole grain bread/ tortillas/ cereals/ flours

Encourage Families to “Shift” The Way They Eat

Graphics from the 2015-2020
Dietary Guidelines for Americans



Promoting Cooking at Home: Simple Steps to Start

Find and Read

- Read Recipes

Gather/Purchase

- Gather/Purchase Ingredients

Prepare

- Prepare for Cooking- ie Knife Skills/Equipment

Cook

- Cook and Have Fun!

Store

- Store Food Safely



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Encourage Healthy Beverages - Water

Debunking the Dairy Myth

- A 2005 review published in *Pediatrics* showed that milk consumption does not improve bone integrity in children.
- Another study tracked the diets, physical activity, and stress fracture incidences of adolescent girls for seven years and concluded that dairy products and calcium do not prevent stress fractures in adolescent girls.

FACTSHEET

Health Concerns About Dairy

PhysiciansCommittee
for Responsible Medicine



Many Americans, including some vegetarians, still consume substantial amounts of dairy products. And government policies still promote these products, despite scientific evidence that questions their health benefits and indicates their potential health risks. Though dairy is marketed as an essential food for strong bones, there is more to the story. Some important things to consider include potential health problems like heart disease, certain cancers, digestive problems, and type 1 diabetes.

milks exist as options for providing vitamin D through the diet.⁵ Supplements are also available.

Five to 15 minutes of midday sun exposure to the arms and legs, or the hands, face, and arms, can be enough to meet many people's vitamin D needs.⁶ However, having darker skin, being older, living in the north, living in an urban area, and even going through a dark winter season can all make it hard to get enough vitamin D

Getting enough B12

- Vitamin B12 is added to some alternatives to milk products, vegan spreads, nutritional yeast flakes, yeast extracts and breakfast cereals
- Eat these foods at least twice a day

Tips to Make A Healthy Food Home

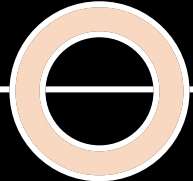


Model	Model Good Behavior
Prioritize	Prioritize Family Meals
Introduce	Introduce, Expose and Re-expose Kids to New Foods
Believe	Believe that Eating Healthy Encourages Happiness
Encourage	Encourage Moderation
Help	Help Kids Learn What Makes Them Full
Minimize	Minimize Distraction

Mindful
Eating


Mindful Eating

- Prepare to eat
- Breathe and relax (turn off media)
- Notice what is on your plate
- Chew thoroughly
- Eat slowly
- Stop when full
- Make eating a separate activity

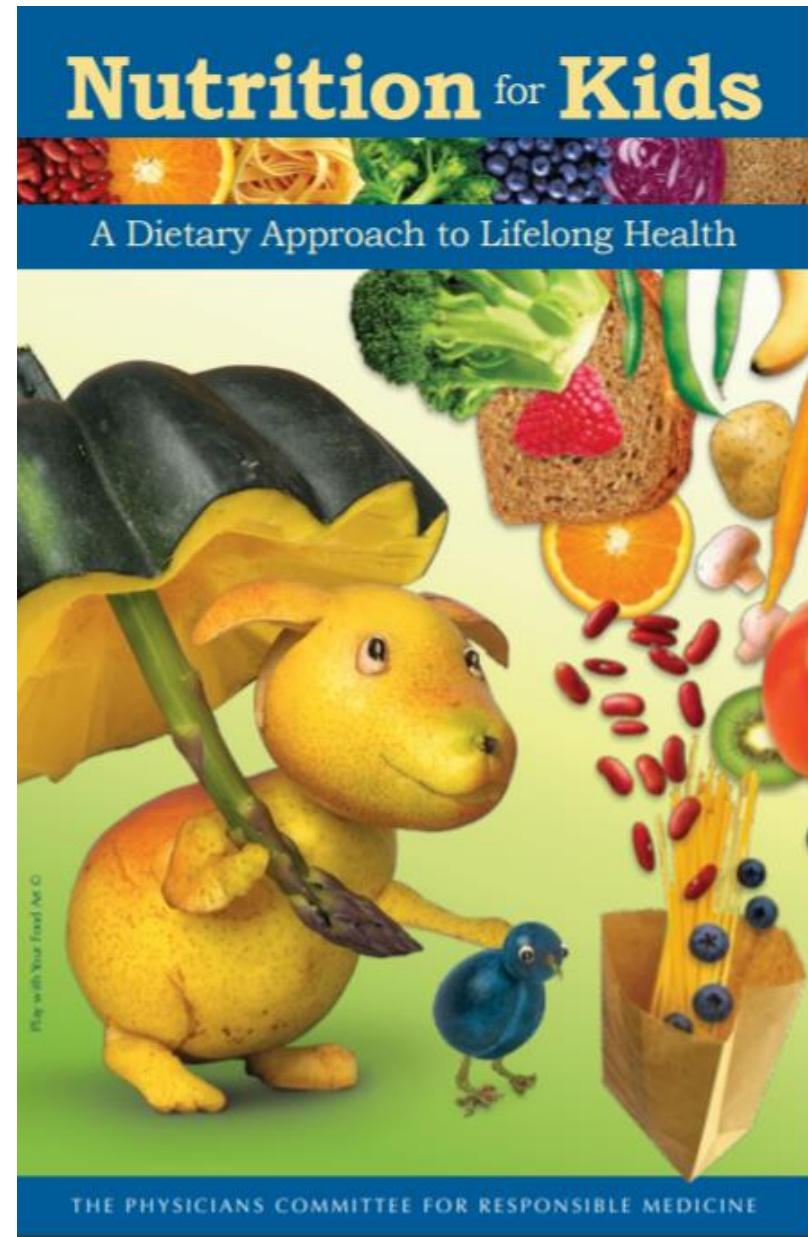





Some resources
to encourage
Whole Food Plant
Based Eating



RESOURCES FOR KIDS



PCRM Nutrition Book Pages



Get Started

Almost-Instant Black Bean Chili

Makes 6 1-cup servings
This is a perfect make-ahead recipe, since this chili is even better the second day.

1/2 cup water
1 medium onion, chopped
2 medium garlic cloves, minced
1 small bell pepper, seeded and finely diced
1/2 cup crushed tomatoes or tomato sauce
2 15-ounce cans of black beans, undrained
1 4-ounce can diced green chilies
1 teaspoon ground cumin
Avocado optional

Heat the water in a large skillet or pot. Add onion, garlic, and bell pepper. Cook over high heat, stirring often, for about 5 minutes or until onion is translucent. Add crushed tomatoes or tomato sauce, beans and their liquid, chilies, and cumin. Simmer, stirring occasionally, for about 15 minutes, or until flavors are blended.

Per Serving:
Calories: 155; Fat: 0.8 g; Saturated Fat: 0.1 g; Calories from Fat: 4.7%;
Cholesterol: 0 mg; Protein: 8.7 g; Carbohydrates: 29.6 g; Sugar: 2.6 g;
Fiber: 11 g; Sodium: 473 mg; Calcium: 89 mg; Iron: 3.1 mg;
Vitamin C: 19.1 mg; Beta-Carotene: 49 mcg; Vitamin E: 0.4 mg

Recipe from *Foods That Fight Pain* by Neal Barnard, M.D.;
recipe by Jennifer Raymond, M.S., R.D.

PhysiciansCommittee
For Responsible Medicine

Basic Shopping List

Grains:
Rolled oats
Loaf of bread (high fiber or pumpernickel)
Brown rice
Quinoa
Whole-wheat pasta

Legumes:
Black beans (canned or dried)
Garbanzo beans (canned or dried)
Red lentils (dried)
Edamame (frozen)

Fruits:
Bananas
Apples
Berries (fresh or frozen)
Raisins

Vegetables:
Broccoli (fresh or frozen)
Spinach (fresh or frozen)
Sweet potatoes
Kale
Lettuce
Carrots
Cucumbers
Tomatoes (canned)

Other:
Soy, rice, almond, or plant milk of choice
Apple butter
Balsamic vinegar
Cinnamon
Marinara sauce
Mustard
Soy sauce



Resources:
For more delicious recipes, visit PCRM.org/Recipes.

12

Healthful Snacks

Young children have high calorie and nutrient needs, but their stomachs are small. Teenagers also often have high energy needs combined with busy schedules. Keep delicious, healthful snack choices on hand both at home and in the lunchbox.

Whole Grains, Breads, Cereals

Pita chips, pretzels, whole-grain crackers, granola, whole-grain cereal, popcorn, granola bars

Vegetables

Baby carrots, celery stalks (try with peanut butter and raisins), cucumber, carrots, tomatoes with nondairy dressing, salsa (try with pita chips)

Fruits

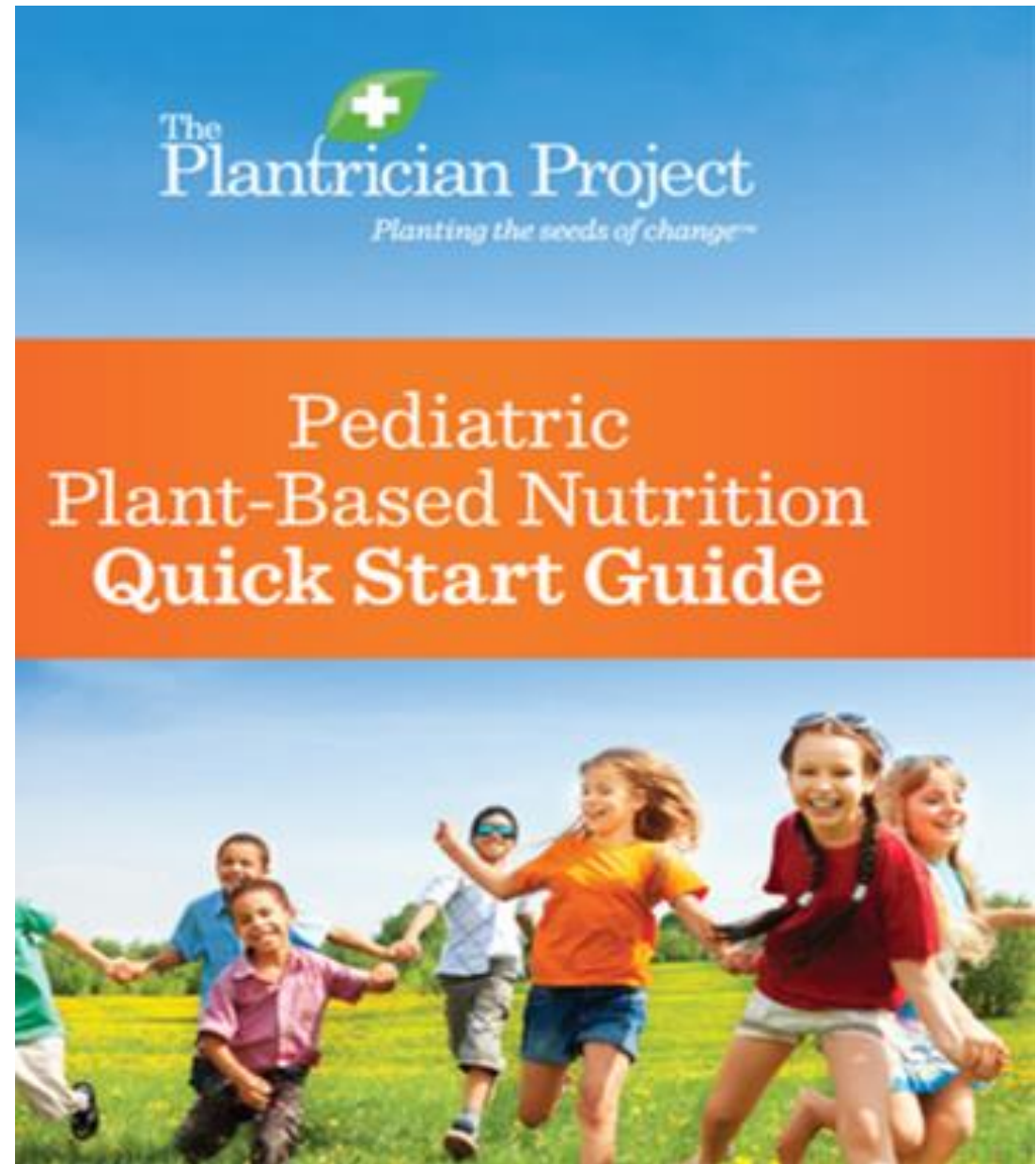
Fortified orange juice, whole fresh fruits, dried fruit, applesauce, fruit cups, frozen grapes, or banana slices

Legumes, Nuts, Seeds, Nondairy Milks

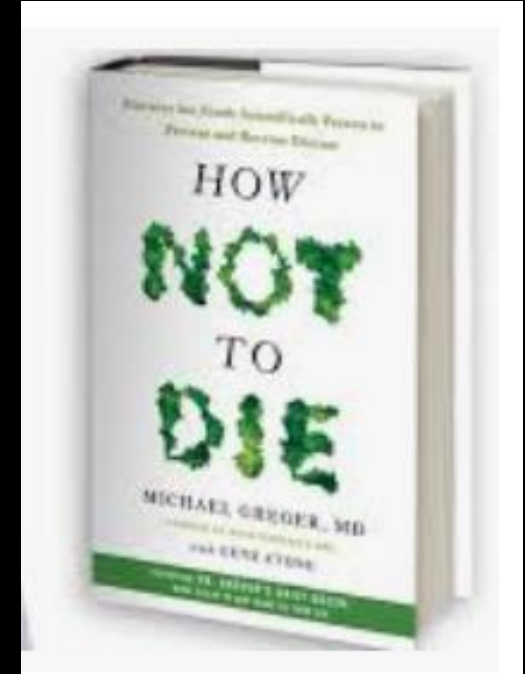
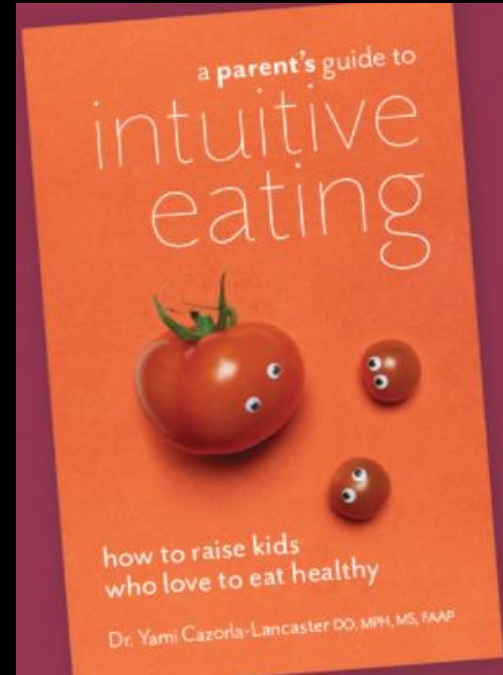
Hummus (try on carrots or crackers), nut butters (put on bread or fruit), edamame (whole cooked soybeans), soy yogurt (sprinkle with granola), soymilk, rice milk, almond milk



PLANTRICIAN PROJECT GUIDE



Parents can
also read
more about
this.....



Sample recipes

Black Bean Soup

2 cans black beans (drained, washed)

1 ½ cup veggie broth

1 cup salsa

2 teaspoons ground cumin

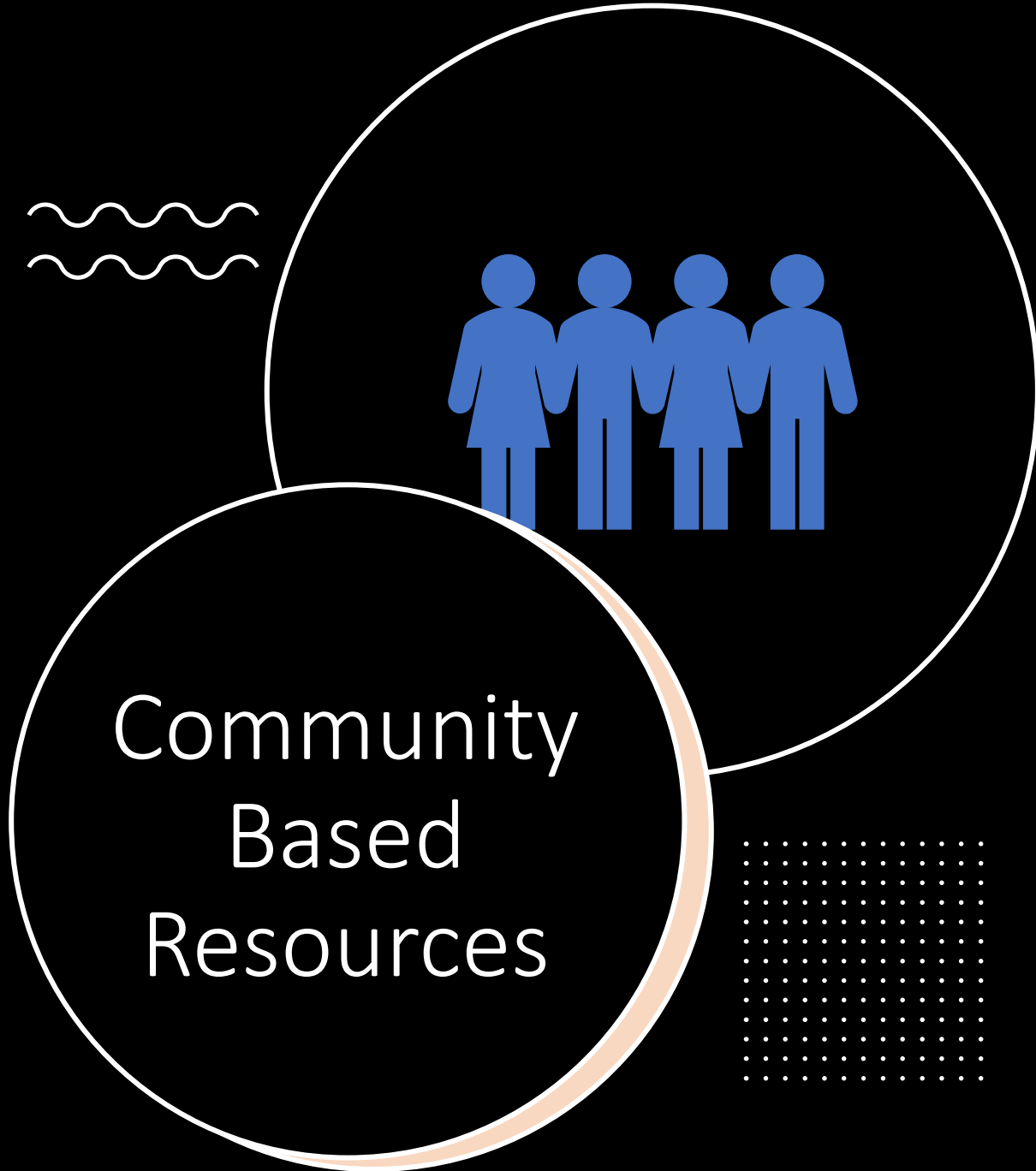
Thoroughly heat on medium, puree half, and serve topped with green onions

SUPERFOOD SCAVENGER HUNT

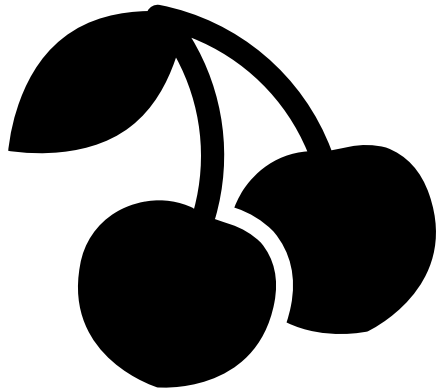
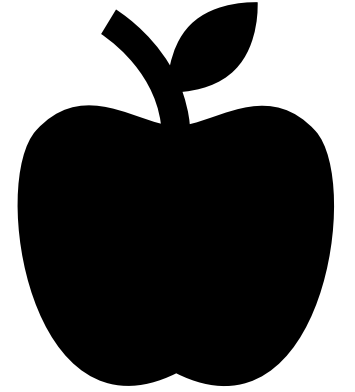
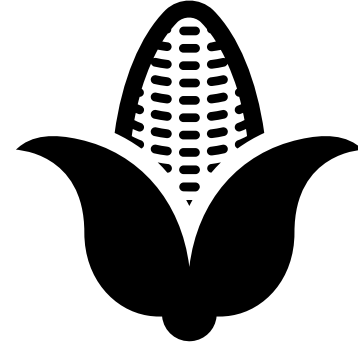
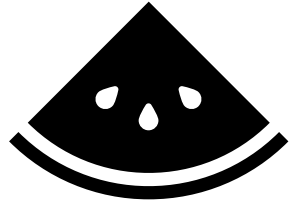
See if you can find and identify these healthy food items on your next family shopping trip.

Healthy Foods Scavenger Hunt

☐☐☐☐☐☐☐☐☐☐☐☐



- Cooking Programs
- Referral to School Programs
 - Mindfulness
 - Nutrition
- Education at Farmers Markets
- Community Gardens




“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” - **Ann Wigmore**

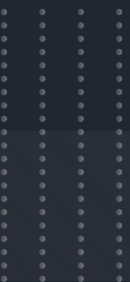


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Increase Physical Activity



PHYSICAL ACTIVITY HELPS IN ALL FACETS OF HEALTH



CARDIOVASCULAR DISEASE

CANCER

HIGH BMI

HEADACHES, STOMACHES AND BACKACHES

DEPRESSION AND ANXIETY

PAIN

MEMORY ISSUES





Key Guidelines for Children and Adolescents

- It is important to provide young people opportunities and encouragement to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer health benefits.
- Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous physical activity daily:
 - **Aerobic:** Most of the 60 minutes or more per day should be either moderate- or vigorous-intensity aerobic physical activity and should include vigorous-intensity physical activity at least 3 days a week.
 - **Muscle-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity at least 3 days a week.
 - **Bone-strengthening:** As part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.



DISCUSS PHYSICAL ACTIVITY ROUTINELY

- Review Individual Interests
- Discuss Barriers
- Offer Suggestions- In office demonstrations with weights or resistance bands or videos or apps
- Set Goals for the child and family

Clinical Tool- Playscription or Physical activity Prescription

Playscription



AMERICAN COLLEGE OF
Lifestyle Medicine
PEDIATRIC & ADOLESCENT

Active play makes your body move and keeps your body and mind strong.

Name three ways you like to play that keeps your body moving. (for example: jumping roping, playing games like hula hoop, hopscotch, or freeze tag, basketball, biking, running, dancing, swimming)

1. _____
2. _____
3. _____

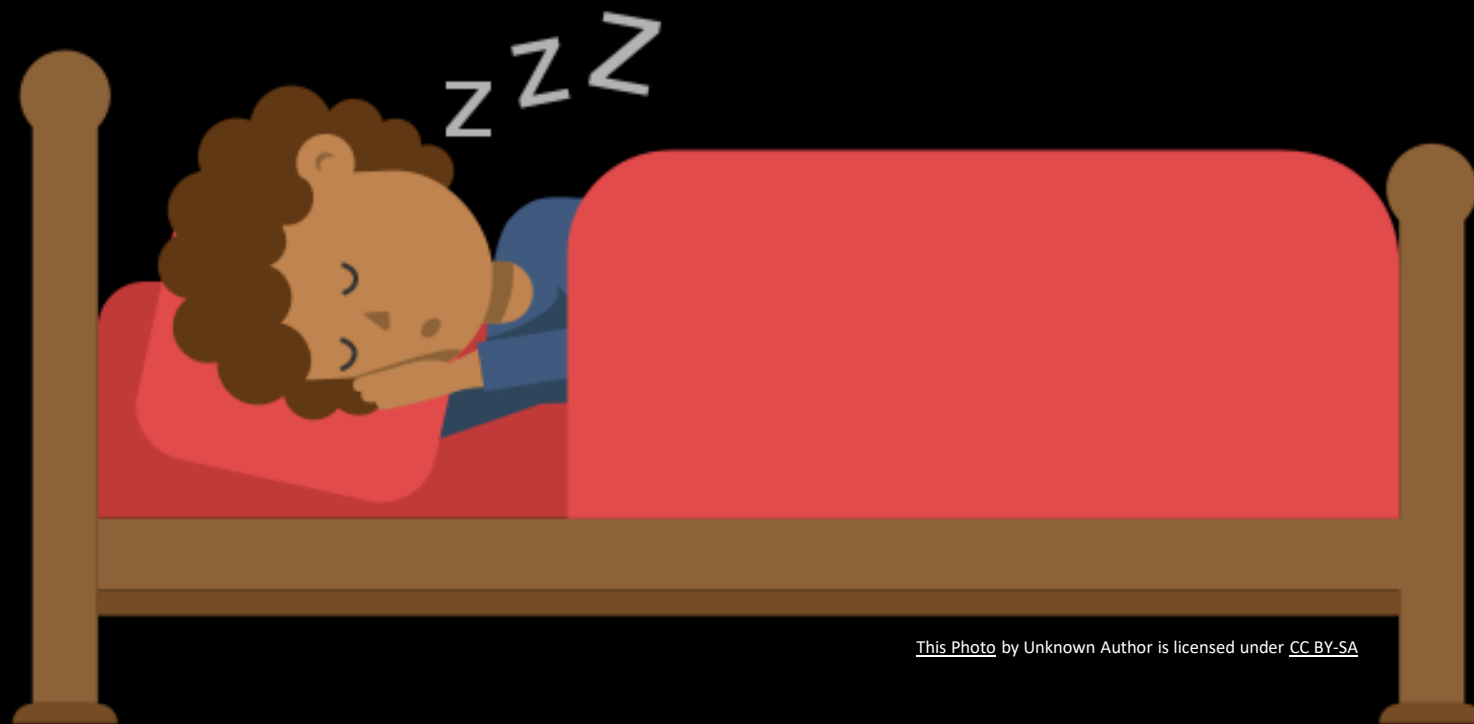
Name _____ Date _____

I pledge to play by: month: _____ date: _____ year: _____

For _____ minutes each day!

Child's Signature _____ Parent's Signature _____

Provider's Signature _____



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Sleep

ADEQUATE SLEEP IMPROVES

- Attention
- Behavior
- Learning
- Memory
- Emotional Regulation
- Quality Of Life
- Mental And Physical Health



POOR SLEEP LEADS TO HEALTH PROBLEMS

Attention and
Concentration Deficit

Depression

Obesity

Cardiovascular Disease

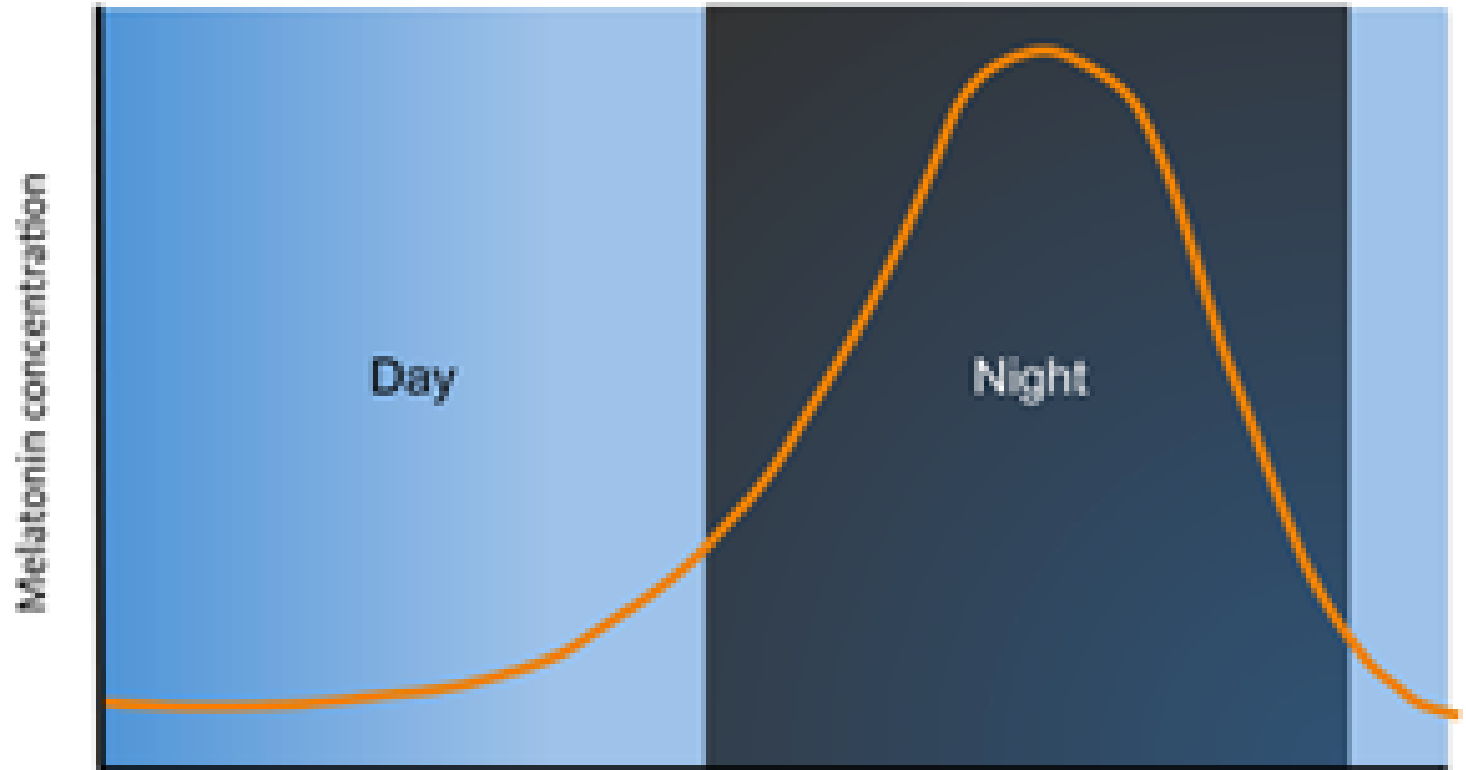
Diabetes

High Blood pressure

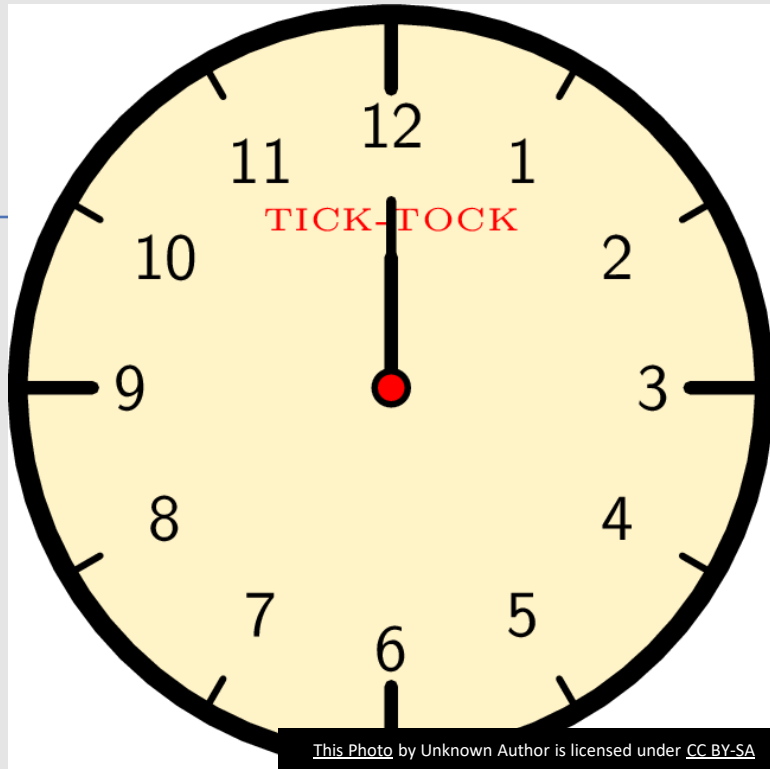
Sleep Science : Melatonin

HORMONE SECRETED BY THE
PINEAL GLAND

- Affected by Light and Dark
- Affected by Changes in Temperature
- Can Change Sleep Onset and Duration



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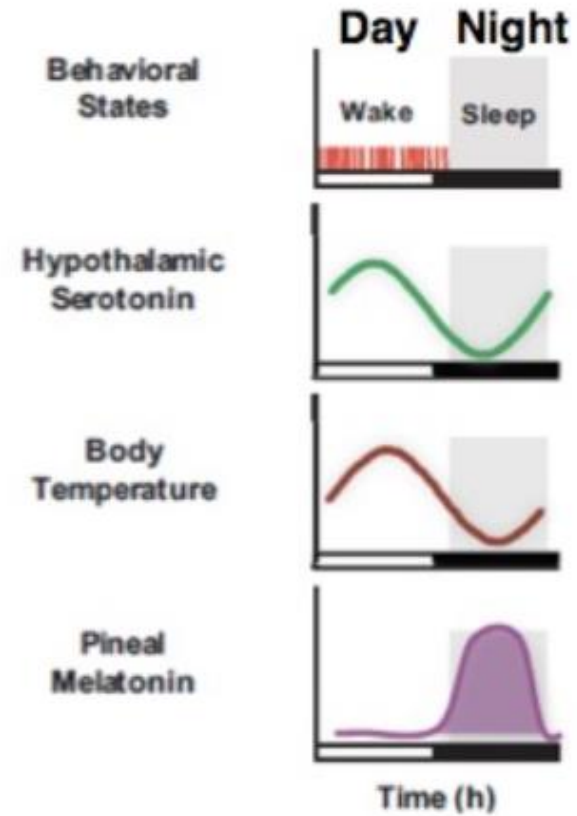


Melatonin is Made and Released in a Clear Pattern

- 24 HOUR INTERNAL CLOCK
- SLEEP/WAKE CYCLE

CIRCADIAN RHYTHM

BODY TEMPERATURE



Source - www.propofs.com/

Five Tips For Good Sleep



SLEEP IS
IMPORTANT
FOR GOOD
HEALTH

National Sleep Foundation and
American Academy of Pediatrics (AAP) recommends 9 to 12 hours (per 24 hours) of sleep for kids aged 6 to 13

Keep Active And
Exercise Or Play
For One Hour
Everyday

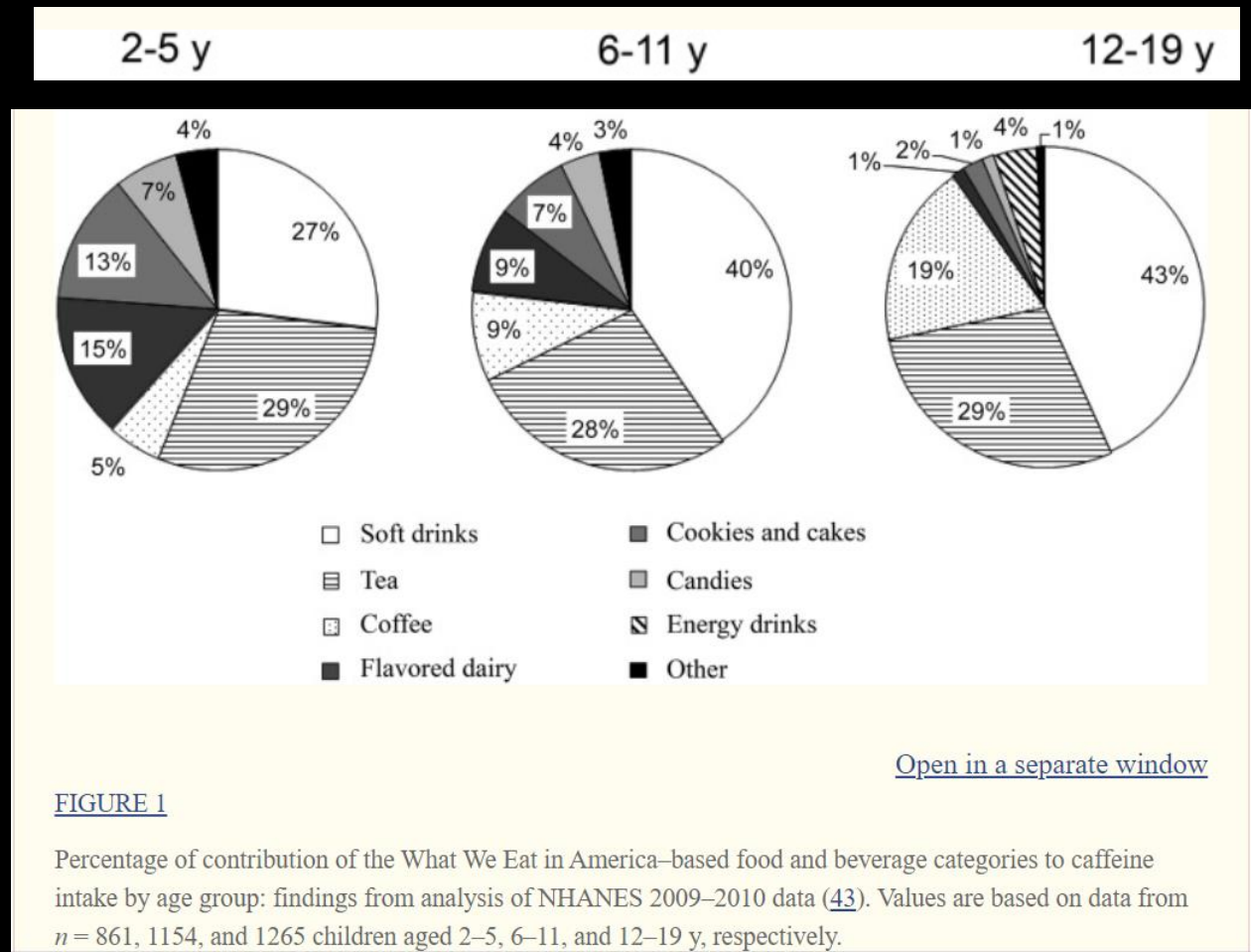


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Cut Out Caffeine, Including Soda, Coffee/Tea, And Energy Drinks

Foods/Beverages	Serving Size, oz.	Caffeine, mg
Coffee, brewed	8	133 (range: 102 to 200)
Espresso	1	40 (range: 30 to 90)
Snapple Iced Tea, Lemon/Peach/Raspberry	16	42
Starbucks Tazo Chai Tea Latte (grande)	16	100
Coke	12	35 to 47
Mountain Dew	12	54 (20 oz. = 90)
Dr. Pepper	12	42 to 44
Monster Energy	16	160
Red Bull	8.3	80
Ben and Jerry's Coffee Ice Cream	8	68 to 84
Hershey's Special Dark Chocolate Bar	1.45	31
Hershey's Kisses	41g (9 pieces)	9
Hot Cocoa	8	3 to 13

Image from: <https://www.houstonfamilymagazine.com/talktothedoc/much-caffeine-much/>



Ahluwalia N, Herrick K. Caffeine intake from food and beverage sources and trends among children and adolescents in the United States: review of national quantitative studies from 1999 to 2011. *Adv Nutr.* 2015;6(1):102-111. Published 2015 Jan 15. doi:10.3945/an.114.007401


Have A Consistent Bedtime Routine



Keep sleep times and wake times as similar as possible throughout the week



Read or do other screen free relaxing activities before going to sleep



Turn Off All
Screens At
Least One
Hour Before
Bedtime

Studies show that melatonin secretion can be delayed up to 90 minutes after room light exposure

Cool

Quiet

Dark

Keep Screens
out of the
Bedroom

Dim Lights
Throughout
the Evening

Make Your Bedroom A Retreat

Clinical Tool: Sleepscription



Sleepscription

School age children need 9 to 12 hours of sleep per day. (for example 9 pm to 6 am or 8 pm to 8 am)

Sleep helps your body and mind grow strong!

Directions: Keep track of how many hours you sleep for one week.

Name _____

Week of _____

Day of Week	Number of Hours I Slept
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

Credit: Michelle Dalal MD, FAAP
Effective use for ages 5 to 12.

Were you able to sleep 9 to 12 hours of sleep every night?

If yes, HIGH FIVE!!

If no, choose one thing you could do to improve your sleep:

- ☐ Turn off all screens at least one hour before bedtime.
- ☐ Keep the time you go to sleep and the time you wake up the same every day.
- ☐ Keep active and exercise or play for one hour everyday during daylight hours.
- ☐ Keep screens out of the bedroom - Make your bedroom calm, cool, quiet and dark.
- ☐ Cut out caffeine, including soda, coffee/tea, and energy drinks.
- ☐ _____

A person with dark hair and glasses is sitting at a desk, covering their face with both hands in a gesture of stress or frustration. They are wearing a light blue button-down shirt. On the desk in front of them is an open notebook and a pen. To the left, a stack of several books is visible. The background is a plain, light-colored wall.

Stress Management/ Building Resilience

What is stress?

Stress is the body's reaction to any change that requires an adjustment or response.

What is resilience?

Resilience is the ability bounce back after dealing with adversity



Managing Stress

- Doing Enjoyable Activities
(Hobbies, Walks etc)
- Deep Breathing
- Progressive Relaxation
- Taking a Mental 'Time Out'
- Mindfulness
- Meditation
- Imagery
- Gratitude Journal



Build Resilience

- <https://www.evensi.us/effective-parenting-building-resilience-children-teens-art-living-center/281750853>

Mindfulness

Mind Full, or Mindful?



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The process of being aware and non-judgmental of a situation, emotion, or circumstance and observing it, or allowing a pause, before any immediate reaction.



Encourage
Stress
Management as
a Daily Practice

Simple Strategies at the Office

5-minute in office
guided imagery

Emotion board
or
Paper plate emotions
mask



Identifying emotions
with words as they arise
(Mirroring)

Galaxy jar
or
stress ball

Mindful breathing

[AAP Mindfulness of Breathing](#)

Sesame street in
communities
[https://sesamestreetinco
mmunities.org/](https://sesamestreetincommunities.org/)

Clinical Tool

Social Emotional Learning & Mindfulness for Kids



Parents, teachers, and caregivers can use play to teach important social-emotional skills to kids. Playful activities that also teach social and emotional skills broaden a child's vocabulary for expressing emotion and communicating effectively with others. Social-emotional learning and mindfulness help children in every day life improve identification of problems and stressors, but also importantly recognize their own

emotional response to challenges. These skills lay the foundation for a successful personal and professional future by enabling ease with problem solving and coping with stress throughout life.

Learn more about these skill sets below. Try the suggested activities and create a personalized mindfulness tool kit for your child to practice social, emotional and behavioral skills at home or on the go!

Social Skills

Helping your child learn social skills is important because it gives kids a greater sense of control and assists them in connecting with others. Connection is important throughout life and supports health into adulthood. Realize that developing social skills takes time and practice for children. Try to "catch" (identify) when your child demonstrates positive social skills and provide positive reinforcement for the witnessed behavior. Explain to them why that skill is important.

- Examples of Social Skills:**
- Sharing, Expressing feelings, Asking for help, Showing gratitude, Being flexible when things don't go their way, Making eye contact when talking, Respecting personal space, others, self, and things

Try It – Gratitude Video

Gratitude: have your child think of people who are important in their life and encourage them to record a video, draw a picture, or write a note to describe what they like about that person or why they are grateful for them. Help your child to share this with the other person. When delivering this message, encourage your child to use their social skills such as eye contact, being positive, sharing with others, and being respectful of personal space.

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Relaxation & Mindfulness

Mindfulness is the simple practice of bringing a gentle, accepting attitude to the present moment. With practice, mindfulness can promote a sense of relaxation that promotes happiness and self-control and relieves stress. Mindfulness also trains the brain to learn to take pauses when stressful triggers are faced. These pauses can then allow time for a thoughtful and healthy response in the face of adversity. Mindfulness, therefore, has been shown to reduce reactivity, hyperactivity, anxiety, and hostility, while improving behavior, attention, social skills, coping, and overall well-being.

- Examples of Activities:**
- Concentrating on the in and out breath (Example: inhale for 4 counts, hold for 4 counts, exhale for 4 counts, repeat), Playing music and picking out the unique sounds, Slowly tasting and then chewing a piece of dried fruit and identifying the textures, sensations, and flavors as they change, Going for a sensory walk and being aware of the many sights, scents, textures, and sounds

Try It – Calm

Calm Corner: Create a calm corner using your mindfulness tool kit.

Breathing: Have your child lay on their back and place their favorite stuffed animal on their chest. Instruct them to watch their stuffed animal move as they breathe in/out.

Credit: Robin Ortiz, MD, Shannon Worthman, Lauren Genzone, Kaitlyn Tollefson, Michelle Tollefson MD

Feelings

It is important for children to become more aware of their own feelings in order to develop empathy for others. Bodily awareness of an emotion (e.g. noticing heart rate, breathing, muscle tension, stomach sensations) assists them with identifying their own emotions and recognizing various emotions in others. Having words to describe feelings during intense emotions is an important component of social-emotional learning for children.

- Examples of Feelings:**
- Angry, Excited, Frustrated, Sad, Happy, Surprised, Worried, Confused

Try It – Paper Plate Emotions Mask

Masks: Cut a paper plate in half. Write an emotion on the back side of the plate. Together, draw the nose and mouth of each emotion's face (smile, frown, confused). **Charades:** Take turns holding the mask up to the bottom half of your face and making your eyes and eyebrows match the emotion on the mask. Have the other person guess which emotion you are expressing. **Next level:** Ask the person to come up with a coping skill that could be used when feeling that emotion

Behavioral Coping

When children learn that they can use different behaviors to cope with their emotions, it increases their sense of control. Most kids engage in some positive coping behaviors already but it's beneficial to help your child learn even more. Taking time to explain to a child the power they have to identify feelings and pick positive coping behaviors is a great way to support their social-emotional learning.

- Examples of Positive Coping Exercise:**
- Talk with a trusted grown-up or friend, Spend time alone – go to a calm down corner, Read a book, Do something creative like color, Stretch or do yoga, Use positive self-talk, Deep breathing

Try It – Behavior Piggy Bank

Together, create fake coins or dollars out of construction paper or cardboard with different positive coping behaviors on each. Come up with a list of different prizes (i.e. fun family outing, new book). Every time your child utilizes a positive coping behavior, they can put that coin in their piggy bank (mason jar). Once they have filled up the piggy bank, or at the end of the week, they can choose one of the prizes from the list. You can also make each prize worth a different amount of coins, so your child can also save up their positive behavior coins and 'cash in' whenever they have saved up enough money.

Designing a Calm Kit for Kids

Mindfulness & Emotions

Discuss with your child that being mindful involves checking in with their feelings and with what is happening around them. Learning to be mindful is a powerful tool for your child to have and can help them deal with strong emotions.

Create or print out a sheet that has multiple drawings/names of emotions on it. Practice with your child having them identify what emotion they are feeling. Examples are available online.

Make a Calm Kit

Find a container such as a box or jar. Fill it with favorite household items your child finds comfort in. Have fun filling the calm kit with your child. Getting your child involved in collecting the items will make them more likely to use it. Get creative! Look to indoor and outdoor settings to find interesting items.

Thrift stores are often great places to find treasures for your kit. Have fun! Play! Experiment! Remember that your child's mindfulness practices and calm kit will change as they get older, so consider updating it from time to time with new items.

Below is a list of suggestions to help you get started with creating your child's first calm kit. Consider making a smaller, portable calm kit for use during long car rides or while running errands. Finally, create a calm and quiet space for your child to use the kit if possible. Consider making a smaller, portable calm kit to keep for long car rides or while running errands.

Calm Kit Ideas

- Smell: Scented stickers / vanilla scented rice in a bag or jar
- Listen: Plastic eggs or spice jars filled with items such as rice, lentils, dry beans, and other objects
- See: Galaxy jar (plastic water bottle filled with corn syrup, water, a drop of dish soap, glitter, and other small objects)
- Feel: Silly putty, fabrics with different textures, pillows, fidget toys
- Calming items: blanket, stuffed animal, pictures of favorite things/people, pillow
- Breath Focus: pinwheel, bubbles
- Creativity: crayons and paper, mandalas to color, a puzzle
- Movement: stretch bands, cards for different yoga/stretch poses

- Calm Kits
- Calm Corners

Apps

Calm for Kids

Stop, Breathe, Think

Headspace for Kids



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Building Social Connections and Preventing Loneliness |

Substance
Use
Cessation





Develop Habits |

Develop SMART Goals

SPECIFIC

MEASURABLE

ACHIEVABLE

REALISTIC

TIMELY



SMART GOAL (Family)

I will

(WHAT?) help _____ eat more fruit

(WHEN?) by the end of May

(HOW?) by having cut fruit available after
school every day



SMART GOAL (Child)

I will

(WHAT?)
every week

try one new vegetable

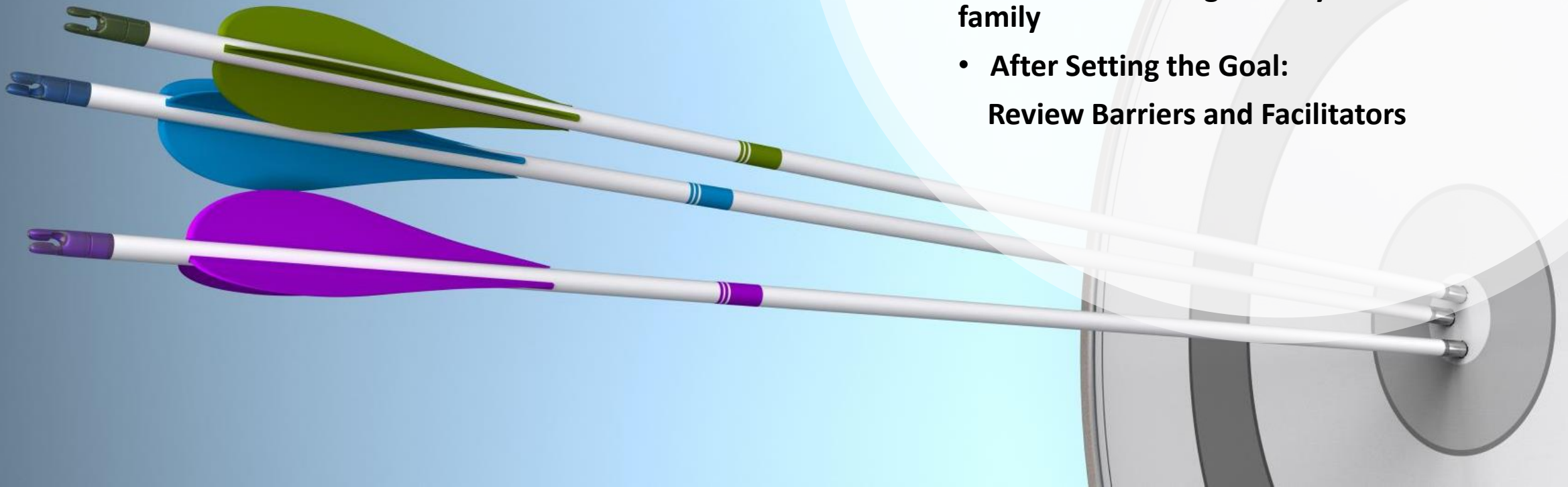
(WHEN?)

by the end of June

(HOW?) by having one at snack every day

Goal setting Tips

- **Before Setting a Goal:**
Determine Motivation for Change (ASK)
- **As a Goal is Set:**
Write down the goal for you and the family
- **After Setting the Goal:**
Review Barriers and Facilitators



Develop a Lifestyle Medicine Action Plan

Set Healthy Goals



Lifestyle Medicine Action Plan

Example: I will (WHAT?) eat 5 fruits every day by (WHEN?) next month. I will do this by (HOW?) cutting fruits and leaving them in the fridge the night before.

SMART Goals

S- Specific



M- Measurable



A- Achievable



R- Realistic



T- Timely



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Credit: Michelle Datal MD, FAAP and
Neeta Agarwal MD, FAAP
Recommended for use with school age
children

How I Eat

I will (WHAT?) _____

by (WHEN?) _____

I will do this by (HOW?) _____

Nutrition

How I Sleep

I will (WHAT?) _____

by (WHEN?) _____

I will do this by (HOW?) _____

Sleep

How I Move

I will (WHAT?) _____

by (WHEN?) _____

I will do this by (HOW?) _____

Physical Activity

How I Stay Calm

I will (WHAT?) _____

by (WHEN?) _____

I will do this by (HOW?) _____

Mindfulness

This information is not to be used as medical or mental health advice. If you have a medical problem, are in pain, or feel very stressed, please talk to a trusted adult, counselor, doctor, or medical professional.



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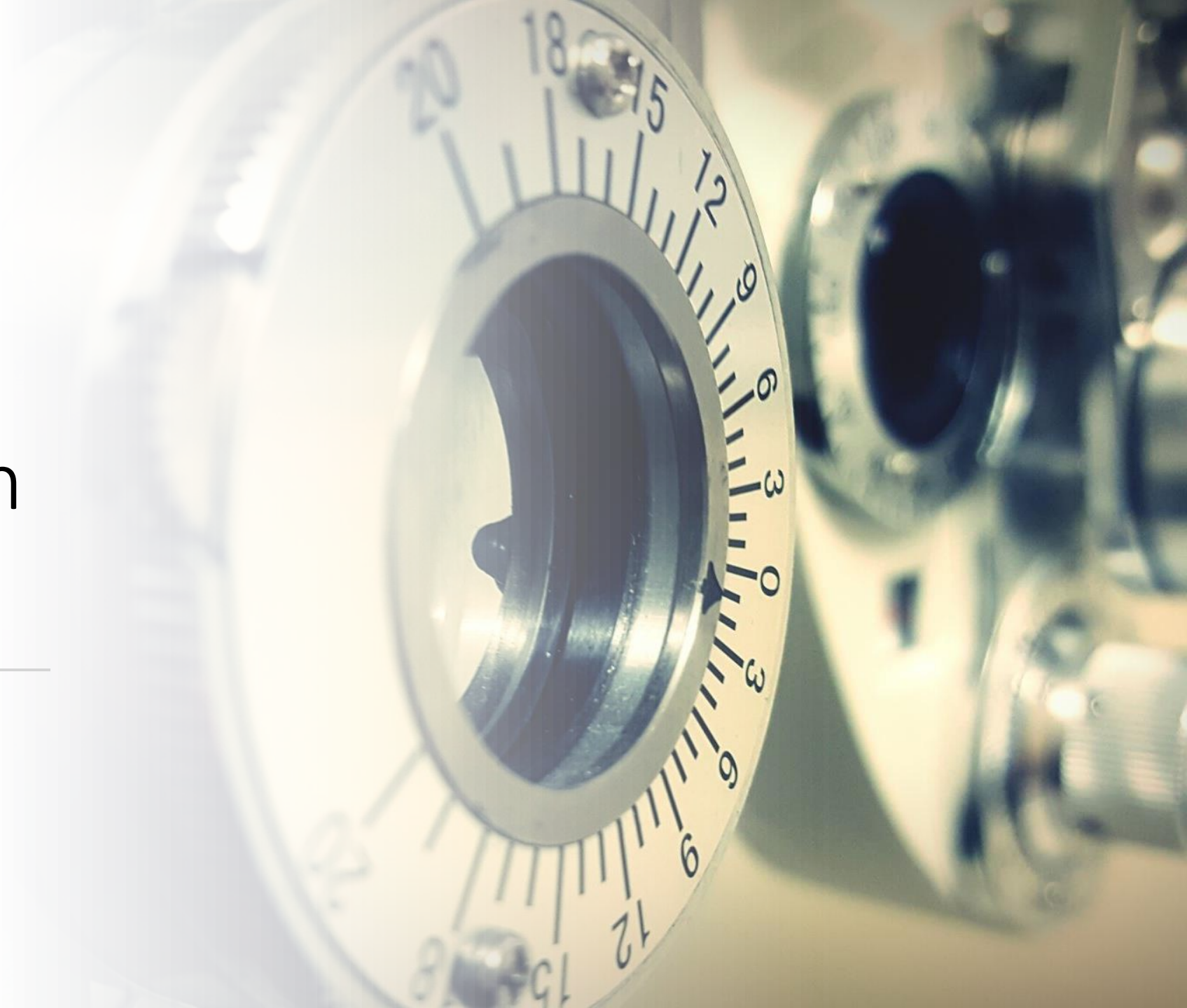


Within the Office

- Ask More Lifestyle Questions
 - Whole Child Assessment (<https://lluch.org/health-professionals/whole-child-assessment-wca>)
 - Adapt EPIC to include questions regarding these pillars
- Assess readiness for change, develop goals, review barriers and facilitators to change
- Have some tools to use in office, use simple language, suggest tips from other families
- Send some information home to review
- Set a follow up visit or consider community referrals



Examples Of Health through Lens of LM





Constipation or Functional Abdominal Pain- LM Based Approach

- Healthy Eating- Whole Food Plant Based Diet
- Increased Physical Activity- Movement helps Constipation
- Stress Management- Not feeling rushed my help settle the Stomach



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High BMI

- Healthy Eating
- Increased Physical Activity
- Improved Sleep
- Stress Management
- Social Relationships



ADHD

- Healthy Eating
- Increased Physical Activity
- Improved Sleep
- Stress Management- Develop Resilience
- Increase Social Connections

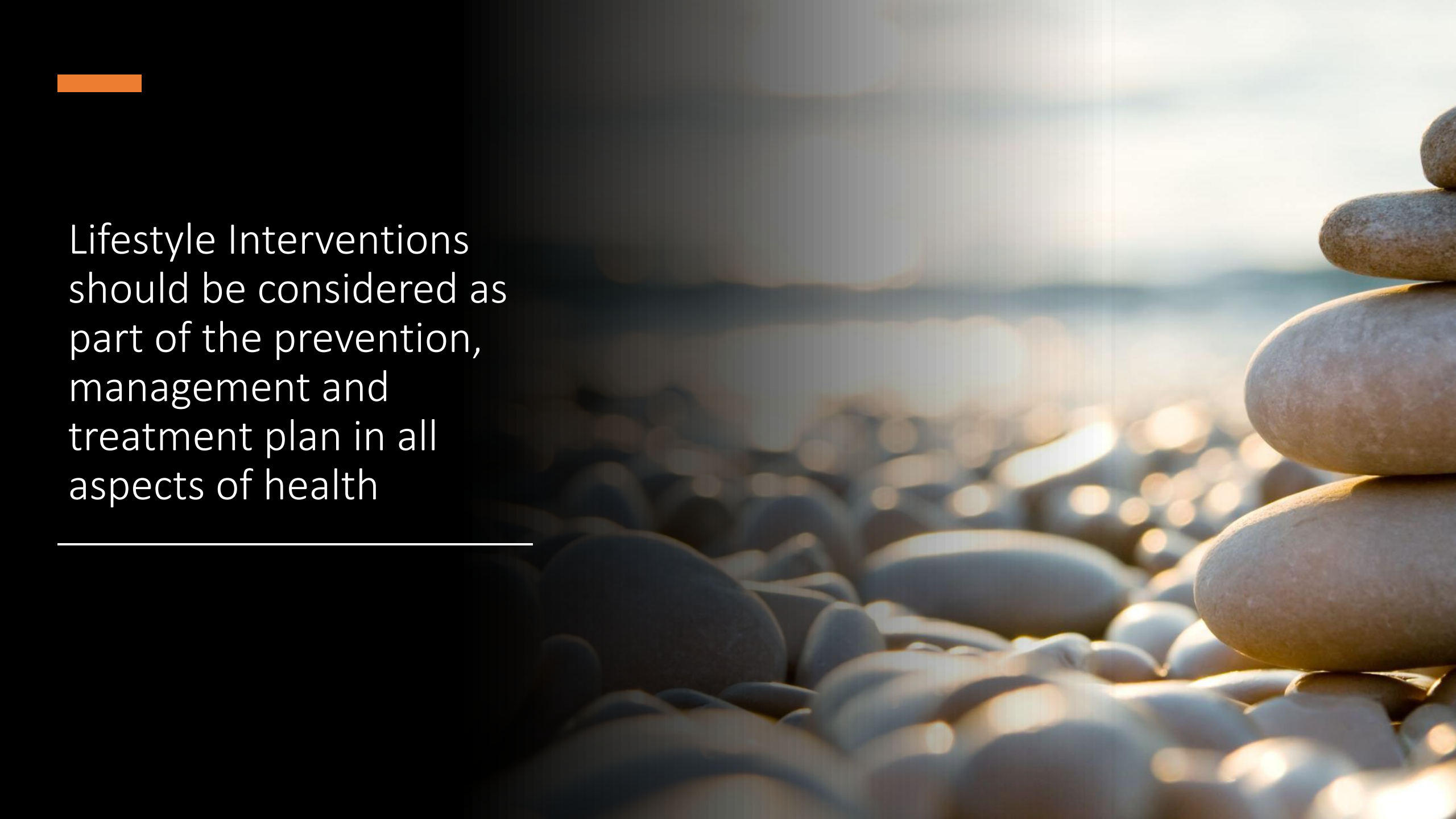




Depression

- Healthy Eating
- Increased Physical Activity
- Improved Sleep
- Stress Management- Develop Resilience
- Substance Use Cessation
- Increase Social Connections





Lifestyle Interventions
should be considered as
part of the prevention,
management and
treatment plan in all
aspects of health

Food for
thought



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Questions?

Email:

Michelle.Dalal@reliantmedicalgroup.org

Thank you

speakers@lifestylemedicine.org to book an expert

membership@lifestylemedicine.org to join today

events@lifestylemedicine.org regarding 2019 annual event

education@lifestylemedicine.org for CME & certification

trainees@lifestylemedicine.org for professionals in training

info@lifestylemedicine.org for general inquiries

www.lifestylemedicine.org





Additional Resources

- www.lifestylemedicine.org
- <https://plantricianproject.org/>
- <https://nutritionfacts.org/>
- www.forksoverknives.com