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outside and chains them to screens.

We all have the power to change our lives. However, we are creatures of habit and making changes can be quite a daunting prospect. This is why resources such as Change4Life can be so useful. You can start your journey from the comfort of your own home. Use interactive Apps to educate you from within your arm chair, dance and play games in your lounge and gradually step out and start to make those all important life-changing decisions. And there are so many other local resources available for you to take advantage of.

Wellbeing hubs, set up within local councils aim to promote a range of activities that hope to change habits and help achieve central government objectives. One of the activities organised by Adur and Worthing's Wellbeing team is family focused personal training for children and young people who are over the recommended weight for their age and height. Activities are fun, aimed at children between the ages of five and sixteen and can be undertaken at a time and location that best suits the user. Best of all, these sessions are FREE. For further information go to www.adur-worthing.westsussexwellbeing.org.uk

We all have a duty as parents, role models, volunteers and business leaders to encourage an active generation who are physically fit, mentally agile and can in turn lead by example. Make a start today. If you are already motivated, think about ways in which you can encourage others within your community and workplaces. For those of you that need a helping hand, sign up to Change4Life, contact your local wellbeing hub and get down to your local Leisure Centre today!



Taste matters

There are few things more annoying than a fussy eater! It makes your life, and the child's life, difficult as they get older. We once had a child round for tea who would only eat 'petit pois' (no other kind of peas) and carrots chopped into batons, not sliced!

It's important to get children eating 'normal' family food as soon as possible, always adhering to nutritional guidelines for children of course. The eating habits that children have when they are young will affect them as they get older, and often even as adults. If children develop a taste for fresh, healthy food when they are young, they are more likely to make healthier choices in adult life. So it is important that they are used to trying new foods and have a varied diet. It certainly makes life easier for you too; in today's busy world few parents want to prepare different meals for their children. If children have a limited diet it is also harder for them to get the nutrients they need.

Children also need to learn about nutrition. Once they reach high school, if not before, they will have more choice about what they eat so it is important they make the right food choices.

If your family diet is healthy, there is no reason that your toddler can't eat the same as you, or at least a version of it. Check the food labels on food so you know exactly what you are giving your little one particularly in terms of salt, sugar and additives. If you are having a curry for example you

may want to make it less spicy and you will need to watch salt content, but generally the sooner you can get your child eating healthy, varied foods with the rest of the family the better for everyone.

Sometimes little ones have to eat on their own but it is beneficial if they can eat with the rest of the family. If they see their parents and siblings tucking into fruit and vegetables, and food that they may be wary of trying they are more likely to give it a go.

Current NHS guidelines are that you start giving your baby solids at around six months.

From twelve months babies can have whole cows' milk; bear this mind when cooking sauces because children under two need the extra fat and vitamins found in full fat milk.

It's much easier to give your baby a taste for healthy food early on, than to try and change what they eat when they are older. Certainly by the age of five if your family are eating a healthy diet, your children should be eating the same foods. Encourage your young child to try lots of different foods which are age appropriate and provide the right nutritional balance and you will be making life healthier for them and easier for you!

For more information on children's nutrition go to www.nhs.uk/start4life.

Tasty app helps children

StarBites is a recipe e-book created for children's cancer charity KidsCan by renowned nutritional biochemist, Jeannette Jackson and ten celebrities.

Developed specifically to help parents of children with cancer eat healthily, the e-book offers a range of stress-reducing alternatives to traditional recipes which have been designed to help boost energy, reduce fatigue and support restful sleep.

Jeanette has adapted the favourite recipes of ten celebrities such as Henry Holland, Andrea McLean and Lisa Riley's to give the healthiest meals possible.

KidsCan is a charity which was set-up to support research into new and improved treatments for childhood cancers. StarBites is available to download from www.jeannettejackson.com/starbites for £1 with all proceeds going to KidsCan.