



**Mind Your Fitness!**



# **PEDIATRIC WELLNESS**

[www.mindyourfitness.in](http://www.mindyourfitness.in)

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**MUMBAI | PUNE | GOA**

### **Pediatric (Infant/Adolescent Nutrition):**

Childhood obesity is a “growing” public health problem. It results from an unhealthy lifestyle & in some cases due to medical conditions. Somewhere between 6-8 % of school children in India are obese.

Obesity and diabetes during pregnancy sets the stage for your child’s future risk for obesity and other diseases. Exclusive breastfeeding protects your baby against obesity. Formula fed babies tend to be overweight.

If your child seems to be moving out of the normal percentiles as per the growth chart, immediate action needs to be taken. Most parents are not aware that their child is overweight.

### **Risk assessment**

Heart disease begins in childhood. Overweight children are in need of cholesterol screening regardless of family history or other risk factors.

Given the current epidemic of childhood obesity, diabetes, hypertension, and heart disease in older children, screening with a fasting lipid profile remains a targeted approach by The American Academy of Pediatrics.

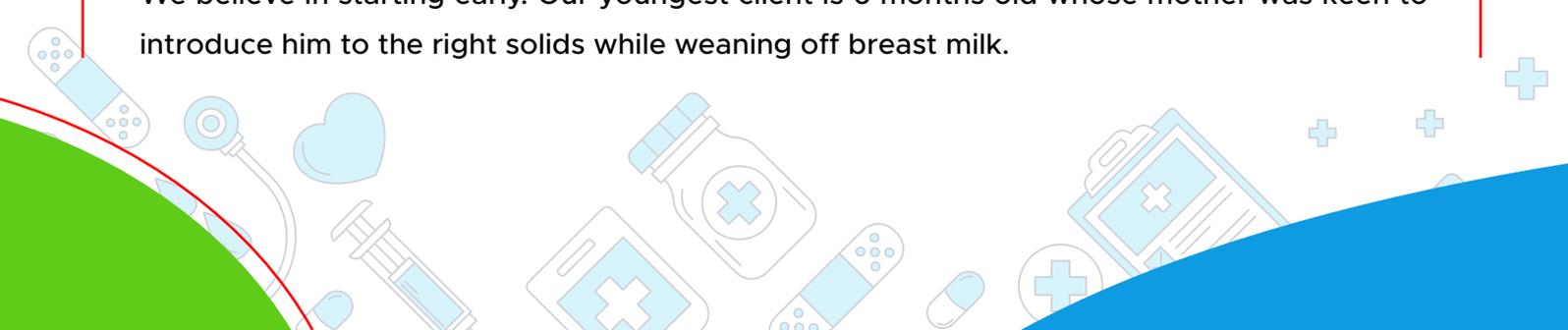
The American Diabetes Association recommends screening for type 2 diabetes beginning at 10 years of age or the onset of puberty in children who are overweight or obese and have two additional risk factors.

Concerns of early childhood and adolescence:

- Adiposity rebound and obesity
- Excessive screen time and exposure through social media
- Fussy eating
- Protein and micronutrient deficiencies
- Allergies
- Constipation
- Body image issues
- Acne, menarche, body composition changes at puberty
- Psychological issues
- Inadequate sleep



We believe in starting early. Our youngest client is 6 months old whose mother was keen to introduce him to the right solids while weaning off breast milk.



## Pediatric Wellness

### Diet

After conducting the nutritional assessment, a customised diet is planned based on:

- the kind of food prepared at home,
- the child's schedule,
- medical conditions eg Type 1 diabetes, children with special needs like Down's syndrome, ADHD, obesity
- allergies/food intolerances,
- favourite foods
- healthy recipes/substitutes for junk food
- school menu
- sports performance requirements for children competing in sports



### Exercise

Current physical activity recommendations for those ages 6 through 17 years of age are 60 minutes or more of physical activity every day with the majority at a moderate or vigorous aerobic intensity. Adolescents should engage in vigorous intensity activity at least 3 days per week and include muscle-strengthening and bone-strengthening activity on at least 3 days per week. Our specialised team of exercise consultants will prescribe age and sport specific exercise guidelines after an evaluation.

### Mental health:

Counselling parents is key. Our team of psychologists can help bridge the gap between parent and child and ease the flow of communication if any. Identifying and addressing mental health issues are crucial in this period. Overweight children as young as 7 years are battling depression. Mental health issues can lead to disordered eating and weight gain.



## **SPECIAL WORKSHOPS:**

### **Sleep Training Strategies**

Babies are NOT SUPPOSED to sleep through the night. Let's have realistic expectations! While they were in your womb they rested when you were moving (nice swinging motion) and kicked around when you slept. Once they are out, they continue the same way at least till 3 months, then gradually the sleep-wake cycle is regulated.

### **Healthy Toys /Physical Stimulation for Infants & Toddlers**

Over 80% of your baby's brain is formed by the age of 3! Nourish your little one's brain by providing the right kind of stimulation. Learn about the right type of activities and toys to ensure they achieve their maximum potential. Instead of spending thousands on fancy plastic toys, classes or brain games invest in play items that really fuel your baby's imagination and creativity.

### **Growth Assessment & Monitoring**

Is there one correct weight for all babies? No! It is relative to birth weight. It is not a race because the starting point is different for each one. Learn about importance of tracking growth, what is optimum (not under or over) growth, red flags that parents must be careful about and how to maintain growth charts on your phone.

### **Language Development**

Wondering how to raise a reader or a multilingual child? Learn about the journey of the absorbent mind with focus on the right age, the right environment, Do's and Don'ts, barriers of speech development etc.

### **Toilet Learning**

Toilet learning is a milestone too. Hence, we refer to it as learning and not training. What's the right age to start ? Birth, 2 months, 5 months, 12 months, 3 years or even later? Learn about the scientific approach, developmental needs and how to support your child.

### **Simple Natural Scientific (SNS) Parenting**

A guide to every aspect of parenting and child care that ensures a smooth parenting journey through the first 6 years of a life and beyond. Remember, the right start lays the right foundation: Nurturing those early years are important.