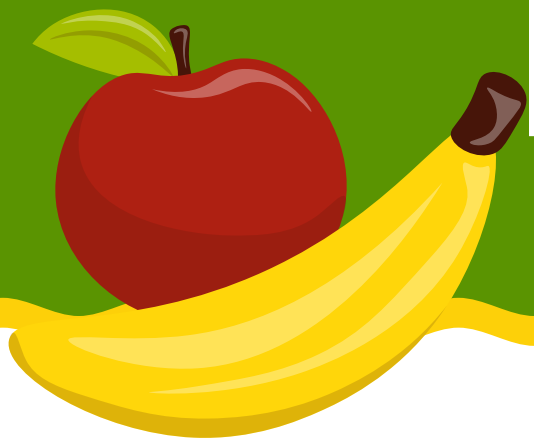
Nutrition Resource Guide

Guide for Special Needs Families

Silent Voyces

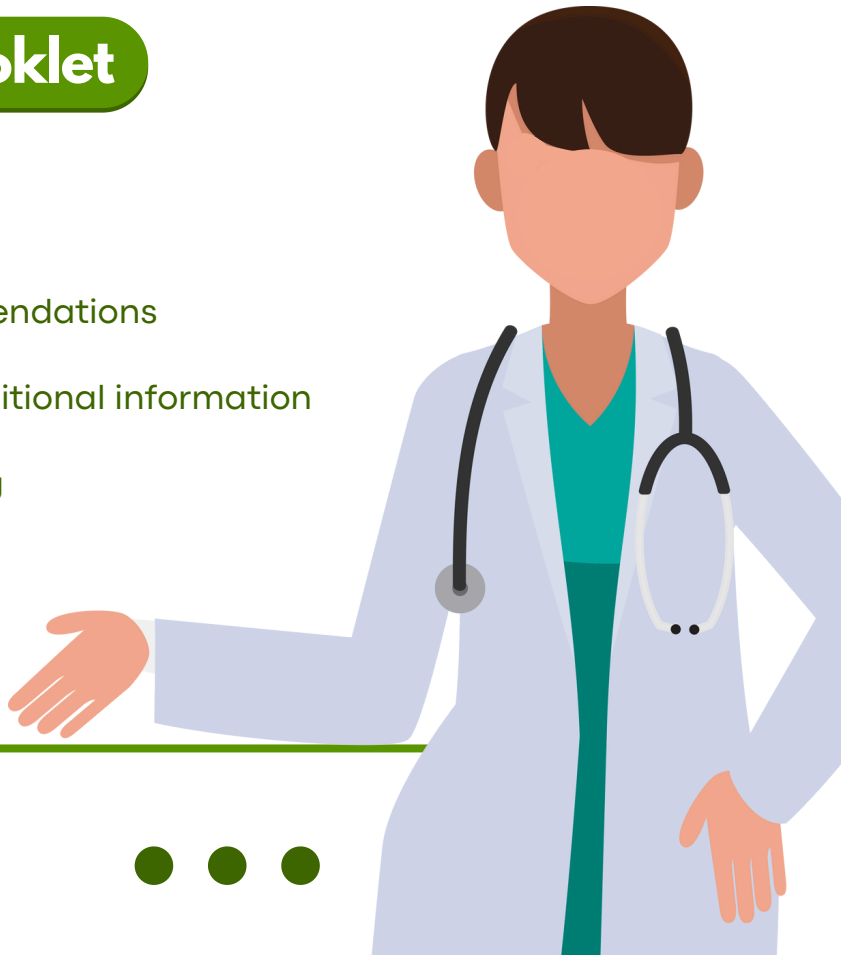
Introduction.



Health is the most valuable asset in life. A healthy lifestyle and balanced nutrition are vital in keeping the body fit and preventing various diseases. This guide will help you understand how to lead a healthier life.

Purpose of This Booklet

- Raising Health Awareness
- Offering Practical Recommendations
- Providing Resources for Additional information
- Encouraging Healthy Eating



Basic Terminology

Healthy food provides energy and essential nutrients for optimal body function. Eat a variety of nutritious foods.

Examples of foods with balanced nutrition

Complex carbohydrates

(brown rice, oatmeal, sweet potatoes)

Healthy proteins

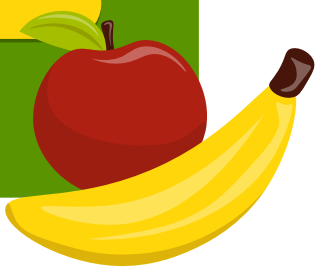
(fish, skinless chicken, tofu, tempeh)

Healthy fats

(avocado, nuts, olive oil)

Fiber and vitamins

(fruits and vegetables)



The Importance of Hydration.

Water is essential for overall health. Make sure your child is getting enough of water daily to stay hydrated, support metabolism, and remove toxins from the body.

Benefits of water for the body.

- Hydration and Fluid Balance
- Temperature Regulation
- Detoxification
- Improved Digestion

Recommended daily water consumption.

Follow guidelines for girls by age

Follow guidelines for boys by age

Physical Activity and Sports.

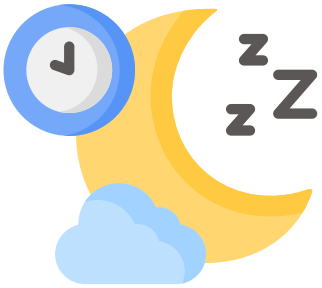
Regular exercise helps maintain an ideal weight, improves blood circulation, and for children with spasticity its helps increase maintain range of motion.

Consult with Physical Therapy

- example: walking
- example: tall kneeling
- example:rolling, walking,standing

Remember exercise is unique to your child and their ability

Get Enough Sleep.



Getting enough sleep (based on age of child) is crucial for mental and physical health. Quality sleep helps the body recover, improves memory, and boosts the immune system.

Tips Before Sleeping

- Avoid Heavy Meals
- Create a Relaxing Bedtime Routine
- Limit Screen Time
- Avoid Napping Late in the Day
- Stay Hydrated
- Practice Relaxation Techniques

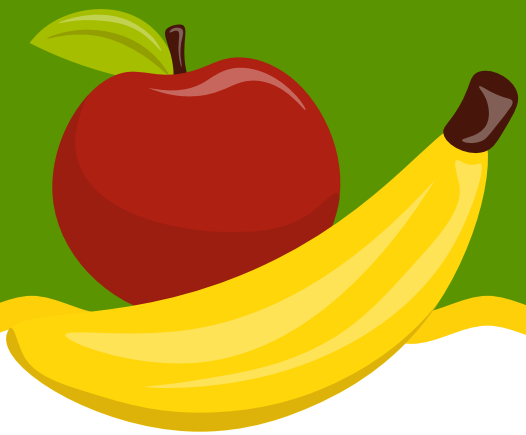
Managing Stress.

Managing stress for your child is very important and often overlooked. Try to avoid over stacking your child's schedule with appointments and therapies. They may not be able to communicate it but they feel it.

Ways to Manage

- Limit schedule to 2 appointments per day
- Provide downtime time - aka me time for them
- Make time for a fun activity
- take mini breaks - use music

Healthy Eating Plan.



- Artificial colors hyperactivity,irritability,and attention issues in some children, especially those with ADHD.
  - **Common Sources:** Candy, soda, colorful cereals, boxed snacks.

- High sugar can cause mood swings, energy crashes, and difficulty focusing, and worsens behavioral issues or affects sleep quality.
  - **Common Sources:** Sweets,baked goods, sweetened yogurts, sugary drinks.

- Gluten can cause inflammation and digestion,behavioral problems with some children with autism
  - **Common Sources:** Bread, pasta, cereal, crackers.

- Dairy can cause digestive discomfort or increased mucus production from dairy.
  - **Common Sources:** Milk, cheese, yogurt, ice cream.

Some things to Limit

1. Refined Sugar
2. Dairy(in some cases)
3. Artificial Additives & Dyes
4. Gluten (in some cases)

Conclusion & Motivation.

Nutrition is the best investment for your child's health. Start with small steps and enjoy the positive changes you will experience.

For opportunities to collaborate on information sessions. Please contact us.

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