

VITAKIDS RECOMMENDS

CHILDREN

- A high potency Multivitamin & Mineral
- Essential Fatty Acids: Omega 3
- Calcium
- A good strength of multi-strain probiotics
- A good potency of Vitamin C & Zinc
- Echinacea
- Black Elderberry
- Olive Leaf Extract
- Oil of Oregano P73

BABIES

- A good potency Multivitamin & Mineral
- Essential Fatty Acids: Omega 3
- Vitamin D3 drops
- A good strength of multi-strain probiotics
- A good potency of Vitamin C
- Echinacea

Tips for maintaining good health for children/babies:

- Babies should be encouraged to be active throughout the day. Before even crawling, they should be encouraged to be physically active by reaching, grasping, pulling and pushing.
- Children should be physically active daily for at least 3 hours, spread out throughout the day, both indoors and outdoors.
- Ensure their meals contain a good amount of fresh fruits and vegetables.
- Make sure they drink plenty of water throughout the day.
- Sleep is just as important for babies and children to allow their bodies to rest and recover.

Find Us

1. **PARAGON :** #05-31 | 6733 3964 | paragon@vitakids.biz
2. **WESTGATE :** #04-28 | 6465 9318 | westgate@vitakids.biz
3. **MARINA SQUARE:** #03-152 | 6837 0163 | marinasq@vitakids.biz
4. **FORUM THE SHOPPING MALL:** #B1-26 | 6235 3569 | forum@vitakids.biz
5. **TAMPINES 1:** #03-22 | 6509 8371 | tampines@vitakids.biz
6. **COMPASS ONE:** #03-15 | 6386 4585 | compass@vitakids.biz
7. **PARKWAY PARADE:** #B1-53 | 6344 0161 | parkway@vitakids.biz
8. **UNITED SQUARE** #B1-21 | 6909 3391 | unitedsq@vitakids.biz
9. **E-commerce Partner:** www.natureswisdom.sg

This material contains general recommendations only and is not intended to replace the advice of your healthcare practitioner.



How to Nourish Your Baby & Child



A healthy diet consists of whole, unadulterated, if possible organic food, high quality supplements, natural or organic skincare and household products will support the growth of healthy and well-rounded children.

Breastfeeding

“Breastfeeding is one of the most effective ways to ensure child health and survival. If every child was breastfed within an hour of birth, given only breast milk for their first six months of life, and continued breastfeeding up to the age of two years, about 800 000 child lives would be saved every year¹.” - WHO

Breast milk is a perfectly balanced food which provide babies with all the nourishment they need for the first few months. It contains special substances uniquely designed to protect them from infections and enhance overall defences by helping their immune system mature. It will also protect babies susceptible to allergies due to its high level

Healthy Eating

◇ Well-Balanced Diet

- ◆ **Protein.** Protein is vital for the growth and repair of all cells. It can also be used for energy production, if needed, or stored as fat. Eight out of the 22 amino acids are essential, which means we have to get them from the food we eat. The rest are non-essential which our bodies can manufacture.
- ◆ **Fat.** Fat is a necessary component of our bodies. It keeps us warm, is a source of energy, keeps our skin and arteries supple, cushions our internal organs and is essential for proper brain function. Babies and young children need a higher proportion of fat than adults.
- ◆ **Carbohydrate.** Carbohydrate is the body’s major source of fuel. There are two main forms: complex carbohydrates, such as whole grains, vegetables and fresh fruit; and refined carbohydrates, found in many junk foods which we should avoid.
- ◆ **Fiber.** Fiber is an essential part of your child’s diet. Not only does it slow down the release of sugars into the bloodstream, but it also helps to maintain the health of the digestive tract by creating bulk and thereby maintaining healthy bowel movement.
- ◆ **Water.** Around 70 per cent of our body is composed of water and we can live for only two or three days without it. Water should therefore constitute the single most important element of your child’s diet.

- ◆ **Vitamins & Minerals.** Vitamins are needed in much smaller amounts than fat, protein or carbohydrate but are just as essential for health. They boost energy levels, support the immune system, maintain the brain and the nervous system and support healthy skin & hair. Minerals are also required for body processes and they are divided into 2 groups: the macro-minerals, like calcium, magnesium and iron, which are needed in larger quantities; and the trace elements, like zinc, selenium and manganese, which we need in smaller amounts.



◇ Organic Food

- ◆ **No persistent pesticides or synthetic fertilizers.** Designed by intent to kill living organisms, persistent pesticides can be harmful to wildlife and human health, especially as they accumulate as toxins in our body, environment and nature. Organic farmers limit the use of these toxins.
- ◆ **No synthetic growth or breeding hormones.** Avoiding synthetic hormones (which are frequently given to conventional dairy and meat animals to alter reproductive cycles and speed up growth) means less stress for animals, and reduced human exposure to endocrine-disrupting chemicals.
- ◆ **No antibiotics.** Overuse of antibiotics in farm animals leads to the development of dangerous antibiotic-resistant infections. Organic farmers instead rely on natural measures to promote and maintain animal health.
- ◆ **No GMOs.** Genetically engineered crops are a relatively recent technology with potentially devastating impacts on ecosystems, human and animal health. Organic regulations forbid the use of genetically engineered seeds or animals (including clones).
- ◆ **Animal care.** Organic philosophy means raising animals in harmony with nature. Quality animal care keeps animals healthy naturally.



Supplements for Children

◇ Vitamins and Minerals in the Form of Supplements

- ◆ **Multivitamins and Minerals** - Your child needs essential vitamins and minerals for growth and development. They include vitamins A, B, C, D and E and minerals such as calcium, iron, iodine and zinc.
- ◆ **Cod liver oil** is rich in eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The body makes these fatty acids from omega-3 linolenic acid. EPA is an important link in the chain of fatty acids which supports anti-inflammatory function. DHA is very important for the proper function of the brain and nervous system.

- ◆ **Probiotic bacteria** favourably alter the intestinal microflora balance, inhibit the growth of harmful bacteria (like *Candida albicans*, or "yeast"), promote good digestion, boost immune function, and increase resistance to infection. Probiotics also contain enzymes that help break down and digest dairy products like lactose in milk.
- ◆ **Calcium** - A key building block for strong, healthy bones. Not getting enough calcium can lead to rickets and bone disease. When kids and teens get enough calcium and physical activity, they can start their adult lives with the strongest bones possible.

◇ Immune Boosting through Herbal Supplements

- ◆ **Black Elderberry** - Elderberry has been proposed as being immune supportive, and supports the body's natural defences. Research studies show Black Elderberry to have immune modulating and antioxidant properties.
- ◆ **Echinacea** - The flowers when harvested in their early developmental phase contain Arabinogalactin proteins and Polysaccharides. These chemicals support ongoing immune function and are best-used long term for supporting the immune system.
- ◆ **Oreganol (P73)** - Oregano oil is a powerful antimicrobial that can help fight off infections. It also has antibacterial, antiviral, and antifungal properties.

Chemical-Free Products for Skincare

"Personal care products expose children to an average of 60 chemicals every day that they can breathe in or absorb through their skin." - The Environmental Working Group

Our skin is like a sponge that absorbs the chemicals we regularly expose it to. Therefore, the use of organic and all-natural skincare products is extremely beneficial for children.

The Use of Natural Cleaning Products in the Home

Children are particularly vulnerable as their vital organs are still developing, any damage may be long lasting. They are smaller in size than adults and their developing organs are at greater risk of being affected by toxins. They also **have a reduced ability to eliminate toxins** from their developing bodies. Therefore, the use of all-natural cleaning products are essential to reduce exposure to toxins and maintain a healthy environment.

Earth Friendly Products, one of the pioneers in the natural industry, is committed to providing products that are safe for people and the environment.

Ask us
about
Eco-
Friendly
Cleaning!

