

# ‘Whole Child’ Health

A ‘Whole Child’ approach to supporting  
Physiological & Biological systems

Dr Venita Patel

MBBS, MRCPCH, MSc, Dip NT

Paediatrician & Nutritional Therapist



# Whole Child: Integrated Approach



# Parent/Family: Child in context

## HAPPINESS IS



*...happy, healthy children.*

# Parents/Carers & Parenting!

- Parent (Carer)
  - Health & genetics
  - Nutrition & lifestyle
  - Education & Socio-economic factors
  - Heritage, Culture & Community
  - Mental, emotional & spiritual health (ACEs)
- Parenting
  - Personalities/Styles
  - Parent-child relationship & communication
  - Routines
  - Siblings



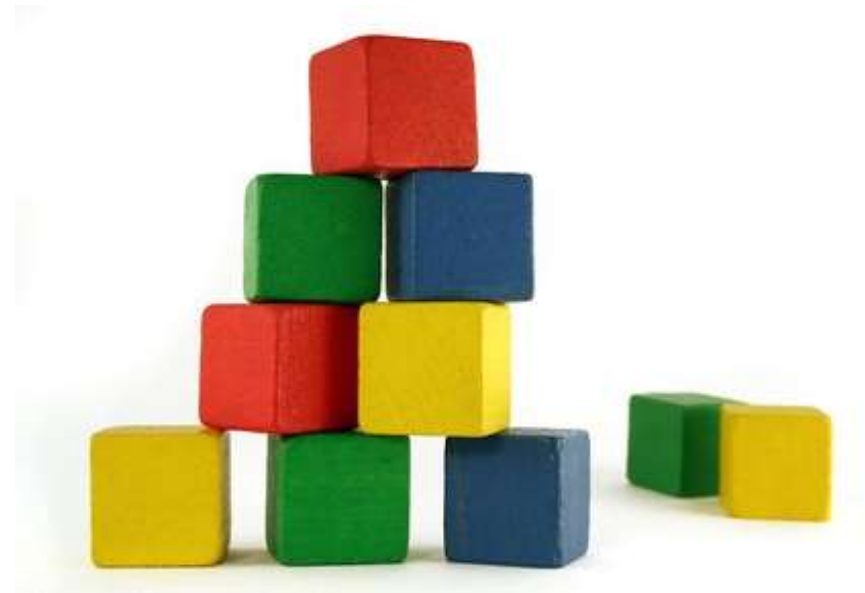
# Beyond the Family

- Extended family
- <5: Childcare/Nursery/Pre-school
- >5: School/Education
- Peers & Friends
- Neighbourhood & Community
- Extra-curricular, Leisure, Work
- Health services
- Place of worship



# Foundations of Health

- Physical health Factors:
  - Nutrition
  - 'Lifestyle'/Routine
  - Environment
  - Mental and emotional wellbeing
- Early Factors:
  - Genetics
  - Preconception
  - Pregnancy/Birth
  - Early life/Infancy



# Modern living-Health Challenges

- Urban Lifestyles (Nature-Deficiency Disorder)
- Food/Eating patterns: Nutrient-deficient, UPFs, Sugars
- Play: Screens, Sedentary, Static, Safe (Passive/Unchallenging)
- Peers/Friends: Virtual interactions, impaired social development
- Environments: Water, Air pollution, Chemicals, EMFs, Mold, Plastics,
- School/Education/extracurricular: Seated, Excess timetabling, stress

# Factors unique to Child Health (Not 'small adults'!)

- Safeguarding & Consent
- Developmental stages & Growth
- Daily routines/Food routines
- Blood sugar control
- Appetite/Interoception
- Ability to feed (fine motor, focus, sitting)
- Neophobia/Novelty
- Peers & Social interaction
- Dosing/Response to medication & supplements





# Assessment Framework

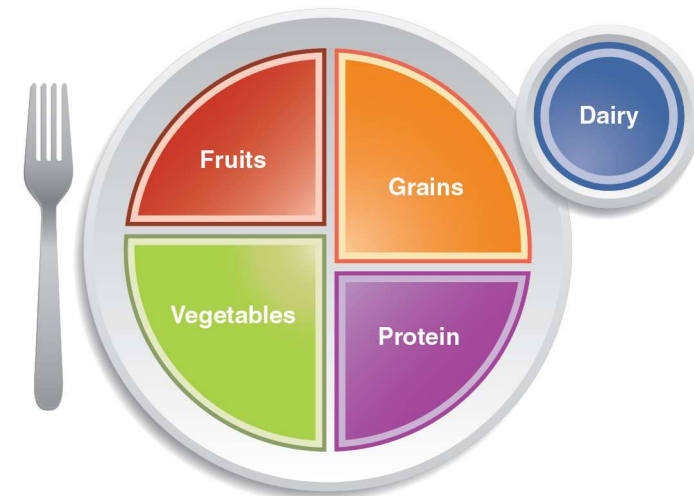
## 1. General History

- Timeline from pre-conception (1<sup>st</sup> 1000 Days)
- Genogram
- Current Developmental stage & Growth
- Daily/Weekly routine
- Systems-Gut Health
- Medication/Antibiotic/Supplement history
- Sleep, Behaviour, Mental & Emotional Health
- School/Social History/Activity/Interests



## 2. Food Diary & Feeding Behaviours

- Feeding/Eating routines & behaviours
- Fluid intake
- Dietary requirements (Veggie, Vegan etc)
- Appetite information/Motivation to eat/Interest
- Blood sugar stability & Cravings
- Likes & Dislikes (Taste, Texture, Appearance, Presentation)
- Allergies & intolerances (Food & Symptom diary)
- Food availability/Meal planning/Shopping
- Child's participation: shopping, prep, cooking, clearing..
- Mealtimes: time, stresses
- Cultural foods/Religious food rules
- Language around food/nutrition/health



Choose**MyPlate**.gov

# 3. Clinical Observations

- Demeanour & Presentation
- Developmental stage-Movement, speech, play
- Parent-Child interaction
- Child behaviour & responses
- Non-verbal cues and communication
- Weight, Height, Physique, BMI, Waist
- Overall appearance-Pallor, Under eye area
- Tonsils, Lymphadenopathy
- Skin-general & upper arms

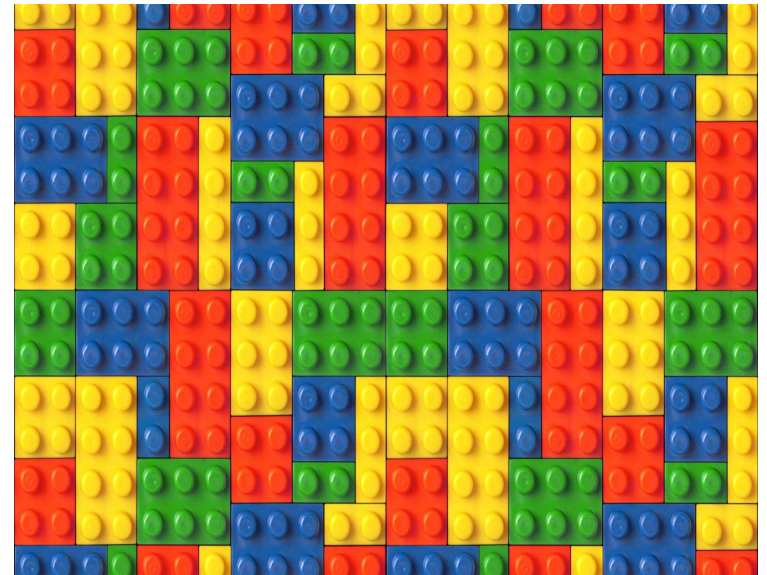
Dr Venita Patel - Health Via Nutrition



[This Photo](#) by Unknown Author is licensed under [BY-NC-ND](#)

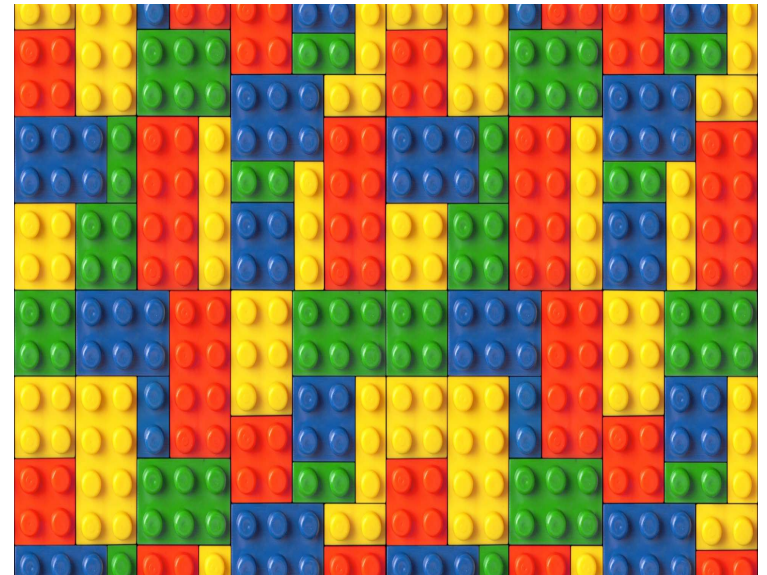
# Nutrition: Building blocks I

- Happy Brains (& Nervous systems)
  - Blood sugar regulation
  - Hydration
  - Protein
  - Omega-3/Fats
  - Vitamin D
  - B-Vitamins, A, E
  - Minerals: Iron, Zinc, Mg
  - Choline

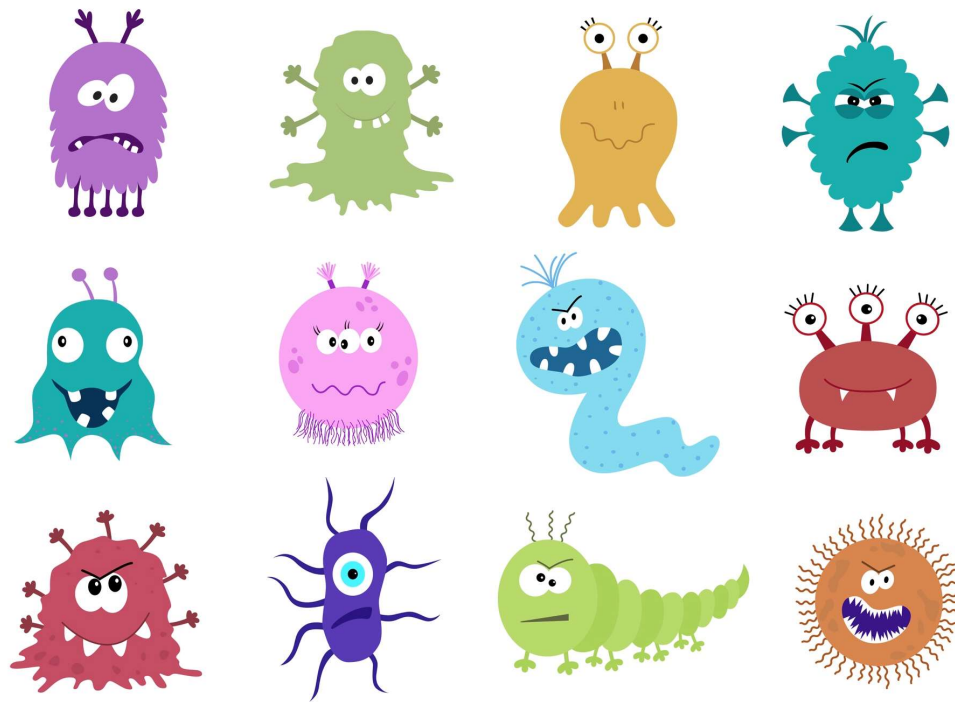


# Nutrition: Building blocks II

- Healthy Bodies
  - Protein & Fats/Omega-3/Fluids
  - Vitamins/Minerals/Phytonutrients
  - Mitochondrial/Energy systems
  - Cellular support
- Healthy Guts
  - Prebiotics/Fibre/Probiotics
  - Polyphenols
  - Fats
  - Fluid

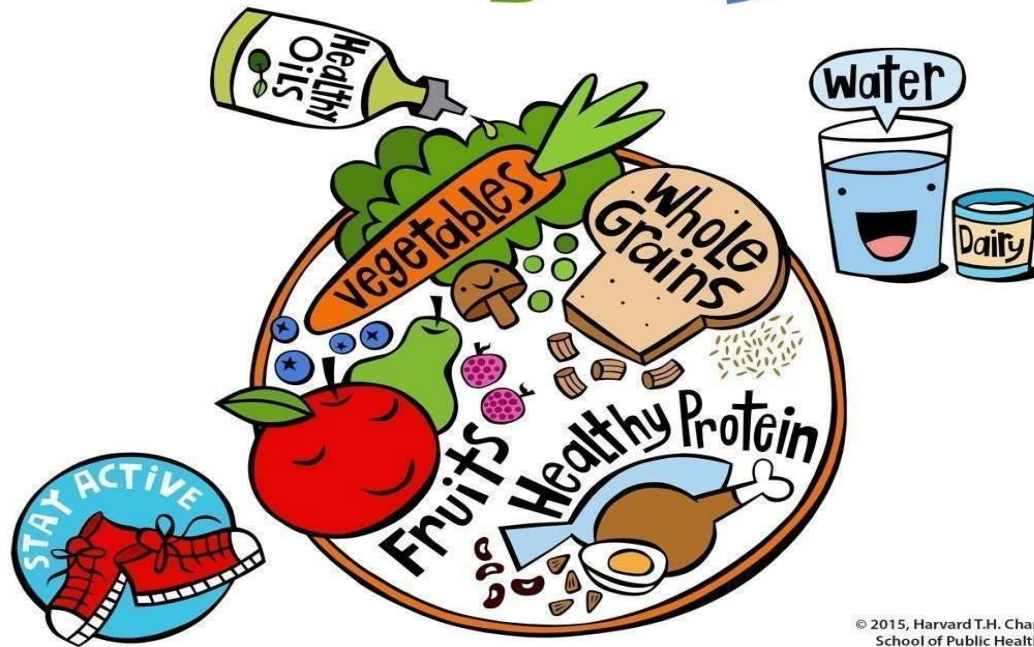


# Gut Health & Microbiota



# Balanced Plate-Meals & Mini Meals

## Kid's Healthy Eating Plate



© 2015, Harvard T.H. Chan School of Public Health

Dr Venita Patel - Health Via Nutrition

# EAT THE RAINBOW

	CAULIFLOWER MUSHROOMS SHALLOTS ONIONS TURNIPS FENNEL PARSNIPS CHICKPEAS	SWEETCORN YELLOW PEPPERS SUMMER SQUASH YELLOW SPLIT PEAS YELLOW LENTILS	ORANGE PEPPERS BUTTERNUT SQUASH PUMPKIN CARROTS SWEET POTATOES	RED PEPPERS BEETROOT RED ONION RED CABBAGE RADISH TOMATO RADDICCHIO RED LETTUCE RED LENTILS	BLACK OLIVES AUBERGINE RED CABBAGE PURPLE BROCCOLI PURPLE CARROTS	ASPARAGUS AVOCADO GREEN PEPPERS BROCCOLI BOK CHOI BRUSSEL SPROUTS CABBAGE CELERY GREEN OLIVES	LETTUCE SWISS CHARD KALE OKRA CUCUMBER GREEN BEANS ROCKET SPINACH PEAS
MON							
TUE							
WED							
THU							
FRI							
SAT							
SUN							

Collect five different colours everyday - tick off your colours  
Get your rainbow chart at [vegpower.org.uk](http://vegpower.org.uk)

Dr Venita Patel - Health Via Nutrition

**VEGPOWER**



# Parental Skills & Tools

- **Connect**-Co-regulation & Communication
- **Model**-Actions, language, interest
- **Family meals!** Consider mealtime stress
- **Descriptive praise** & reward (not with food!)
- **Home environment**-Available foods, Mini Meals
- **Whole foods/Rainbow**-Add in the good stuff & try new foods
- **Involve children**-Early exposures, prep/cooking, growing foods
- **Playing**-Learn through play, books, toy food & kitchen, mud kitchen!

# 'Whole Child' -Nourishment

- Play, Fun & Laughter
- SUN/Nature/Fresh air/Blue spaces
- Attention & Being heard!
- Movement/Exertion/Jumping!
- Music/Singing/Humming/Sound
- Creative outlets
- Grounding
- Unplugging (Boredom!)
- Sleep/Rest/Circadian rhythm
- Being present/Belly Breathing/Mindfulness



# Resources

- <https://www.nhs.uk/healthier-families/>
- Veg Power <https://vegpower.org.uk/>
  
- The Good Stuff- Lucinda Miller
- Eat Well and Feel Great- Tina Lond-Caulk
- Finally Focused- Dr James Greenblatt
  
- Dr Joel Gator <https://integrativepediatricsandmedicine.com/patient-education/>
- Dr Katiraei <https://wholistickids.com/blogs-and-videos-resources-library/>

# Questions & Thanks

- Dr Venita Patel
- @Healthvianutrition
- @Wholechildhealth
- <http://www.healthvianutrition.co.uk/>
- [Venita.patel@gstt.nhs.uk](mailto:Venita.patel@gstt.nhs.uk)

