



Good Health News

October • 2011
Volume 4 Number 7

Enjoying the fruits of the harvest

Health in Motion director Natan Gendelman talks about the benefits of fresh produce, nutrition and health

In This Issue

Enjoying the fruits of the harvest
.....Page 1

Food for thought: garlic, the wonder food
.....Page 2

You're Invited to our Holiday Party!
.....Page 2

Enabled Kids: Achieving Everyday Milestones - Potty Training
.....Page 3

November/December 2011 LIFE Program
.....Page 4

Good morning everyone! I hope that you all are staying well as the weather grows cool and crisp. Fall is already here, which means that the leaves are changing colours and the farmers are busy harvesting their crops. With an abundance of beautiful fruits and vegetables now available in the marketplace, it's much easier to find fresh, local and organic produce to eat and share with your family and friends.



In our last issue I mentioned that Ontario farmers keep decreasing the amount of pesticides and herbicides they use on their products every year. It's a positive change for both our health and the environment, and with these kinds of initiatives it's no wonder that our locally grown produce remains so healthy, wholesome and delicious. As you buy your weekly groceries, make sure to check where each item you choose comes from, and whenever possible try to get your produce straight from your local farm or farmer's market. It makes a big difference in the freshness, taste and quality of the food your family eats, especially since imported fruits and vegetables spend a longer time in transit and are therefore not as fresh.

Since fruits and vegetables contain several of nutrients which boost our immune systems, including plenty of fresh foods into your diet is the best way to protect yourself from illnesses. At this time of year it's really important to focus on keeping a healthy lifestyle as the changing weather and unstable temperatures allow viruses to grow and develop. For this reason, you'll often see children with sniffles, coughs and fevers at the beginning of every season. By eating foods that are rich in vitamins and minerals, you will help your body maintain its first lines of defense, meaning that you will stay happier and healthier in the upcoming months.

Also, as the fall and winter celebrations draw nearer, what you eat isn't the only thing you should be paying attention to. So, make sure that you go outside, enjoy the fresh air, admire the beautiful scenery, and are thankful for the time that you have to spend with your family and friends.

If you have any questions or comments, email me at natan@enabledkids.ca. Thank you, and have a great fall season!

General Health

► food for thought: garlic, the wonder food

► picking pumpkins

For more info, visit www.foodland.gov.on.ca



An excellent source of nutrients such as Vitamin A, Vitamin C, thiamine and riboflavin, pumpkins are the perfect ingredient for making a variety of pies, breads, cakes, casseroles, soups and other dishes. As well, pumpkin seeds are rich in protein and iron, making them a healthy choice for snacking.

When picking pumpkins, large ones are perfect for carving, while small ones are best for cooking in terms of taste and texture. Try them today!

Garlic is a great ingredient to include as a part of your next family meal. While it may not do wonders for your breath, garlic is able to lower blood pressure, prevent blood clots, and ward off bacterial infections due to its strong anti-microbial properties. During WWI, British physicians used garlic juice on wounds to prevent infection, and Russian physicians during WWII adapted the idea by altering their soldiers' diets to include garlic and onion to prevent disease. It's no wonder that it was nicknamed the "Russian Penicillin" as a result of its effectiveness.

Eating garlic raw is the best way to benefit from its natural properties. However, remember that just like with every other food, too much of something can have side effects. Consuming a large amount of raw garlic cloves may cause you to develop an upset stomach. Instead, you can cook garlic to get a milder flavour.

Garlic is a wonderful addition for soups, stir fries, sauces, roasts and for making garlic bread. Try adding it to your next meal for an extra boost in flavour and great health benefits!

Please note that garlic is a blood thinner and may interfere with medications or specific health conditions. Before trying this option, make sure to consult a health practitioner who can help decide whether it is right for you.



Let's get together and celebrate the holiday season!

To our dear friends,

Take a break from the holiday rush and share the Christmas Hanukkah spirit with Health in Motion Rehabilitation. Come and enjoy a variety of delicious appetizers, and share some laughs with old and new friends.

Date: Wednesday November 30, 2011

Time: 7:00 pm to 9:00 pm

Place: **Health in Motion Rehabilitation**

4256 Bathurst Street Suite 204, Toronto, ON
(Bathurst Medical Centre on Bathurst St, one light south of Sheppard)

Please RSVP by **November 23, 2011** to Irit or Elmira at: (416) 250-1904.
We look forward to seeing you there!

Natan Gendelman, Director,
and the Health in Motion Staff



ENABLED Kids
www.enabledkids.ca

▶ Achieving Everyday Milestones: Potty Training

For any child, development is a gradual process that happens step-by-step. Every action that a child learns builds on the one before it, and a child will start to apply these skills as he slowly interacts with his surroundings and discovers the world around him. For a child with Down syndrome, this is no exception since the severity of each child's condition will vary from case to case. What we need to keep in mind is that every child is unique, with his own set of strengths and areas for improvement. Therefore, what will play a key role in his development is our approach, and our ability to recognize the potential of what a child is able to achieve. By addressing his individual needs, we can then successfully guide him to reach everyday milestones. This is how we can help a child reach independent function, and develop to the best of his abilities.

Perspective. In order to begin this process, the parents' perspective play a key role in creating a positive and supporting environment for the child. It is important to learn to see your child as the unique individual that he is. Sometimes people forget the significance of this concept, for if a person sees a child's condition before looking at the child himself, he will label the child as "disabled" and make assumptions about what the child can or cannot do. In this respect, our aim should be to show a child how to improve, not to limit him in any way. For this reason, I personally do not differentiate between a child with a neurological disorder and one without. Whenever I am with a patient, what I see is a normal child; a child that, for some reason, happens to have a disorder. As a result we shouldn't come to excuse his behaviour, or accept any of his hysterics or tantrums whenever things don't go his way. If these reactions are inappropriate, then why should we come to accept them from someone with a neurological disorder? Like I always say: no pity, no excuses. Instead, what we should focus on is teaching him a "can do" attitude, from which he will learn the basic principles of interaction, courtesy and respect.

Learning Basic Principles. Once you start talking to your child and guiding him to regular behaviour and function, he will begin to follow and understand what you want him to do. With time you will see that he is discovering the world and learning to communicate with others. At this point, our job is to explain everything and create connections that the child will come to accept. He will have realized first-hand that if you scream, no one will be able to understand you; that if you kick and bite, no one will bother to come over and play. A child learns that you should be kind to people who are kind to you, and respect those who in turn, respect you. These are very basic principles that every child should know, and someone with Down syndrome should be no exception to the rule. With this guidance, a child comes to learn from his mistakes and develop new skills essential to his everyday life and interactions.

Applying this to new skills. These basic principles become especially important when a child starts learning new skills. In particular, I've been asked several questions about potty training by parents concerned about their child's progress. The process has always



been an issue for children with neurological disorders. Yes, you may experience delays in the training process—but there are many ways to approach it, each taking a different amount of time to learn. Many children without disorders still have problems wetting the bed until their teenage years. In this respect, there is nothing wrong if your child has to take his time learning the potty training routine.

Observe your child's habits. Now, what makes potty training a child with Down syndrome or another neurological disorder different is the way in which you should first approach the process. At this point, it is important to observe when your child needs to go pee or poo. This does not happen randomly, but will occur around the same time of day (give or take an hour) if mealtime routines are kept fairly regular. Pay attention to when it happens, then approach your child and speak to him about the process. Clearly describe why and when he should go to the potty, and highlight how it's something that everyone has to do. Don't force him to do it, but explain and elaborate; eventually, he will understand and start to follow.

It is important to remember that if a child has just had mealtime, he will need time to digest the food that he has eaten. Heavier foods in particular will take a few hours to break down, meaning that he will need to go to the washroom later. By considering his eating habits, you will be able to better understand his bodily functions and be more successful in the training process.

Of course, every child is different and our process may not work for everyone. Even when following a specific approach, some children will have more difficulty than others. As a result, remember that the principles of potty training use the same approach as with everything else we do with your child. Our recommendation is to follow the 3 W's: watch, wait and win. First, observe your child and when he is usually going to pee or poo. Wait means to be patient, and to adjust yourself to his hours. Next, you should explain, elaborate and demonstrate things for him, even if an action is something that you yourself would take for granted. Finally, you'll win when a child starts to get up and ask you to put him on the potty.

Potty training is a process that takes time and patience to succeed. However, once your child has reached this milestone, he will have already become one step closer to achieving independent function. So, be persistent in your efforts and guide your child to the best of your abilities. Good luck, and have confidence in what your child can accomplish.



Learning Independent Function Everyday. That's LIFE.

- ▶ A specialized treatment and education program for kids with neurological conditions

Mini Program

For: kids 0-12 & 12-15 with CP, ABI or stroke
Frequency: 1-3 times a week, 2-3 hours/day
Duration: Ongoing as needed

Maxi Program

For: kids 0-12 with CP, ABI or stroke
Frequency: 5 times a week, 3-5 hours/day
Duration: 4 weeks

Only 1 spot left for our **Nov '11** LIFE Program sessions! Email or call to book your child today. Dec '11 and 2012 dates are also available.

For more information, visit our website:
www.healthinmotionrehab.com.

Standing for *Learning Independent Function Everyday*, the LIFE Program was first conceived by Health in Motion's director Natan Gendelman. Following the key tenets of the LIFE Concept, it is designed as a **specialized education and rehabilitation system** for children with neurological conditions such as cerebral palsy, autism and autism spectrum disorders, Down syndrome, pediatric stroke, child developmental delay, and acquired brain injury.

The LIFE Concept is as follows:

- ▶ If a child can move, he can learn.
- ▶ The brain has neuroplasticity.
- ▶ Brain stimulation comes from verbal and motor guidance.
- ▶ Only independent function can develop a child into independency.
- ▶ There is no exercise, just function; no therapy, only life.
- ▶ Nothing can be built up on disability.

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Newsletter designed by Winnie Chang

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Email us! We'd love to hear from you.

Send your stuff to:
healthinmotion@bellnet.ca

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