

Packing lunch is good for kids!

Allowing kids to pack their own lunchboxes is empowering as they can choose a significant part of their diet, which goes a long way in fostering a healthy relationship with food.

ENCOURAGE HER TO PACK HER OWN SCHOOL LUNCHBOX WITH THE FOLLOWING TIPS:

- Keep the pantry stocked with healthy staples like nuts and dried fruit.
- Create a "snack station" with pre-bagged snacks in GLAD Zip Seal Snack Bags.
- Leftovers can be yummy the next day.
- Spend some time as a family planning and preparing the lunch menu for the week.

All it takes is a touch of creativity and planning and your kids will love their new-found independence.

Did you KNOW?

According to a survey known as First Steps Research, toddlers use as much energy per day as a grown adult would if they ran 48km or did four hours of boxing.



Family notes

The latest parenting news, products and advice for a happy, healthy family.

Tried and tested A fun way to lose the baby weight

Rebounding on a mini-trampoline is one of the quickest ways to rebuild muscle mass and improve overall strength and fitness levels. This is because the body works twice as hard to defy gravity (as well as the

forces of acceleration and deceleration) when bouncing on a mini trampoline, and this has an impact on every cell, muscle and organ in the body. NASA scientists discovered that jumping regularly on a mini trampoline (for just 10 minutes at a

time), requires more effort than jogging or running, but with no negative impact on the joints. Not only will rebounding help you lose weight, it also enhances relaxation and boosts the lymphatic system, which in turn boosts the immune system and reduces the appearance of cellulite.

We recently attended a rebounding session with fitness expert Lisa Raleigh and can vouch for the effectiveness of this workout. Not only do you burn tons of calories, you get to have some fun at the same time.

Visit lisaraleigh.com for more information on her rebounding programmes.



JUICY MOMENTS

Clover Nutrikids Juice is not only convenient for moms, it's also a healthy beverage for your little one. The juices are enriched with vitamins A, B2, B3, B6, B12, C, D, E as well as calcium and iron to aid in the development of strong and healthy children.

Available from leading retailers.

