

Further support or information

If you are having trouble with your child's early morning routines and would like any further support then please ask and we can put you in touch with our Family Support Advisor

Useful Websites include:

www.littlepeoplesplates.co.uk

www.nhs.uk/change4life

www.pocketparent.co.uk



This leaflet has been put together by the Pastoral Team at St Stephens Community Academy

We can provide support and assistance with a number of issues including:

- Support with your child's behaviour
- Links to other professionals who may be able to support your family
- Links between home and school
- Support with financial or housing issues.
- A listening ear and support at the times when family life gets tough

If you would like to arrange to meet with a Family Support Advisor, please ask for more details



Start the day the right way for your child!





Breakfast – the most important meal of the day!

Eating breakfast is an essential part of a healthy lifestyle for all of us, but it is especially important for our children.

When you consider that children who skip breakfast will probably go **18 HOURS without food**, you can understand why the experts are so adamant that eating breakfast is so important. Going this length of time without food for children can have serious impact on their ability to concentrate at school, their mood and behaviour, their general health and nutritional wellbeing.



Breakfast is part of a healthy balanced diet.

Missing breakfast means missing out on an great opportunity to get some of the really important food groups into your child's diet. For example the milk they miss out on by not having cereal is rarely made up through the day. Wholegrain is really important for children's health and is relatively easy to incorporate into breakfast.

It is also an opportunity to get one of those '5-a-day' fruit and vegetables down them by adding fruit to their breakfast menu. Watch out for high sugar and salt content in some cereals and especially cereal bars.

Guideline daily amounts for children aged 5-10

Calories	1800	Fat	70g
Protein	24g	Saturated Fat	20g
Carbohydrates	220g	Fibre	15g
Sugars	85g	Salt	4g
Fat	70g	Sodium	1.6g

Healthy breakfast ideas:

Ideally you are aiming for some calcium from milk or yoghurt, fibre from bread or cereals (wholegrain is best), some protein from eggs, milk, meat and 1 of your 5-a-day.

- * Pancakes with fruit
- * Yoghurt with fresh or dried fruit
- * Wholemeal toast with peanut butter
- * Scrambled or boiled egg
- * Porridge with fruit (you could sweeten with a little honey if you need to)
- * Smoothies (best to make your own if you can as shop brought ones can be very high in sugar)
- * Cereal and milk- a classic and some experts still feel the best breakfast as long as you make the right choice of cereal.
- * If your child is desperate to hang on to their high sugar cereal, why not try mixing in a wholegrain cereal with it. That way you will reduce the amount of sugar they are taking in and sneak some valuable fibre in here too!

Most parents are in a rush in the mornings and you don't need to put pressure on yourself to cook an elaborate meal, just having a few simple healthy breakfast options in stock.

