

STELLAR *Life*

Hosted by *Orion*

Gut Health for Children - Parenting Series Part 2

10 Point Checklist

Kristin Van Wey

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"We must take childhood constipation very seriously. It's a huge health issue in the U.S. and it also can impact immune support and overall health long after kids grow into adulthood."

KRISTIN VAN WEY

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Discover the vital connection between your child’s well-being and a healthy bowel movement. Understand the significant impact of proper digestion and waste elimination on their overall well-being.
- Make hydration a priority to ensure your child is adequately refreshed and doesn’t experience constipation. Avoid serving your child soda and other sugary drinks.
- Encourage your child to embrace the joy of the outdoors, like climbing trees and playing with animals. Recognize that contact with dirt and exposure to nature strengthen your child’s immune system.
- Cultivate empathy for your child’s unique perspective, and recognize that their experiences differ from yours. Remember, they may struggle to articulate the stimuli around them.
- Joyfully help your child fulfill their purpose. Your children specifically chose you. It’s up to you to provide the environment to blossom and grow into whole, healthy, and successful adults.
- Develop open communication with your child. This helps you create a safe space that encourages meaningful conversation.
- Shift your attention to the positives of your child’s development instead of the negative obstacles. For example, if your child was born via C-section, introduce probiotics and prebiotics to nurture their gut health.
- Choose gentle, natural, and non-addictive products for your child. Consider non-stimulant herbs like [Zendocrine Complex](#) to nurture their digestive system.
- Practice introducing your children to mindful foods. Focus on fresh fruits and vegetables before introducing high-protein foods. This minimizes potential allergens in their systems.
- Document your children’s dietary experiences and curate a catalog of nourishing, healthy foods by creating a food journal. This journal serves as a tool to understand how different foods impact them.