

Indigo Children and Nutrition

Indigo Children have an inherent wisdom that enables them to see truth in all things. Food is certainly one area in which we can readily support them in their quest to be inquiring, and responsible for their own choices. Growth is not just about physical development – it is about wholesome eating habits, and foods full of life force which will support your child in fostering growth creatively - spiritually, emotionally and mentally. If we can imagine that full foods bring children closer to their truth, and empty foods are like putting a barrier between them and their inherent beauty, then we start to move closer to an understanding of why real food is so important.

Some basic guidelines follow, but it is important to spend some time reflecting on effective and simple ways to make some grass roots changes to pantry items, eating habits and our basic nutritional knowledge.

Eat More / Full foods

- Whole foods, unprocessed foods
- Super foods – nutrient dense foods
- Seasonal produce
- Organic produce and pantry items
- Drink lots of clean water (not tap)
- DETOX your life

Eat Less / Empty foods

- Junk Food / Fast Food
- Sugar
- Preservatives
- Processed and packaged foods
- Minimize confectionary or eliminate
- Eliminate fizzy drinks
- Reduce intake of hydrogenated oils

Perhaps you intuitively already know some of these tips and pointers? Perhaps you regard them as simple common sense? Excellent! Isn't that exactly as it should be?

Indigo Children have much to teach us, so as parents if we learn to listen to the wisdom of our bodies, the wisdom of our children and ways in which fresh, real, full food speaks to us, then we can truly make a fundamental difference in the health, wellbeing and vitality of not only our precious children, but ourselves as well.

Encourage a connection with the earth and the source of our foods

Create a small vegetable plot, herb garden or basic orchard and encourage your Indigo Children to tend to its growth and to pick food for the table. Build a secure chicken coop and recycle their manure as fertiliser for your food gardens and use their eggs in your cooking. Be sure to feed your chickens grain, maize and table scraps instead of the commercially produced, hormone-laced layers' pellets available through the local produce store.

Take your children on field trips – pick berries, gather wild apples, visit a dairy and milk a cow – anything that opens little hearts to the fascination of nature and the abundance with which we are provided by the Earth Mother.

Use colour

Stimulate interest through your understanding of colour and the spiritual and psychological impact colour has on us. This extends to food, so use your intuition when planning meals and apply what you know. For example, if your children need grounding then choose foods from the lower chakra range.

Don't forget also that the more colourful the food, often the more nutrients are present. Red or dark foods, for example, have higher levels of flavanoids which improve concentration and memory, so choose red lettuce varieties instead of iceberg and Spanish onions instead of the common brown variety.

Create connections with food and eating in creative and multi-layered ways

Sing, dance, sculpt, play, draw, paint and write about food and health. Turn recipes into songs or laugh as you create a story about what would happen if a pea met a persimmon at the park one day. Bring food to life.

Cook with love

Involve your children in easy preparation tasks that are meaningful for them.

Bring your own passion and enthusiasm for cooking to every meal you make, and foster an understanding as to the value of 'making it yourself' rather than opening a frozen dinner. Connect to the process of chopping and stirring, make time to enjoy togetherness in the kitchen.

Make the sharing of a meal important time to be with one another as a family, not a rushed bite in front of the TV.

Sniff, smell, taste, feel – encourage hands on tasting, make a game of introducing new and varied produce to them. Involve all the senses *including the intuitive* function. When shopping, let them guide you to what they need – Indigo Children will instinctively know what foods have the nutrients they require.

Give children power to develop healthy eating habits

Let your children have an input into how much of anything they are going to eat while serving up – or better still, let them serve themselves!

Develop boundaries around this of course, but encouraging responsible intake is an excellent life skill that challenges the obesity crisis that face many children as they grow.

Food is not ammunition

Don't dishonour food by making it a bargaining tool with children. Reinforcing positive or negative behavior through the offering or withdrawal of food items can have disastrous and lasting effects on our relationship to food. Of course, always praise correct choices.

Make a practice of giving thanks – let your child honour and acknowledge the food they are about to eat, the hands that prepared it and the goodness that it will bring to them.

Detox your environment

Chemical overload in our homes will potentially effect vitality, creativity and the general happiness of our children who are much more sensitive than we are to the toxins they are exposed to through cleaning products, standard bathroom items, tap water, plastic drink bottles and pharmaceutical drugs - just to name a few.

Systematically change or limit these product options for chemical free alternatives and explain your decisions to your children.

Expand your awareness of the ingredients that are in foods (and often hidden)

Read labels and spend some time understanding the way in which food is marketed. Many products labeled 'health' food are not at all good for us, 'natural' doesn't always mean free of nasties like pesticides, and 'lite' often refers to more than reduced fat content.

Set this practice for yourself and watch your children mimic your conscious selection of ONLY THE VERY BEST!

*For further nutritional information, or to learn more about implementing this information into your child's life, contact **Lindy Schneider** and ask her about her cooking workshops, mouthwatering 'child friendly' recipes and other suggestions.*

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