

THE ULTIMATELY COOLEST WAY TO RAISE YOUR KIDS IN THE NEW ERA

# GEEK PARENTING

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## CES 2016

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OF THE NEAR FUTURE

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AND  
MORE!



# How to make your New Year's Health Resolutions stick in 2016

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By Sara Jackson

**N**ew Year's resolutions are a bit like a newborn baby...they're fun to make but not always so easy to keep going. Each January, a third of us make plans to better ourselves in some way, but much fewer people actually see their resolutions through. A recent study showed that although about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later.

I know it's hard to keep up the momentum once the New Year's fireworks have fizzled out, but it's not impossible. Here are the top four listed New Year's Health Resolutions and tips on how best to keep them...



**1 Lose weight.** The fact that this is the top of so many people's list suggests that it's not the easiest to commit to. A few things to keep in mind - make one change at a time. Whether that be to start by adding a side plate of green veggies instead of your usual starchy food to your meal or to ensure you're drinking 1-2 litres of filtered water daily - take it slow and give yourself one new goal to strive for each week. You'll thrive off the buzz when you accomplish each goal, and your success will help boost your resolve. The better you become at making small changes, the easier it will be for you to stick to them.

Also plan for bumps in the road. There will be days where temptation might get the better of you, but prevent slipping up by keeping a food journal, so you're aware of everything that passes your lips and have a support system in place. We are hard-wired to be susceptible to visual cues, so draw on the power of images by placing a photo of a thinner you on your fridge, or keep a picture of a beach hideaway in your wallet as a reminder of the holiday you're saving for.

**2 Save money...**by making some health and lifestyle adjustments. Pocket your bus or train fare and walk or ride your bike to work. Gym memberships are another thing that thrive in January but tend to wane come mid-February. There are some great fitness programs on videogame systems like Nintendo's Wii Fit Plus and Microsoft's Xbox Kinect Your Shape Fitness Evolved to get you and not your wallet sweating. How much are you spending on fizzy drinks, crisps, biscuits, ready meals, processed foods and takeaways? Cut the junk and both your body and your bank account will be looking a lot healthier. I have a slight obsession with batch cooking - if you spend a few hours on a Sunday cooking up big pots of healthy soups and stews from scratch with home made stock then freeze individual portions, you reap the rewards. You're not only saving money but time when you can defrost a nutritious and inexpensive home cooked dinner in a flash after a busy day. ●●➤

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Wii fit has been a good way to let you work a sweat in your own living room.

**3 Stress less...** stress is the technical term for the disturbance of homeostasis. Homeostasis describes the body's ability to regulate its internal environment. When the body loses this ability to regulate itself, it leaves the body open to disease. Of all the four resolutions, this one is probably the most important. Even if you're eating perfectly, exercising regularly and taking the right supplements, if you're not managing your stress levels then you're still a prime candidate for a host of modern conditions like heart disease, diabetes, hypothyroidism, insomnia, depression and autoimmune disease.

Stress management is overwhelming for most of us - it forces us to look at core beliefs and years of bad habits and it asks us to put ourselves first in a culture that doesn't reward self care. Stress management is the missing link for most people's success along their health and weight loss journeys.

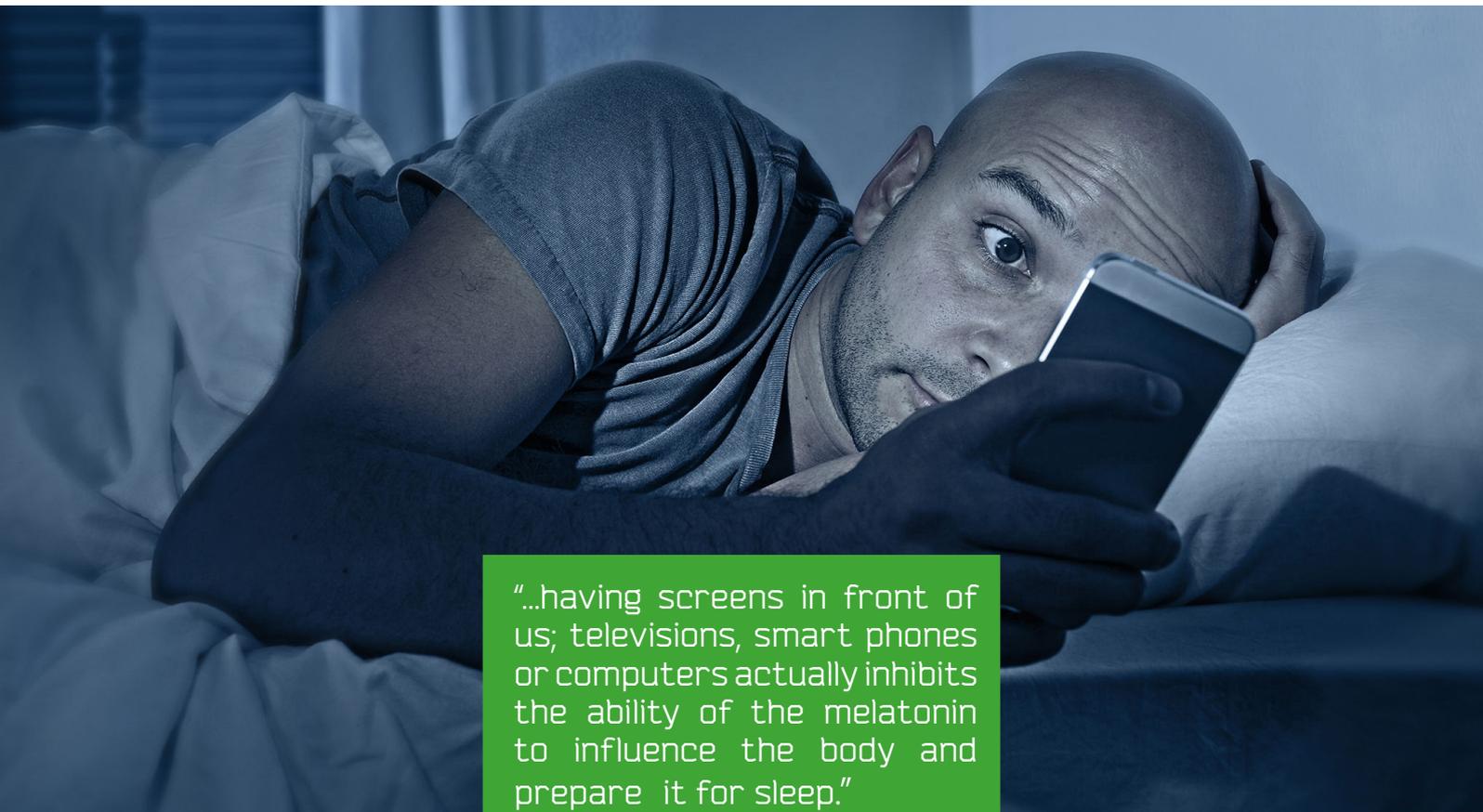
We all know that stress is an inevitable part of modern life, but we can try to reduce the impact that stress has on us by reducing the amount of psychological stress we experience. Learn to say 'no' to projects or commitments you haven't time for...life will go on. Avoid people who stress you out and give up pointless

arguments and instead practice listening with empathy.

It's important to look at physiological problems that are disrupting your homeostasis...these causes may include anaemia, blood sugar fluctuations, gut inflammation, food and environmental intolerances. If you have one or more of these conditions, then best you get help from a skilled naturopathic nutritionist who practices functional medicine.

Stress management is one of the key factors in protecting our health, yet it's often the first thing that slips through the net in our busy lives.





"...having screens in front of us; televisions, smart phones or computers actually inhibits the ability of the melatonin to influence the body and prepare it for sleep."

**4 Get more sleep...**When we sleep it allows our body the chance to digest and assimilate nutrients from our food, but it's also the chance for our bodies to heal, grow and replenish itself. A lack of sleep can cause a myriad of problems from an increased risk of obesity and type 2 diabetes to depression, mood disorders, poor memory and concentration. Prioritise sleep - write it down and share this intention with someone else you live with. Develop better routines - from going to bed at the same time every night to shutting off all electronics in the hour leading up to bed time. Melatonin is the name for the chemical hormone that sends sleep signals to the body and prepares us for sleep. It requires a reduction in light to work properly so having screens in front of us; televisions, smart phones or computers actually inhibits the ability of the melatonin to influence the body and prepare it for sleep. For the same reason, make your room as dark as possible at night which will help to increase melatonin production and ensure the REM part of the sleep cycle happens.

Your kids need to focus on the zzzz's too...here's a rough guide of how much they need: 2 years (nighttime sleep 10-12 hrs and 1-3 hours daytime sleep), 3 years (nighttime sleep 9-12 hours & 1-3 hours daytime sleep) which drops to 9-12 hours nighttime sleep for 4 year olds and 0-2.5 hours daytime sleep and drops further to 8-11 hours nighttime sleep and 0-2.5 hours daytime sleep for 5 year olds.

The physical act of penning your goals to paper rather than making mental vows already puts you in a better position to achieve your goals. The people who achieve most success reaching their goals are those who write them down, tell their friends and share their experiences with a support group, so start sharing those News Years Resolutions now.... ●



#### About the author

Australian born but London-based Sara Jackson is a nutritional therapist, naturopath, home cook, dreamer. She's here to help you and your family become a whole lot happier and healthier. She is also a busy mum of two. Sara can be contacted on:



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