

## Further support or information

Useful Websites include:

[www.littlepeopleplates.co.uk](http://www.littlepeopleplates.co.uk)

[www.rhs.uk/change4life](http://www.rhs.uk/change4life)

[www.pocketparent.co.uk](http://www.pocketparent.co.uk)

[www.netmums.com](http://www.netmums.com)

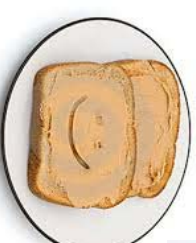
This leaflet has been put together by the White Horse Federation's Family Support Team.

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

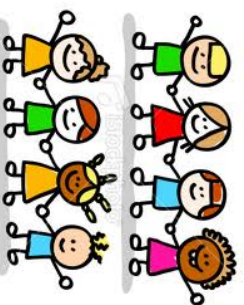
- \* Support with your child's behaviour
- \* Links to other professionals who may be able to support your family
- \* Links between home and school
- \* A listening ear and support at the times when family life gets tough
- \* Support with financial or housing issues

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

## Start the day the right way for your child!



[dreamstime.com](http://dreamstime.com)



**CEFNOGAETH I'R TEULLU  
SUPPORT FOR FAMILIES**

# Breakfast—the most important meal of the day!

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

Just try to be GDA aware (see below.) While they are better than no breakfast at all, watch out for high sugar and salt content in some cereals and especially cereal bars.

## Guideline daily amounts (GDAs) for children aged 5-10

Calories	1800kcal
Protein	24g
Carbohydrates	220g
Sugars	85g
Fat	70g
Saturated Fat	20g
Fibre	15g
Salt	4g
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 there 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 can make all the difference.**