

1 Clean up the Diet

A great first step in shifting any diet is removing artificial additives. Many packaged and fast foods—common on kids' menus—contain artificial colors, flavors, and preservatives that offer no nutritional value and may contribute to hyperactivity, irritability, sleep issues, and even aggression in sensitive children.

2 Remove Toxins

From birth, children are surrounded by environmental toxins—and they're more sensitive to them than adults. Everyday products like shampoo, lotion, body wash, perfume, and detergent can add to this toxic load.

Our Ditch & Switch exercise helps you identify and replace these common items with safer, low-tox alternatives.

3 Build Nutrients

The goal is to fill your child's diet with nutrient-rich foods that support growth and development. Start with organic, local produce and choose grass-fed, free-range, and wild-caught options when possible.

Healthy eating is a process, and food sensitivity testing may help identify foods to avoid for better results.

Nourishing Kids six-starter-steps



4 Personalization

This is where we personalize your child's diet—because there's no one-size-fits-all approach to reducing symptoms. Using functional testing, we tailor nutrition to your child's unique biochemistry and uncover imbalances that may be affecting their health.

5 Picky Eating

Tackle food aversion with these simple steps:

1. Let kids pick fruits and veggies at the store.
2. Involve them in meal prep—wash, chop, or stir.
3. Offer choices: "broccoli or cauliflower?"
4. Eat together as a family.
5. Model healthy eating by enjoying those foods yourself.

6 Supplements

Targeted supplements can bridge nutritional gaps that diet alone may not meet. Introduce them gradually, as some children may be sensitive. Key options include omega-3 fatty acids for brain and immune support, and digestive enzymes to enhance nutrient absorption and assist with food breakdown.

lifestyle

starter steps



01

Routine

Keep a consistent routine: Children thrive when their days follow a predictable pattern. A steady schedule and clear, step-by-step routines help create a sense of safety and reduce the stress that often comes with unpredictability.

02

Sleep

Prioritize your child's need for quality sleep: Research from Johns Hopkins shows that children who consistently get enough sleep have better attention, behavior, learning, and overall health. Poor sleep can increase the risk of high blood pressure, obesity, and depression.

03

Over-Schedule

Avoid over-scheduling: Kids need unstructured time to relax and play. Constant activities like sports, lessons, and clubs can leave little room for free time, which is essential for creativity and healthy development. Be sure to allow space in their day for age-appropriate downtime and play.

04

Screen Time

Limit screen time: While screens can keep kids busy, too much can lead to behavior issues, reduced attention, and health concerns. Research shows excess screen time and Wi-Fi exposure may be harmful, and frequent gaming can make everyday life feel boring, leading to acting out. Aim for balance and more real-world play.

05

Family Meals

Share family meals: Eating together supports better health, stronger family bonds, and can save money. Home-cooked meals allow you to choose nourishing foods, and involving your child in age-appropriate cooking tasks helps build lifelong healthy eating habits while boosting their confidence in the kitchen.

06

Movement

Get moving as a family: Children need at least 60 minutes of physical activity each day. Join in—play together, explore local community centers for kid-friendly options, or plan active outings like biking, evening walks, or a game of basketball or soccer at the park. It's fun, healthy, and a great way to connect.

Learn how we can support your child
Nourish Functional Health