



## RESOURCES FOR FAMILIES

The bulk of the recommendations on the Wanaka Health Bridge website are directed at adults. The Wanaka Health Bridge contributing Health Practitioners have their own families- some with small children, some with big kids- so we have created this extra resource for you, directed more at families. We hope you find this useful.

### Health-boosting Recipes

- [Creamy Green Kale Pesto with Hemp seeds](#)
- [One Pan Greens Galore](#)
- [Probiotic Applesauce](#)
- [Creamy Sardine Dip](#)
- [Berry Chia Jam](#)
- [Creamy Coconut Fish Curry](#)
- [Lemon Curd Gelatin Gummies](#)
- [Chicken Liver Pâté](#)
- [Berry Beetroot Gelatin Gummies](#)
- [Homemade Electrolyte Drink/ Iceblocks](#)

### Useful Products/ Supplements

### Essential Oils for Kids

### Movement



## CREAMY GREEN KALE PESTO WITH HEMP SEEDS

*Jess Anderson, Certified Consultant Nutritionist*

An easy way to get zinc, selenium and a bunch of other goodies into your kids.

### INGREDIENTS

- Large bag of kale
- 8 brazil nuts
- ¼ cup pumpkin seeds
- ¼ cup hemp seeds
- ½ cup olive oil
- 2 Tbsp apple cider vinegar
- 1 Tbsp lemon juice and lemon rind
- ¼ cup chicken bone broth (optional)
- 1 tsp raw manuka honey (omit for kids under 1)
- Salt and Pepper to taste (reduce or omit for babies)

### METHOD

1. Shred the kale leaves off the stalk of the kale, add to steamer and steam for 5mins until soft. Let cool a little. This step aids digestion.
2. Add all ingredients to the blender and blend on high until a smooth pesto dip forms.
3. Serve as a dip, a sauce, smothered over veggies, or stirred through any mince dishes.

NB: If offering this to babies just beginning solid foods, use any nuts or seeds that they have tried multiple times before with no reactions.

[Return to Menu](#)



## ONE PAN GREENS GALORE

*Jess Anderson, Certified Consultant Nutritionist*

A great source of Vitamin C.

### INGREDIENTS

- Brussel sprouts
- Broccoli
- Kale
- Your choice of cooking fat (pork lard is great for extra vitamin D)
- Salt to taste

### METHOD

- Chop Brussel sprouts and broccoli lengthways into thin slices and rip the leaves off the kale.
- Add to a baking dish, drizzle with cooking fat and mix to coat the vegetables.
- Sprinkle with salt, then bake at 160deg until cooked and crunchy.

*For younger babies, ensure vegetables are soft/ can be squished between thumb and finger.*

[Return to Menu](#)

## PROBIOTIC APPLESAUCE

This recipe, courtesy of Oh Baby School of Holistic Nutrition features raw apples which can prevent constipation, unlike cooked apples in store-bought purees which can cause constipation. Probiotics are important for digestion, as well as immunity.

### INGREDIENTS

- 7 medium size organic apples
- 1 Tbsp sauerkraut juice (traditionally fermented, no vinegar)
- 1 tsp cinnamon

### METHOD

- Slice and core apples (peel if not organic)
- Blend until desired consistency is reached, then blend in cinnamon and sauerkraut juice
- Pour applesauce into a clean jar and seal with a lid
- Allow to sit at room temperature for 24hrs, opening the jar 1-2x throughout to release gasses, and check progress.
- Store in the fridge in an airtight container.

[Return to Menu](#)



## CREAMY SARDINE DIP

*Jess Anderson, Certified Consultant Nutritionist*

Sardines are a wonderful source of vitamin D, omega-3 oils, iron and calcium.

### INGREDIENTS

- 2 tins sardines in olive oil or spring water
- 2 Tbsp mayonnaise (ideally homemade if possible, or substitute with olive oil and yoghurt)
- 1 Tbsp chopped chives
- 2-6 diced gherkins (or fermented pickles)
- 1 Tbsp pesto
- Juice of half a lemon

### METHOD

- Mash sardines with a fork
- Mix all ingredients together
- Serving options- on slices of cucumber, with radishes or capers, or with crackers.

[Return to Menu](#)

## BERRY CHIA JAM

*Jess Anderson, Certified Consultant Nutritionist*

Reduce your sugar intake by making this tasty jam- an excellent source of calcium, vitamin C and quercetin.

### INGREDIENTS

- ½ cup chia seeds, pre-soaked in 1 Cup liquid (water or bone broth)
- 500g berries

### METHOD

- Heat berries in a pot until soft, then puree in food processor or with a stick blender.
- Mix berries with the chia seeds and allow to sit until the chia seeds have soaked up more liquid from the berries.

[Return to Menu](#)



## CREAMY COCONUT FISH CURRY

Jess Anderson, Certified Consultant Nutritionist

Change your protein source up depending on what you have available or what your family eats. Fish, beef, chicken, eggs, cheese, yoghurt and lentils are all sources of NAC.

### INGREDIENTS

- 1 cup quinoa, soaked for at least 8hrs
- 1 Pumpkin
- 2 cups water/ bone broth + ½ cup
- 1 onion/ spring onion, finely chopped
- Knob of ginger peeled and finely grated or cut into very thin matchsticks  
*(Alternatively, use curry powder and/ or instead of the ginger)*
- 1 Tbsp tomato paste (optional)
- 3 Carrots, chopped into 1cm sticks
- 1 Tbsp Coconut oil
- Mixture of chopped veggies- eg. Courgettes, green beans, cauliflower, mushrooms, capsicum, broccoli
- 1 can coconut cream
- Monkfish (or other protein)
- Extra ½ can coconut cream

### METHOD

- Cut pumpkin in cubes and bake in the oven until soft (alternatively, add uncooked pumpkin to pan with the carrots below)
- Strain and rinse quinoa, then heat in a pot with 2 cups bone broth/ water on a low heat until water is absorbed (about 20mins).
- Add carrots, onion, ginger and coconut oil to a pan and gently sauté.
- Add ½ cup bone broth to pan and bring to low simmer.
- Add the rest of your veggies to the pan with coconut cream; cover with lid and simmer until the veggies are soft.
- Once the veggies are soft, add the pumpkin and set the curry aside.
- Quickly pan-fry the fish on both sides, then add ½ can coconut cream to semi-poach.
- Mix the fish into the curry (or keep separate if desired), and serve with quinoa.

[Return to Menu](#)



## LEMON CURD GELATIN GUMMIES

Adapted from the original Lemon Curd Tart Recipe courtesy of Luke Hines. Lemons are an excellent source of flavonoids and vitamin C.

### INGREDIENTS

- 1 whole egg]
- 1 egg yolk
- 1 tsp pure maple syrup
- ¼ cup lemon juice
- Zest of one lemon
- ¼ cup coconut oil
- Pinch of salt
- ¼ cup grass-fed gelatin + ½ cup water

### METHOD

- Whisk all the ingredients together in a saucepan over low heat
- Increase heat gently to medium and cook, whisking continuously, until it thickens up (about 10-15mins)
- In a separate bowl, combine gelatin and water and stir until an even texture is achieved and all the gelatin powder has absorbed the water.
- Stir the bloomed gelatin into 1 cup of the lemon curd, until dissolved.
- Pour into moulds or into a dish and pop in the fridge to set.
- Store in an airtight container for 5-6 days.

[Return to Menu](#)



## CHICKEN LIVER PÂTÉ

This recipe was written by The Holistic Nutritionist, Kate Callaghan, and appears in her book Holistic Nutrition. Portion this up in small jars and keep stored in your freezer. Serve on toast with sauerkraut as a nutrient dense, easy snack (or meal if you're ill and have low appetite).

### INGREDIENTS

- 500 g organic chicken livers
- 6 Tbsp butter at room temperature
- 2 rashers bacon, chopped
- 1 cup chopped shallots
- 1 garlic clove, minced
- 1 large green apple, peeled, cored and chopped into cubes
- 1 tablespoon sage, chopped
- 1.5 teaspoons fresh thyme leaves
- 1/4 cup brandy
- 1 teaspoon sea salt
- Pepper to taste
- Extra butter (optional- taste as you go and add more to your liking)

### METHOD

- Drain the livers and set aside.
  - In a large pan over medium heat, melt 2 tablespoons of butter. Add the bacon and cook, stirring occasionally, until edges are just beginning to brown.
  - Add the shallots and garlic and cook, stirring occasionally, until shallots are soft.
  - Add the livers, apple and herbs, and cook. Stir occasionally until the livers are just barely pink inside when cut and the apple pieces are soft.
  - Transfer this mixture to your food processor.
  - Pour the brandy into the pan and bring to boil over low heat, scraping up the browned bits from the bottom of the pan.
  - Boil for about 1 minute to reduce slightly, and then pour over the liver mixture.
  - Add sea salt, process til mixture is very smooth; scrape down sides of bowl as needed.
  - Transfer mixture to a bowl and mix thoroughly with remaining 4 tablespoons of softened butter. Add pepper to taste. Pack into small jars or ramekins and smooth tops with a spatula or knife.
  - Cover with extra melted butter if you are not going to gobble it all down straightaway, which I wouldn't recommend doing all by yourself.
  - Refrigerate what you will eat within 3 days and freeze the rest.
- Enjoy with veggie sticks such as carrots, capsicum and cucumber.

[Return to Menu](#)



## BERRY BEETROOT GELATIN GUMMIES

Recipe by foodie Anja Thieme, these gummies are full of vitamin C, and are a great source of iron and quercetin. Great for even picky eaters!

### INGREDIENTS

- 1 ¾ cup frozen mixed berries
- 1 small beetroot, peeled and chopped or grated
- 1 tsp lemon juice
- ¼ cup grass-fed gelatin + ½ cup water

### METHOD

- Combine gelatin and water and stir until an even texture is achieved and all the gelatin powder has absorbed the water.
- Whizz berries and beetroot in food processor.
- Transfer to saucepan and bring to simmer.
- Add bloomed gelatin to pot and stir to dissolve. Remove from heat.
- Pour into moulds, or into a dish, and place in fridge to set.
- Store in an airtight container for 5-6 days.

NB: if this is only for one child, we recommend halving the recipe. Alternatively freeze half the berry/beetroot mixture for another time and use 1/8 cup gelatin bloomed in ¼ cup water for the remainder of the mixture.

[Return to Menu](#)

## HOMEMADE ELECTROLYTES/ ICEBLOCKS

Staying hydrated in times of illness (and generally) is not only about drinking enough water, but also maintaining the balance of electrolytes (salts) in your system. Although you can buy electrolytes at the shops, we thought we'd provide a rubbish-free homemade version.

### INGREDIENTS

- 1.5-2 Cups filtered water or coconut water
- 1/4 Cup lemon juice (ideally freshly juiced)
- 1/4 Cup lime juice (either freshly juiced, or try to buy the stuff from the supermarket with no additives or preservatives in)
- 2 tsp to 2 Tbsp raw honey (depending on your desired level of sweetness)
- 1/8 to 1/4 tsp Pink Himalayan Rock Salt (this has got your mineral balance in it)

### METHOD

Shake it all together in a pint-sized mason jar, and it's ready to drink! It'll keep for about a week in the fridge. Alternatively, pour it into some popsicle moulds and keep in the freezer.

[Return to Menu](#)



## HEALTHCARE PRODUCTS/ SUPPLEMENTS

If your child becomes ill, remember to get them tested.

Checking temperature and monitoring for symptoms is important with kids as well as adults.

For smaller kids, an ear or infrared/forehead thermometer might be easier to us.

- A note on fevers- fevers are an important immune response designed to raise the body's temperature to help kill off pathogens (e.g. virus or bacteria). Monitor fevers and seek help when appropriate.
- Open windows to allow fresh air to help cool kids down and try sponging with a cold cloth.
- From the Starship Hospital website, regarding the delta variant: 'COVID-19 still appears to remain mostly a mild and/ or asymptomatic disease in children'.

When to see your doctor (*from the Ministry of Health website*):

- A baby under three months with a fever – even a mild one – must be taken to the doctor.
- A baby between three and six months with a high or very high fever (anything over 39 °C) must be taken to the doctor.
- For older children, it's important to look at other symptoms and how unwell your child seems. Some mild diseases produce very high fevers and severe illnesses can produce mild fever.
- have a very high fever (over 40°C)
- are still feverish after three days of home treatment, or seem to be getting sicker
- are shivering or shaking uncontrollably or have chattering teeth
- have a severe headache that does not get better after taking painkillers
- are breathing differently or having trouble breathing
- are getting confused, unusually drowsy or you can't wake them up properly
- seem floppy or complain of leg pain.

These are some of the products we use to support our kid's immunity, as parents, in our own homes with our own children.

(NB: We are in no way affiliated with any of the listed products/ supplements, nor does this take the place of advice from your medical practitioner. Supplements do not replace healthy diet foundations).

- Immune supporting liquid herbal formulas that are child specific, such as those by Harkers Herbals, Artemis, Wild Dispensary, and Kiwiherb. (*Please follow dosage recommendations on the bottle for your child's age. Also look for child-specific herbals containing elderberry*).
- Vitamin C in powder or chewable form
- Cod Liver Oil- contains naturally occurring vitamins A and D
- Probiotic supplements- e.g. Inner Health Plus, Bioceuticals
- Sugar-free electrolytes such as Biotrace Elite Ion power
- Zestt Exhale- [www.zesttwellness.com](http://www.zesttwellness.com)

[Return to Menu](#)



## ESSENTIAL OILS FOR KIDS

Steam inhalations using essential oils are not suitable for kids under 12yrs old. In place of this, you could try using a diffuser/ vaporiser or electric oil burner.

If using oil burners/ vaporisers in the home with small children, please follow these guidelines from Gillian Parkinson- qualified clinical aromascience practitioner.

### Essential oils suitable for babies & children

There is a limit to what essential oils are safe to use on babies and children – following is a list of essential oils suitable for children under the age of 6 years, specifically for use for their immune boosting or anti-viral properties. There are other oils that may be of benefit, but these are simple and the most safe for children.

#### 0-3 months:

- Lavender (species lavandulan angustifolia)  
**Do NOT use essential oils daily on this age range for extended periods of time.**

#### 3 months to 6 years:

- |  |  |
|--|--|
| • Eucalyptus (species radiata)               | • Lemon                                |
| • Lavender (species lavandulan angustifolia) | • Cedarwood (species cedrus atlantica) |

**NB: For all children: Eucalyptus should be avoided if there is a history of epilepsy. NEVER apply essential oils undiluted, under any circumstances. NEVER add to food or beverages. Do not ingest, including for the mother if breastfeeding.**

If you choose to work with your own home remedies, following is a full list of the ONLY safe essential oils for children. DO NOT use any other essential oils on or around 0-6yrs.

#### 0 – 3 months: Mandarin and Roman Chamomile

#### 3 months to 6 years:

- |   |  |
|---|--|
| • Roman Chamomile   | • Rose Otto                            |
| • Cypress   | • Rosewood                             |
| • Frankincense  | • Sandalwood                           |
| • Geranium  | • Tea Tree, Thyme (sweet)              |
| • Ginger  | • Ylang Ylang                          |
| • Eucalyptus (species globulus, Smithii, or radiata ONLY) | • Bergamot                             |
| • Lavender (species lavandulan angustifolia)              | • Lemon                                |
| • Sweet Marjoram  | • Mandarin                             |
| • Rosemary  | • Orange                               |
|   | • Cedarwood (species cedrus atlantica) |



## DIFFUSION

Essential oils can be safely diffused into the air using the ultrasonic diffusers or any other type of diffuser.

It is healthiest to only diffuse essential oils 60 minutes with a 60-minute break, then repeat if necessary, for adults

For babies and children, the diffusion time is 30 minutes with a 60-minute break, then repeat if necessary.

If no diffuser is available, simply adding drops to a folded tissue (following the same dose guidelines) and placed next to the pillow for an hour or two while sleeping, is also a good and safe option.

This is not only safer, but it is also more effective as both our bodies and our nervous system habituate to essential oils after this period of time. It is also advisable to allow a source of fresh air into the room/s where diffusion is being carried out.

Diffuse essential oils when there is a need/ for a purpose. Overuse can lead to adverse reactions.

It is not safe to diffuse essential oils in public places, such as early childhood centres, schools, waiting rooms etc.... There is a lot to consider when using essential oils, age, health conditions, pregnancy and people simply cannot gather that type of information for everyone they are diffusing around.

### **Amounts/ Dose Guidelines:**

- 1-2 drops for babies between 3 & 12 months
- 2-3 drops for babies 12 months to 6 yrs
- 4 drops for children 6-12 years
- 4-8 drops for 12 years +

**NEVER diffuse essential oils around babies & children (for your needs) that are not on the list above. The essential oils that are excluded is because their chemical constituents are too harsh and not suitable, for example, Basil, Peppermint, Oregano, Lemongrass, Cinnamon, Clove to name a few. Bottles of essential oils that are not suitable for babies & children should be stored away from rooms that they frequent and always out of reach.**

[Return to Menu](#)



## MOVEMENT

Getting your kids out in fresh air and sunshine is almost always going to be the best thing for them. Try to keep stationary, indoor activities to a minimum (like gaming) and get your kids out at least most days.

For the rainy days, or older kids with their own opinions/ asserting their independence, Straighten Up NZ offer a kids program similar to the adult's program.

<https://www.straightenup.org.nz/>

If your kids are ill, even just sitting outside in the fresh air is enough. Encourage kids to ease back into activity as they are feeling better.

[Return to Menu](#)

### Photo Credits:

Most photography provided courtesy of Naturebox (@NatureboxNZ) and photographer Jason Asare

Page 6: Photo by Annie Spratt on Unsplash

Page 8: Photo by Emma Jane Hobden on Unsplash

Page 9: Photo by Element5-digital on Unsplash

Page 10: Photo by Kelly Sikkema on Unsplash

Page 11: Photo Mario Mendez on Unsplash