



Integrated
Wellbeing
Centre

NEWS Letter

MARCH 2016

Be Serious about Play

The Power of Play

One of my favourite things about working at the Integrated Wellbeing Centre is the amazing meals I get served in the waiting room! Yes, I too was surprised by the first imaginative culinary delight served to me with love by little hands, carried ever so carefully from the play kitchen to the front desk. It is a special moment to be invited into a child's creative world of play where anything is possible and doing the dishes never seems to be a problem!

Play is an incredibly important part of a child's development. Through play children learn to communicate and socialise with others, improving speech, imagination and cooperation. Children also have the opportunity to be spontaneous and make choices and to build confidence in their own abilities. They can test their own limits and practise movement and balance. Play is also critical for emotional development allowing children to build resilience, learn impulse control and use problem solving skills. But perhaps the most important of all - it is just plain fun!

Children learn through play by themselves, with each other and with adults. The times when adults engage with children in their play can be very special for children. Allowing even a short time for playing with children every day builds

close relationships, as well as helping to build children's self-esteem but try not to take over. With my first son I spent a lot of time planning fantastic craft activities and made sure I involved him in as many playgroups and junior sports as I could. Not surprisingly we were both burnt out by the end of his first year at school and he never did explore my big box of craft stuff! Play does not need to be structured! It is very easy to get caught up in after school activities and forget to just have some free time in the back yard at home!

Technology is also having a massive impact on the way children play. This is certainly a new challenge to parenting! When children are indoors using computers, iPads or watching tv they are not physically active, not using their imagination and not directly interacting with others. Children of all ages need physical play. You can help by reducing screen time and limiting the use of technology to no more than 2 hours a day.

So the next time you step on a piece of lego in the middle of the night or find half of your kitchen utensils in the sand pit - just remember the power of play and how this creativity is helping your child grow and develop!

- Julie

What do you do for fun?

'Fun' is a fascinating idea. We all seem to enjoy it and we all actually are healthier with it. So where do we find it? I believe there are 2 ways you can bring fun into your life. One way is to purposefully go out and find things that are 'fun'. This would include activities like going to parties and nights out with friends, or an exotic holiday, or even spending money! Many people report of these actions being 'fun'. This way to 'fun' is an external thing, think of it as outside-in. It's where you want something outside to give you 'the fun'. The other way is much more internal, more inside-out. When you use this way to 'fun' you really don't need anything- everything can be fun! This way is a choice you make on whether or not you *want to have fun*. After all, who's more fun to be with than you! So if you are looking for more fun in life, start by looking at yourself in the mirror and have a really good laugh!

UP-COMING EVENTS

Mad March is upon us!

Surely March is the best time in Adelaide: the Fringe, the Festival, Clipsal and more! So following on our other articles, this March why not make the most of it. Decide to make time for yourself to go out and have some fun at one of the many events. Make sure you drink enough water and most of all enjoy yourself!

1st March

Autumn Begins

5th March

Mannum Show

3rd-6th March

Clipsal, Adelaide

14th March

Adelaide Cup Public Holiday

17th March

St Patricks Day

19th March

Mt Pleasant Fair

25th March

Good Friday

26/27th March

Oakbank Racing Carnival

27th March

Easter Sunday



www.integratedwellbeing.com.au

Raw Chocolate Recipe

wellnourished.com.au

Yum!

Skip the supermarket aisles filled with Easter eggs and try making your own chocolate. You can be in control of the sweetness and avoid lots of other nasty additives used to give Easter treats a long shelf life.

Ingredients

- **200g raw cacao butter** (found in health food shops) or extra virgin coconut oil (you can also use a combination of 100g of each)
- **30g cacao powder**
- **2-4 tblsp rice malt syrup** (adjust sweetness to your taste)

Method

- Simply melt the cacao butter over a very low heat or using a double boiler
- Add the cacao powder and rice syrup, mix until very well combined
- Place in freezer immediately to set. Once set keep in fridge or freezer as this chocolate will melt very quickly

Tips

You can change the flavour by adding orange zest, peanut butter, coconut, chopped nuts, cinnamon or invent your own flavour sensation!

The Little Prince

Book Review

by Antoine de Saint Exupéry

While undertaking our Tomatis training in Sydney our mentor mentioned "The Little Prince" as a great story to share with children while doing the Tomatis listening. This is a beautiful classic story that I can remember reading as a child and I was happy for the chance to reread it and share it with my own children.

Written by French author Antoine de Saint Exupéry in 1944 "The Little Prince" is the story of a pilot stranded in the Sahara desert after a plane crash. In the desert he encounters the "little prince" who comes from another planet and he too is stranded on planet earth. Over a number of days the pilot gradually learns more about the strange little prince and his adventures on other planets with a variety of characters and creatures.

Unfortunately the very old fashioned language and rambling nature of the story did not hold my children's interest at all. I gave up reading to them and disappeared to enjoy it on my own. I would certainly encourage adults to pick this book up for something a little different! It is a short but very thought provoking read. On the surface it is a quirky fantasy but on a deeper level the author shares his own wisdom and insights on human relationships and our perceptions of the world. Food for thought wrapped up in a short simple story! - Reviewed by Julie

ANTOINE DE SAINT-EXUPÉRY

The Little Prince



Turmeric & Curcumin

Curcumin is the active substance of Turmeric and is available as a supplement in a triple strength option.

It may help to decrease inflammation, especially joint inflammation associated with arthritic conditions. Its antioxidant ability makes it an important neuroprotective agent for neurological disorders including Parkinson's and Alzheimer's disease because it is capable of crossing the blood brain barrier. Symptoms such as inflammation, high cholesterol and poor liver function may all benefit from regular supplementation – consult your practitioner for further information.

Turmeric is a perennial plant of the ginger family and is currently one of the most thoroughly researched plants in existence today. The active compound of turmeric is curcumin which is responsible for its bright orange colour. Actions of this wonderful natural spice include antibacterial, anti-fungal, reducing inflammation, antioxidant action, improving digestion and liver function.

Turmeric has an earthy aroma with a pungent taste similar to ginger but not as hot. It is also a main component of curry powder. Adding the spice into your diet to utilise its benefits is simple as it can be easily added to rice dishes, lentil and bean dishes, soups, scrambled eggs, chutneys and salad dressings. Turmeric powder or grated fresh rhizome can also be added to smoothies or you can make your own invigorating health drinks to start your day.

Carmen Bubner
Naturopath



"We don't stop playing because we grow old; we grow old because we stop playing."

George Bernard Shaw