



Introducing Leanne

We met Leanne in Season 1 (episode 17) when she shared her passion for Sensory Stories. One year on, her 3 girls are now at different stages (nursery, infants and juniors) and she juggles their needs with her **60 Little Months** business.

In this podcast, Leanne unpacks this intriguing topic, covering the wide range of 'what goes in' to our children... from food and drink to the less tangible things such as words, screens etc.

What goes in... food & drink...

As expectant and new mothers, we are advised to think about the impact of what we consume on our unborn and newborn child. We have a choice. When introducing our infants to solids, parents think about which foods are best for them and categorise consumables as

GOOD vs. NOT-SO-GOOD.

It can come as a surprise to discover our toddler is picky, eats less/more, is influenced by others. Party food or treat foods carry the implicit message that not-so-good foods are desirable!

Leanne explains that as adults, we make choices around our food intake. Some days we eat more; sometimes less... we know how food impacts our bodies and energy levels. She explains how can help children to understand their bodies' needs. It begins with conversations – how do we feel after all that ice cream?

In time, our children will begin to know how different foods make them feel which in turn will help them to make better choices as they grow older.

What goes in... caring for ourselves...

Leanne explains that TIME is the key to helping our children to develop good self-care habits. Instead of simply asking children to wash their hands, taking the TIME to offer a little cream to massage in afterwards carries with it the message,

"I care about you... you're precious"

She also explains how we model to our children self-care (or not!) Taking TIME to explain to our children why we wear deodorant, brush our hair, sit down to eat... is important.



Self-care can be supported through caring for a pet, involving older children to help younger ones by buttoning up their coat and... Leanne shares a delightful way of manging toothbrushing in her family!

What goes in... words, conversations and 'white' lies

How we talk about others and ourselves is absorbed (goes in)... and often comes out in our children's play (good or bad).

Leanne uses the example of taking a holiday in term-time. If we're tempted to give an untrue 'reason', we will be involving our children in the lie. Is that right?

Sometimes our children are exposed to influences that we cannot control – a heated argument, swearing in public places...). Leanne suggests that we don't ignore it but talk about it with our children. As adults, we have a choice whether to talk / behave like that. And they will be learning that they have a choice too.

What goes in... screens and things

So much of our life is managed through the screen that to our children, it can seem to our children as though

"That's got your attention, not me!"

Leanne acknowledges the challenge and offers some simple, practical suggestions...

When we are playing with our children, ignore the phone notification or bleeps – to reinforce the message. "That can wait; now I choose you".

We can explain what we're doing when we are on our screens:

- show them the route we are choosing on the map app
- show them the shopping list we're making for an online order
- explain that we are putting the date of the school outing in the electronic calendar

Leanne also explains how she uses screens as a distraction for a specific purpose and is careful that "it's not so often that it's a distraction from life"

Further information, practical guidance and advice are available through

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