

A Healthy Child
From The Dirt Cure by Dr. Maya Shetreat-Klein

A Healthy Child...

- **Sleep:** Goes to sleep at night in less than 30 minutes, with infrequent nighttime waking, and wakes up rested.
- **Stool:** Has formed bowel movements one or more times daily (which aren't painful, don't clog the toilet, and don't make the entire house smell).
- **Diet:** Eats a variety of foods, including vegetables and fruit.
- **Digestion:** Has little to no gas, few stomachaches, and no "colic." Grows normally.
- **Infections:** Gets occasional coughs and colds, but infrequent ear infections (or croup, or strep) over his or her entire childhood.
- **Skin:** Has clear skin, not rough, "sensitive," or itchy. No frequent rashes. And no red ears or blotchy cheeks that persist for more than five to ten minutes after being hot or cold.
- **Eyes:** They look clear and bright, with no dark circles, redness, or swelling.
- **Energy:** Has the stamina to keep up with other children.
- **Resilience:** Gets occasional fevers with illness that resolve with minimal or no intervention. Doesn't suffer from allergies, asthma, or other chronic conditions.
- **Behavior:** Has infrequent tantrums. No violent behavior or destruction of property and is able to recover fairly quickly.
- **Focus:** Is reasonably able to concentrate, learn, and remember for a child his or her age.
- **Mood:** Can engage in and enjoy life.

Rate each of your children in these areas as follows and then tally your results:

1 = *needs immediate attention*

2 = *I can live with it for now*

3 = *not a concern at this time*

Total Score: _____

Top 3 Areas of Concern:

1. _____

2. _____

3. _____

Refer to this list when creating your Daily Wellness Challenge, Goal Setting Plan, and Mealtime Challenge.