

Rx



*Vermont Center for
Children Youth & Families*
Vermont Family Based Approach

THE
University of Vermont
MEDICAL CENTER

Name: _____

Date: _____

Rx: Nutrition

Sig: Meet with Family Wellness Coach weekly

Dispense: Creating the habit of eating a protein-rich breakfast to fuel the body and regulate mood

Refill: Unlimited

Provider: _____

NUTRITION BASICS

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Whole Foods

Focus on foods in their original form as much as possible – unprocessed and unrefined. *Vegetables – Fruits – Whole Grains (brown rice, barley, quinoa, whole grain bread, pasta, cereal) - Beans*

Omega-3 Fatty Acids

Consuming Omega-3's are necessary for health, contributing to brain function, growth, and development. *Mackerel – Lake trout – Herring – Sardines – Albacore tuna – Salmon – Supplements*

Breakfast

It has been shown that protein-rich breakfasts increase daily fullness as well as improved mood, alertness, and memory. Try eating eggs, yogurt with granola, oatmeal with fruit, whole-grain toast with nut butter, or a smoothie.

Hydration

The body functions better with proper hydration – *water, throughout the day.*

Research shows a connection between your gut and the brain.

A healthier stomach leads to a healthier and happier mind!

By improving what we eat, the brain may follow – anxiety and depression decrease, memory improves, and emotional regulation improves.

Rx



*Vermont Center for
Children Youth & Families*
Vermont Family Based Approach

—THE—
University of Vermont
MEDICAL CENTER

Name: _____

Date: _____

Rx: Physical Movement to Improve Attention

Sig: Wear Vivofit and Wellness Coaching Sessions

Dispense: Wear the Vivofit throughout the day and start with
15 minutes of walking daily

Refill: Unlimited

Provider: _____

EXERCISE BASICS

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Hippocampal Changes

Daily exercise helps build your hippocampus, a brain region implicated in memory, emotional control & academic performance. (*Mustroph et al. 2012. Neuroscience; Erickson et al. 2011. PNAS*)

Lung Capacity

Daily exercise improves your aerobic (lung) capacity, which is associated with improved math and reading skills. (*Hillman et al. 2008. Nat Rev Neurosci*)

Improvements in Mood

Studies have shown that physical activity is inversely related to sadness and suicidality in teenagers. (*Sibold et al. 2015. J Am Acad Child Adolesc Psychiatry*)

Attention

Daily exercise can improve attention and processing speed. (*Pontifex et al. 2013. J Pediatr*)

Evidence is indicating that children are growing increasingly sedentary and that associated lifestyle factors are related to an earlier onset of several chronic diseases. Regular engagement in exercise and other physical activity is essential to wellness. Exercise behavior and sports participation play a protective role in the emotional and behavioral wellness of children and teens.

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*Vermont Center for
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Vermont Family Based Approach

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University of Vermont
MEDICAL CENTER

Name: _____

Date: _____

Rx: Music Training to Grow the Brain

Sig: Meet weekly with music teacher

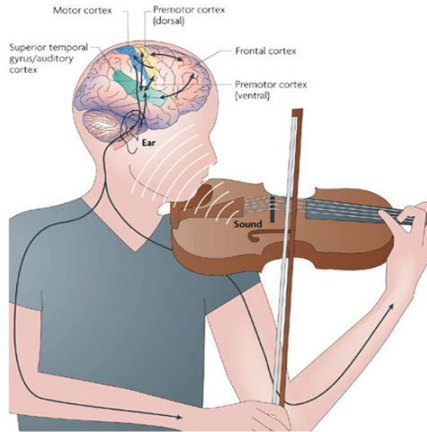
Dispense: Weekly meetings with music teacher and daily violin practice for _____ minutes

Refill: Unlimited

Provider: _____

MUSIC BASICS

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Engaging in music positively influences a child's brain development:

- **Cortical thickness increases** in those receiving musical training so we *grow our brains* (faster processors of information and more able to make sense of information).
- Music increases **neuroplasticity** in children which means the brain more easily takes in new information and makes sense of it.

Nature Reviews | Neuroscience

Nature Reviews Neuroscience **volume 8**, pages 547–558 (2007)

Music training is a powerful health-promoting activity for children.

Music interventions can help improve anxiety and depressive symptoms, foster social skills, and help children cope with illness. Playing a musical instrument has been found to be associated with improved cortical organization in areas of the brain implicated in motor planning and coordination, visuospatial ability, and emotional and impulse regulation (Hudziak et al. 2014, J Am Acad Child Adolesc Psychiatry).

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*Vermont Center for
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Vermont Family Based Approach

THE
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Name: _____

Date: _____

Rx: Yoga Practice for Focusing Attention

Sig: Meet with Family Wellness Coach

Dispense: Weekly meetings for 8 sessions to learn yoga and to focus attention

Refill: Unlimited

Provider: _____

YOGA WITH CHILDREN

WWW.UVM.EDU/MEDICINE/VCCYF

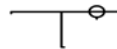
Yoga is mindfulness in motion and intentional awareness of the present moment.

Attention

Practicing yoga has been shown to improve attention, including better performance on objective tasks that measure attention. Postures that allow for individuals to focus include balancing and standing positions.

Warrior III

Stand with your feet together or hip-width distance apart, gradually shift your weight onto one leg and extend the opposite leg behind you. Keep your back straight so that you create one long line from the crown of your head to the heel of your back foot. Let your arms reach wide to the sides, lengthening softly through each finger. Direct the gaze on an unmoving object at eye-level. Breathe slowly and deeply, holding the posture for 5-10 breaths.



Tree Pose

Shift all weight into the left leg and place the right foot on the ankle, calf, or inner thigh of the left standing leg. Balance as the arms rise above the head, branching out like a tree. Find a steady and pointed gaze, breathe slowly, and hold for 5 breaths. Switch the standing leg and repeat.

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Vermont Family Based Approach

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University of Vermont
MEDICAL CENTER

Name: _____

Date: _____

Rx: Mindfulness-Belly Breathing

Sig: Meet once a week for 30 minutes for Wellness Coaching

Dispense: Learn the basics of belly breathing. Practice 10 conscious belly breaths at bedtime.

Refill: Unlimited

Provider: _____

LEARNING TO BREATHE

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The Science

The first step to full deep breathing and its benefits is diaphragmatic or abdominal breathing. This is a foundation for the more advanced 3-part breath.

In adults (Leher 2013, Biofeedback) and adolescents (Kuppuswamy et al. 2016. J Clin Diagn Res), breathing exercises increase parasympathetic tone, leading to reductions in blood pressure and heart rate. This is the body's "safety" system, giving a signal to the brain and body that the environment is not threatening so calmness and growth can be supported. A recent study of 20 minutes of yoga breathing versus silent reading (Twal et al. 2016, BMC Complement Altern Med) suggests that breathing may exert some of its therapeutic effects by mitigating the inflammatory response.

Adolescents with intellectual disability also benefitted from a single session of slow-based breathing before a cognitively stressful task (Laborde et al. 2016. J Intell Dis Res).

Application

Abdominal breathing is a foundation of emotional regulation. Children may use this for a breathing break when they feel worried, upset, or angry or other strong emotions, in order to self-regulate. They can also practice 5-10 belly breaths before bedtime.

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Name: _____

Date: _____

Rx: Sleep (increasing the likelihood of falling asleep)

Sig: Meet biweekly with Focused Family Coach on sleep hygiene
30 minutes for Wellness Coaching

Dispense: Do 30 min of exercise (e.g., walking, jogging, yoga, etc.)
within 2 hrs of waking. Start with 3-4 days in next two weeks.

Refill: Unlimited

Provider: _____

SLEEP BASICS

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Sleep and Mental Well-Being

- Sleep can impact emotional/behavioral and physical development.
- Sleep affects learning, memory & mood.
- Inadequate sleep can manifest with significant attention problems, impulsivity, and aggression while being a risk factor for the development of substance use disorders, obesity, and chronic health conditions.

How Much Sleep is Recommended?

Age	Recommended Sleep (24 hrs)
Infants (4-12 months)	12-16 hours
Toddlers (1-2 years)	11-14 hours
Preschoolers (3-5 years)	10-13 hours
Elementary School Age	9-12 hours
Teenagers (13-18 years)	8-10 hours

Sleep Hygiene

- Make sufficient sleep a family priority (model healthy habits).
- Keep a daily routine (Brush, Book, Bed).
- Mindfulness meditation before bed can reduce insomnia.
- Go to bed and wake up at the same time every day.
- Be active during the day.
- Monitor screen time: implement a media curfew one hour before bedtime.
- Create a sleep-supportive environment: a dark, quiet, comfortable, and cool bedroom.
- Avoid sugary snacks before bed.

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Vermont Family Based Approach

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Name: _____

Date: _____

Rx: Positive Parenting Practices and Mindfulness

Sig: Weekly sessions with Focused-Family Coach

Dispense: Notice the good. Practice the art of attending and noticing positive behavior.

Refill: Unlimited

Provider: _____

POSITIVE PARENTING

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Key Elements of Positive Parenting

- Paying attention to positive behaviors and reinforcing them
- Decreasing harsh punishment and inadvertent attention to negative behavior
- Understanding your child's point of view and *why* certain behaviors are occurring
- Establishing consistent and age-appropriate limits for your child's behavior
- Pay attention to and regulate your own feelings and actions when responding to your child. Mindfulness practice is helpful.
- Observing your child's cues and respond in a sensitive manner

Positive Parenting is a term that describes a collection of parental behaviors and discipline strategies that aim to foster a child's healthy development by building a strong relationship between a caregiver and child based on communication and mutual respect. Parenting is an ever-evolving skill set requiring tips, strategies and practices to be more effective caregivers.

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Vermont Family Based Approach

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Name: _____

Date: _____

Rx: Community Connection and Mental Well-Being

Sig: Meet with Focused Family Coach monthly

Dispense: Gather information about a social group of interest to you (e.g., dance, art, music, support, nature, etc.)

Refill: Unlimited

Provider: _____

COMMUNITY INVOLVEMENT

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Social Connection for Physical and Mental Well-Being

- Positive community involvement has been shown to improve psychological well-being (reducing loneliness and increasing self-esteem) and improve physical health (enhancing immune function and reducing heart attack risk).
- Social connections are undoubtedly critical in fostering wellness for the entire family.
- Research shows that teens benefit interpersonally, cognitively, and emotionally from supportive mentoring relationships.

Strengthen Community Involvement by:

- Participating on a sports team
- Joining a book group
- Attending a gym for group exercise
- Signing up for art classes
- Participating in a community garden
- Getting together with friends
- Attending support groups
- Exploring mentoring programs
- Joining a hiking group
- Volunteering for a cause, personal interest or something new

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Vermont Family Based Approach

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Name: _____

Date: _____

Rx: Reading (Harry Potter and Chamber of Secrets)

Sig: At next session with Family-Based Psychiatrist give an update on reading experience

Dispense: Read nightly for 15 minutes

Refill: Unlimited

Provider: _____

READING BASICS

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Fewer Behavioral Problems and Improved Attention

A randomized controlled trial revealed that promoting parent and child reading aloud and play reduced hyperactivity and disruptive behaviors. Engaging in reading activities from birth can lead to more early school success. (Pediatrics Vol. 141 No. 5 May 01, 2018)

Visit your local library. All children can have their own library card.

Read aloud early and continue this throughout childhood. Make this part of your nightly routine and set aside family reading time.

Have your child earn screen time based upon how much time they spend reading.

Reading should be fun. Model a positive attitude towards books and while reading, stop and ask kids about illustrations and what they think will happen next!

Reading aloud to children has been found to be one of the most important activities to foster language development and promote literacy and social skills in children. Reading with children can foster empathy and help build a child's curiosity while improving the parent-child relationship.

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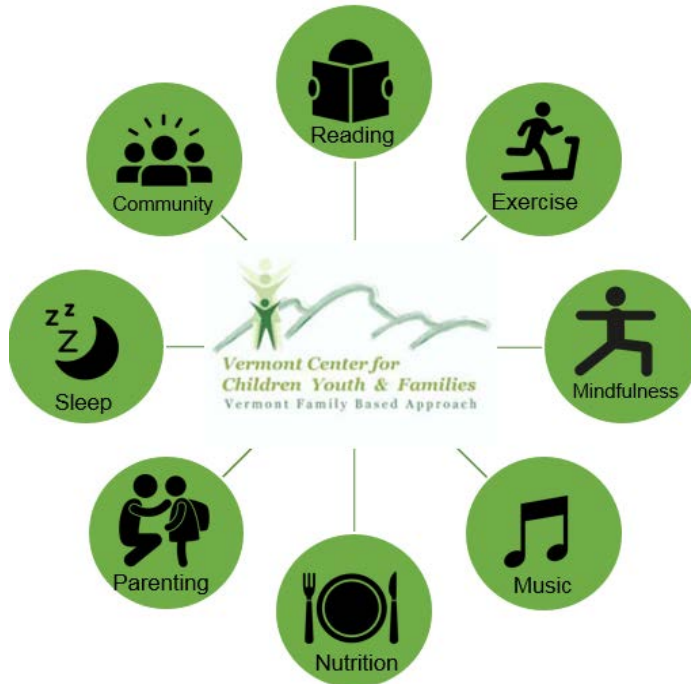
Dispense:

Refill:

Provider: _____

The Vermont Family-Based Approach:

"Change your environment, challenge your genome, build your brain, live a healthier life. The neuroscience of health promotion has arrived."



Rx



THE
University of Vermont
MEDICAL CENTER

Name: _____ **Date:** _____

Rx: Yoga Practice for Focusing Attention (Youth)

Sig: Meet with Family Wellness Coach

Dispense: Weekly meetings for 8 sessions to learn yoga and to focus attention

Refill: Unlimited

Provider: _____

YOGA WITH CHILDREN

WWW.UVM.EDU/MEDICINE/VCCYF



Vermont Center for
Children, Youth & Families
Innocent Minds. Sound Approach.

Attention

Practicing yoga has been shown to improve attention. Postures that encourage focus include balancing postures and inversions.



Candlestick Pose: Begin lying on your back with your feet planted on the floor. With an exhale lift your hips up high into the air and place a yoga block beneath your low back. With the block firmly supporting you, lift your feet one at a time drawing the knees in toward the chest. Then, extend the legs up into the air, heels over your hips. Arms rest by your sides, shoulders tucked slightly under so to lengthen the neck. Hold here for 20 breaths. Keep your eyes on your toes!

Emotional Regulation



Yoga creates changes in the brain that correspond to less

Extended child's pose- Begin sitting on your heels with the knees slightly wider than hip width apart. Gently lower your torso onto the knees. Place your forehead on the floor and extend your arms forward in front of you. Keep the arms shoulder width apart with your fingers long. Let the body completely rest. Feel the breath expanding into the rib cage and belly. Hold here for 10 or more breaths, letting all tension and worry release with each exhale.

Rx



THE
University of Vermont
MEDICAL CENTER

Name: _____ **Date:** _____

Rx: Yoga Practice for Focusing Attention (Adult)

Sig: Meet with Family Wellness Coach

Dispense: Weekly meetings for 8 sessions to learn yoga and to focus attention

Refill: Unlimited

Provider: _____

YOGA FOR ADULTS

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Attention

Practicing yoga has been shown to improve attention. Postures that are known to enhance focus include one legged balancing poses, inversions, as well as dynamic, slow movements guided by the breath.

Downward dog- From hands and knees, tucks the toes, press your hips back to the heels and lengthen through your arms. Press through the heels to lift the knees off the floor and hips high into the air. Create an inverted V shape in the body by reaching your heels back and down toward the floor and hips high. Feel the stretch in the back of your legs and spine, creating traction and length. Hold for 10-20 breaths, exhales are longer than the inhales.



Emotional Regulation

Yoga creates changes in the brain that correspond to less reactivity, and better ability to engage in tasks even when emotions are activated.

Supine Lateral Bend- Lying on your back with your arms over head clasping the opposite elbow. Stretch long through the heels creating space in the pelvis, legs and side body. Keeping your hips stationary walk your legs to the left as far as they will go then cross your left ankle over your right. Once again, keeping your hips still, pull your arms and upper body to the left creating a lateral bend, or C curve throughout the whole body. Hold here, soften any tension or grasping in the muscles and take 20 breaths, exhales are longer than inhales.

Rx



THE
University of Vermont
MEDICAL CENTER

Name: _____ **Date:** _____

Rx: Yoga Practice for Emotion Regulation (Adult)

Sig: Meet with Family Wellness Coach

Dispense: Weekly meetings for 8 sessions to learn yoga and to focus attention

Refill: Unlimited

Provider: _____

YOGA FOR ADULTS

WWW.UVM.EDU/MEDICINE/VCCYF



Compassion

Postures that increase levels of compassion include those that are challenging and require quieting of self-judgment.



Dancer pose- Shift weight into the left leg and bend the right leg, holding the right ankle behind the back with the right hand. Point the right knee down towards the ground, lift the left arm high into the air, and find a point of focus at eye-level. The right foot kicks into the hand and the chest opens wide- finding balance between reaching forward and pushing back. Notice the beauty, strength, and steadiness of your own posture! If you lose the pose, start over, again and again. Hold for 5 breaths and then switch standing legs to repeat.

Anxiety



Practicing yoga brings one's attention to the present moment, reducing the focus on the past and future. This reduces rumination and worrying, leading to a reduction in

anxiety.

Dragonfly Side stretch- Sitting upright with your legs wide in front of you, flex your toes toward your knees and then lengthen the spine as you bend forward. Take a few deep breaths in the middle and then walk your arms and torso over one leg, keeping your shoulders in line with one another, hold here a few breaths before walking to the opposite leg and holding there. After you have extended to both sides, come back to the middle and hold for another 5 breaths, feeling the length in your legs and spine.

Rx



THE
University of Vermont
MEDICAL CENTER

Name: _____ **Date:** _____

Rx: Yoga Practice for Emotion Regulation (Youth)

Sig: Meet with Family Wellness Coach

Dispense: Weekly meetings for 8 sessions to learn yoga and to focus attention

Refill: Unlimited

Provider: _____

YOGA WITH CHILDREN

WWW.UVM.EDU/MEDICINE/VCCYF



Vermont Center for
Children, Youth & Families
Vermont Family Based Approach

Compassion

Postures that increase levels of compassion include those that are challenging and require quieting of self-judgment.



Dancer pose- Shift weight into the left leg and bend the right leg, holding the right ankle behind the back with the right hand. Point the right knee down towards the ground, lift the left arm high into the air, and find a point of focus at eye-level. The right foot kicks into the hand and the chest opens wide- finding balance between reaching forward and pushing back. Notice the beauty, strength, and steadiness of your own posture! If you lose the pose, start over, again and again. Hold for 5 breaths and then switch standing legs to repeat.

Anxiety



Practicing yoga brings one's attention to the present moment, reducing the focus on the past and future. This reduces rumination and worrying, leading to a reduction in anxiety.

Dragonfly Side Stretch- Sitting upright with your legs wide in front of you, flex your toes toward your knees and then lengthen the spine as you bend forward. Take a few deep breaths in the middle and then walk your arms and torso over one leg, keeping your shoulders in line with one another, hold here a few breaths before walking to the opposite leg and holding there. After you have extended to both sides, come back to the middle and hold for another 5 breaths, feeling the length in your legs and spine.

Rx



THE
University of Vermont
MEDICAL CENTER

Name: _____ **Date:** _____

Rx: Mindfulness for Adults—Daily Check-In

Sig: Meet once a week for 30 minutes for Wellness Coaching

Dispense: Learn how breathing and noticing practices enhance awareness.

Refill: Unlimited

Provider: _____

MINDFULNESS FOR ADULTS

WWW.UVM.EDU/MEDICINE/VCCYF

Daily Check-In

Breathing Break – Find a routine part of your day when you can take 3-5 deep breaths with awareness. As you wait for your coffee or when you get in the car, take a moment to breathe. Breathing breaks help focus the mind, release tension, and shift one’s experience from autopilot to the present moment.

Capturing Moments of Your Life

During Daily Activities – Wherever you are and whatever you are doing, you can take a moment to notice your life being lived. Take a pause and notice. We often live on autopilot with stress and routine. In this moment, what do you notice? Life is happening!

Noticing the Good

Attending – For a few minutes each day practice giving attention to simple activities your child does. Parents have tremendous pressure to instruct, teach, and discipline. Not often is there time given simply to noticing what your child says and does. Attending can be a play by play commentary with enthusiasm, interest, and your whole attention. It’s very powerful to notice and give voice to the presence of your child.



Rx



THE
University of Vermont
MEDICAL CENTER

Name: _____ **Date:** _____

Rx: Mindfulness for Adults—Self-Regulation

Sig: Meet once a week for 30 minutes for Wellness Coaching

Dispense: Find a mindfulness practice that fits your life.

Refill: Unlimited

Provider: _____

MINDFULNESS CHANGES THE BRAIN

WWW.UVM.EDU/MEDICINE/VCCYF

Amygdala

Aroused when detecting and reacting to emotions, especially difficult or strong emotions such as fear. This part of the brain is less activated and has less gray matter density following mindfulness training.

Hippocampus

Critical to learning and memory, and helps regulate the amygdala. This part of the brain is more active and has more gray matter density following mindfulness training.

Prefrontal Cortex

The part of the brain most associated with maturity, including regulating emotions behaviors and making wise, rational decisions. This part of the brain is more activated following mindfulness training



Vermont Center for
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Vermont Family Based Approach

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Rx



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Name: _____

Date: _____

Rx: Mindfulness for Kids—Focus

Sig: Meet once a week for 30 minutes for Wellness Coaching

Dispense: Learn how breathing and noticing practices enhance awareness.

Refill: Unlimited

Provider: _____

MINDFULNESS WITH CHILDREN

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Grounding:

These exercises bring attention to the physical body and serve as preparation for focusing.

Tense and Release – Squeeze your feet. Release. Squeeze your hands. Release. (Continue through the body – shoulders, face, ears, eyes, and whole body). This exercise can be done been sitting in a chair, in the car, or lying in bed preparing for sleep.

Focusing:

These exercises train us to gather our attention, like the rays of a sun, to one point of focus.

Sitting Like a Frog (Eline Snel Exercise) – Find a quiet place for you and your child to practice. Notice that frogs like to jump and move. Frogs can also be very still and breathe. (Show a big belly breath.) A frogs tummy rises and falls. A frog notices everything around him as he sits and doesn't get carried away by ideas that pop into his head. You can use a 2-minute sand timer.



Vermont Center for
Children, Youth & Families
Supporting Family, School & Community

Rx



THE
University of Vermont
MEDICAL CENTER

Name: _____ **Date:** _____

Rx: Mindfulness for Kids—Self-Regulation

Sig: Meet once a week for 30 minutes for Wellness Coaching

Dispense: Learn how breathing and noticing practices enhance awareness.

Refill: Unlimited

Provider: _____

MINDFULNESS CHANGES THE BRAIN

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Tuning-In

These exercises cultivate awareness of each individual's internal experience.

Flower, Thorn, Bud: You and your child can share the experience of the passing day.

- *What was the highlight of your day? (Flower)*
 - *What was difficult during your day? (Thorn)*
 - *What are you looking forward to tomorrow? (Bud)*

Amygdala

Aroused when detecting and reacting to emotions, especially difficult or strong emotions such as fear. This part of the brain is less activated and has less gray matter density following mindfulness training.

Hippocampus

Critical to learning and memory, and helps regulate the amygdala. This part of the brain is more active and has more gray matter density following mindfulness training.

Prefrontal Cortex

The part of the brain most associated with maturity, including regulating emotions behaviors and making wise, rational decisions. This part of the brain is more activated following mindfulness training



Vermont Center for
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Vermont Family-School Approach

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