



## Nutrition and Social Relationships:

According to *Food Insecurity 2012*, children are greatly impacted by food insecurity, and “incur developmental impairments that limit their physical, intellectual and emotional development” (Cook & Jeng, 2012). Therefore, food insecure “children have more social and behavioral problems because they feel bad, [and] have less energy for complex social interactions.”

In *The Happiness Advantage*, Shawn Achor states, “social relationships are the best guarantee of heightened well-being and lowered stress” (Achor, 2010, p. 14). Therefore, instead “*divesting* from their greatest predictor of success and happiness,” food insecure children should *invest* in their social support network.

Achor, S. (2010). *The Happiness Advantage*. New York City, NY: Random House.

Cook, J., & Jeng, K. (2012). Food Insecurity Among American Children Has Serious Consequences. *Food Insecurity*.

## Social Investment:

In *The Happiness Advantage*, Shawn Achor states, “like so many people in contemporary society, along the way to gaining their superb educations and their shiny opportunities, they had absorbed the wrong lessons” (Achor, 2010, p. 14). While they had “read great books and learned world history,” they had never been “formally taught how to maximize their brains’ potential or how to find meaning and happiness.” Therefore, “[i]n their pursuit of high achievement, they had isolated themselves from their peers and loved ones and thus compromised the very support systems they so ardently needed.”

Achor, S. (2010). *The Happiness Advantage*. New York City, NY: Random House.



# Children

## Nutrition, and Social Investment

## Nutrition and Food Insecurity:

In 2010, the *Journal of School Health* reported, “national data indicate[s] that fruit and vegetable consumption among school-aged children is below recommended levels, particularly among low-income children” (Robinson-O'brien, Burgess-Champoux, Haines, Hannan, & Neumark-Sztainer, 2010). While the school’s lunch program provided “an important contribution to the daily fruit and vegetable intake among ethnically diverse, low socioeconomic status children,” eighty percent of the children consumed “fewer than five daily servings of fruits and vegetables.” Additionally, the school’s contribution was primarily driven by “the consumption of potato foods – such as french fries and tater tots – and 100% fruit juice.”



Robinson-O'brien, R., Burgess-Champoux, T., Haines, J., Hannan, P. J., & Neumark-Sztainer, D. (2010). Associations Between School Meals Offered Through the National School Lunch Program and the School Breakfast Program and Fruit and Vegetable Intake Among Ethnically Diverse, Low-Income Children. *Journal of School Health*, 80 (10), 487-492.

## Changing Behaviors:

In *A Positive Parenting Approach for Changing Kids' Challenging Behavior*, Amanda Morgan discusses the importance of “time, work, and patience,” when trying to change a child’s behavior (Morgan, 2011). According to Morgan, because children “are still in the process of developing” the pre-frontal cortex, it can be challenging for them to “navigate social conflicts, communicate their feelings, control their impulses, and make moral judgments about their behavior.” Therefore, Morgan suggests, “disrupting the child’s environment and routine,” which will in turn “create an opening for changing behaviors.”

According to Morgan, the system that she uses “is the acronym **CARE**.” Instead of “focusing only on the undesirable behavior, this system helps you to examine:

- The possible causes
- The action itself
- The responses the behavior elicits
- The expectations that play a role in the situation”

While Morgan warns that this “may take some time,” by recording “your observations with a system like this, clear behavior patterns [will] begin

Morgan, A. (2011, January 11). *A Positive Approach for Changing Kids' Challenging Behaviors*. Retrieved May 1, 2015, from Modern Parents Messy Kids: <http://www.modernparentsmessykids.com/2014/04/c-r-e-positive-approach-changing-kids-challenging-behaviors.html>

