

**Nutrition**

Blood sugar balance  
to stabilise mood  
Consider possible  
intolerances to  
additives

Good foods - wholemeal bread, oats, pastas, good quality protein (eggs, fish, cheese, lean meat, beans, nuts and seeds), omega 3 fats (oily fish - salmon mackerel, sardines, fresh tuna), plenty of fresh vegetables for minerals and vitamins.  
Limit/reduce fizzy drinks, sweets, white flour foods, caffeine (colas), fried foods, biscuits and cakes.

**Supplements**

B vits, zinc,  
magnesium and fish  
oils all help stabilise  
mood

A good multi-mineral and multi-vitamin.  
B Complex for mood.  
Vitamin E for nervous system.  
Minerals - Calcium, magnesium and zinc.  
Omega 3 fats.

**Unwanted aggression**

Unconscious.

Change habitual  
response

Is driven by emotions that start beyond conscious awareness, then lead to conscious thoughts and so efforts to control these thoughts are usually too late. Build a new habitual response to change things.  
Ask your child to think of a recent event when they showed aggression and to notice what feelings occur to them as the aggression builds up. Ask them to stop, and to break with mood.

Reframe

Rehearse

Now ask them what else they could have done and what they would rather have done.  
Ask them to remember that time again, but this time watch themselves as they really are; doing it the new way that they would prefer.  
Ask them to rehearse this new way by remembering other times when they felt aggressive and each time see themselves doing it the smart way.



Assertive -v-  
Aggression

There is a fine line between encouraging your child to have confidence to stand up for himself when pressurised by others and aggression.

Develop listening and have your child verbalise and talk about what they think, even if you disagree at times.

Encourage them to listen and understand when someone else gives their views.

Sensitivity to  
feelings

Be aware of possible  
influences

Your child should not simply ride rough-shod over others in order to achieve their own aims.

Monitor television viewing to ensure that your child does not watch aggressive programmes aimed at late night adult audience. Similarly with computer games etc or playing with older children.

Deal firmly

Use clear  
punishments

... but non-physically. Research confirms that while smacking an aggressive child may have short term effect, in the long term it increases aggression.

Punishments should be fair, reasonable and have a clear start and finish. Give as close in time to the actual incident as possible.

Implications

Frequent Reminders

For example, explain that hitting the other child made them cry and that they will be afraid to play with you in the future. Spell out the consequences. Give regular warnings about aggression, especially when you see temperature rising.





# The Clover House Solution

185F – Rebecca, Aged 5

**Aggressive Behaviour - Sleep**



## The Problem

Mum found out about Clover House through an article in the local paper. Rebecca had been worryingly violent since playgroup and had physically hurt other children. Her school had placed her on the Special Needs Register. She also suffered from nightmares. Mum, a nurse, had been to her GP, but he had no suggestions.

## Our Solution

**Creative Imagery:** Our Therapist introduced Rebecca to 'Baboushka' the Russian Doll. Babouska became aggressive when she was upset or frustrated. However, she eventually realised that her behaviour wasn't good and then lived happily ever after.

With the therapist and Baboushka, Rebecca learnt and practised better ways of responding to her two sisters when they aggravated her. Baboushka also helped her remove the frightening elements of her nightmares by making the situation safe.

**Aromatherapy:** Mum was shown how to massage Rachel using lavender oil. After just one week, Rachel said she was sleeping better and felt happier. She was also less aggressive at school.

**Nutrition:** Our nutritionist felt that food additives were a major contributing factor to Rachel's behaviour and showed Mum which ones to avoid. She also advised her to avoid dairy products to help Rachel's catarrh problem, which would help her sleep better and suggested rice milk. Echinacea and zinc were prescribed to build her immune system.

## The Results

After just three visits to Clover House, Rachel was sleeping better and a happier, healthier girl. She was 'playing nicely' with the other children at school and was a lot calmer. Mum said "**Clover House was very friendly... I often recommend it to other parents.**"

## The Clover House Solution – Natural Healing for Children

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