



## Wellbeing lifestyles in pediatrics

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### Abstract:

Children lifestyle is very important on the whole individual life: what we learn in infancy and childhood impacts on our entire existence. So I will take into consideration some lifestyle tips in order to be better doctors and parents, so to get more information and also more awareness about life habits and child wellbeing. Health is mostly considered not only the absence of disease but a full wellness condition. Some age classifications follow in order to better understand child life. Bonding/attachment is the main feeling connecting a baby and parents: it starts even in utero, when hormonal and neurotransmitter balance begins modifying. It spreads at birth with a storm of molecules, and then characterizes all phases of our existence. It is important to encourage it and to develop it as well. Lactation and breastfeeding are also important moments for baby's life. It is from now that healthy life habits start.

It is fundamental from three points of view:

1. reduction of diabetes risk
2. direct vaccination thanks to mother's antibodies
3. again attachment mother-baby.

Milk is full and rich in nutrients and vitamins. Breastfeeding is a human right for UNICEF and FAO since 1996. Weaning is really basilar for babies: solids start being introduced in diet, as purees then in small pieces parallelly with baby tooth growth too. Eggs and fish are the last to be eaten. Child nutrition should follow the mediterranean diet, or MyPlate model in order to have prevalence of healthy foods like vegetables and fruit. We have to promote physical activities even in babies since they start developing even from a motor point of view. I will talk about such abilities and their development according to the different months and years. For a child at scholar age, we can think to sport games. Maria Montessori life and pedagogy: she is well known all over the world since she studied as medical doctor children abilities to



learn and grow. She bases her thought on the idea of the "absorbent mind" of babies and kids. She gives examples of activities to do, like keeping tidy kitchen and proper room, and do simple daily routine. Positive parenthood is a great target to have. We are a model for children and we should always be at our best. The bioecological model is to remember: child is influenced by every environment. I will also synthesize parents features.

### Biography:

Dora Dragoni Divrak is medical doctor: she got her degree with Bologna Alma Mater University. She starts being fond of metabolism related to neuroscientific aspects, and then she begins studying independently "reward system", and writing articles about this topic. She follows courses to be expert in other related issues like: nutritionist, personal and mental trainer. She starts understanding that lifestyle is the key to prevent and to create health. She specializes in acupuncture with AMAB in 2016 with a thesis about acupuncture and salutogenesis related to neurosciences, and in 2017 she gets her online PhD with IBAM about alternative medicine and lifestyle. She is also fertility coach. Now she is author: she writes articles for Italian and international journals. She is also keynote speaker for medical events. She finally likes helping organizing medical conferences.

### Publication of speakers:

1. Dora Dragoni Divrak. Focus on Traditional Medicines; *Alt Med Chiropractic OA J* 2019, 2(2): 180017.

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