

Book Review

Title: *The Down Syndrome Nutrition Handbook, A Guide to Promoting Healthy Lifestyles*

Author: Joan E. Guthrie Medlen, R.D., L.D.

Publisher: Baltimore: Woodbine House, 2002

Paper, ISBN: 1-890627-23-2, 352 pages

Cost: \$19.95

Reviewer: Martha Guinan, MPH, Center on Disability Studies, University of Hawai`i

The Down Syndrome Nutrition Handbook is written by the ultimate authority - a practicing dietician and mother of a young man with Down syndrome. The Handbook is based on years of personal and professional experience and supported by the latest medical research and insights from other parents and adults with Down syndrome. This well written, person-centered, and health-centered book is intended for the parent, with practical advice and tips that could only come from another experienced parent. The result is an outstanding resource for people with Down syndrome throughout their life span and for the people that help them. A wide variety of topics are addressed from bottle versus breast feeding, general nutrition to nutritional intervention for diabetes mellitus, alternative therapies, celiac disease and other health issues. Ms. Medlen discusses selecting shoes, promoting active lifestyles, and teaching your child to be responsible for their own good health. The book also includes growth charts, suggested documents to include in your child's 504 plan and recipe templates for understanding how your child grows. It truly is an invaluable resource to have all in one place. This Handbook helps parents, dietitians, and therapists understand the connection between Down syndrome, lifestyle, and nutrition. It is beneficial when read cover-to-cover or when used as a reference book. The writing style is clear and the pictures make it a valuable education tool for people with a wide variety of reading abilities. It is the assistant every parent needs to guide their children toward a healthier future.

All about The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles by Joan Guthrie Medlen. LibraryThing is a cataloging and social networking site for booklovers. Now, this much-needed book looks at all aspects of nutrition and healthy living for children with Down syndrome, from birth through to young adulthood. The author, a mother of a child with Down syndrome and a registered dietician, encourages parents to start teaching healthy habits early but stresses that it's never too late to start, no matter what age. The Down Syndrome Handbook is one of a series of books addressing Down syndrome topics. The author, Joan Guthrie Medlen, R.D., L.D., holds credibility as both a registered dietitian and a parent of a child with Down syndrome. The book is written as a guide for parents and professionals interfacing with children who have Down syndrome. The book is organized into four sections: Building Healthy Attitudes, Nutrition-Related Concerns for People with Down Syndrome, Teaching Healthy Choices to Encourage Healthy Lifestyles, and Learning Activities. Half of the book's chapters are devoted to teaching healthy-nutrition lifestyle habits in childhood and young adulthood. The Down Syndrome Handbook is one of a series of books addressing Down syndrome topics. The author, Joan Guthrie Medlen, R.D., L.D., holds credibility as both a registered dietitian and a parent of a child with Down syndrome. The book is written as a guide for parents and professionals interfacing with children who have Down syndrome. The book is organized into four sections: Building Healthy Attitudes, Nutrition-Related Concerns for People with Down Syndrome, Teaching Healthy Choices to Encourage Healthy Lifestyles, and Learning Activities. Half of the book's chapters are devoted to teaching healthy-nutrition lifestyle habits in childhood and young adulthood.

Find many great new & used options and get the best deals for The Down Syndrome Nutrition Handbook : A Guide to Promoting Healthy Lifestyles by Joan E. Guthrie Medlen (2002, Trade Paperback) at the best online prices at eBay! Free shipping for many products! Many parents of children with Down syndrome would like to help their child to improve nutrition and manage weight, but don't know where to begin. Now, this much-needed book looks at all aspects of nutrition and healthy living for children with Down syndrome, from birth through to young adulthood. The author, a mother of a child with Down syndrome and a registered dietician, encourages parents to start teaching healthy habits early but stresses that it's never too late to start, no matter what age. • Promote healthy lifestyles in the population so as to reduce the risk of developing heart disease, diabetes, hypertension obesity, cervical cancer and HIV/AIDS and to reduce the incidence of violence and injury. • Focuses on preventable behavioural risk factors. Elements of the Strategic Approach. The five key behavioural elements to be promoted through this health promotion strategic plan are: Chronic Diseases • Physical activity • Appropriate eating behaviours • Prevention and control of smoking. Reproductive Health • Appropriate sexual behaviour.

The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles. Bethesda, MD: Woodbine House; 2002:28-32. Special advantages of nursing your baby with Down syndrome.Â Principles of grounded theory were used throughout this study to guide the sampling, data collection, and data analysis. Findings Fathers knew the health benefits of breastfeeding and wanted their child to breastfeed but were unsure of their place in the feeding process because they felt it was not their body.

the down syndrome nutrition handbook a guide to promoting healthy lifestyles topics in dow. The Down Syndrome Nutrition Handbook A Guide To Promoting Healthy Lifestyles Topics In Down Syndrome. The Down Syndrome Nutrition Handbook A Guide To Promoting Healthy Lifestyles Topics In Down Syndrome *FREE* the down syndrome nutrition handbook a guide to promoting healthy lifestyles topics in down syndrome. The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles. Bethesda, MD: Woodbine House; 2002:28-32. Special advantages of nursing your baby with Down syndrome. Principles of grounded theory were used throughout this study to guide the sampling, data collection, and data analysis. Findings Fathers knew the health benefits of breastfeeding and wanted their child to breastfeed but were unsure of their place in the feeding process because they felt it was not their body. Find many great new & used options and get the best deals for The Down Syndrome Nutrition Handbook : A Guide to Promoting Healthy Lifestyles by Joan E. Guthrie Medlen (2002, Trade Paperback) at the best online prices at eBay! Free shipping for many products! The author, a mother of a child with Down syndrome and a registered dietician, encourages parents to start teaching healthy habits early but stresses that it's never too late to start, no matter what age. Chapters cover: Breast and bottle feeding; Basic nutrition and physiology; Celiac disease; Diabetes; Alternative therapies; Food and school; Weight management; Fitness and exercise; Cooking and menu planning; Education activities. Product Identifiers. Publisher. Xv, 430 pages : 28 cm. "This much-needed book is the first to look at all aspects of nutrition and healthy living for children with Down syndrome, from birth through young adulthood. The author, a registered dietitian and a mother of a child with Down syndrome, encourages parents to start teaching healthy habits early in their child's life, but stresses that it's never too late to start. The Down Syndrome Nutrition Handbook thoroughly describes the connection between Down syndrome and nutrition and provides numerous hands-on and fun activities to teach and practice nutrition con Start by marking "The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles" as Want to Read: Want to Read saving! Want to Read. Medlen encourages parents and professionals to start teaching healthy habits early, yet stresses it is never too late to make changes. The Down Syndrome Nutrition Handbook describes the connection between healthy lifestyles and nutrition for people with Down syndrome and hands-on strategies for nutrition education. Chapters cover: .Introducing food textures and new foods. . Creating successful mealtimes. .

Xv, 430 pages : 28 cm. "This much-needed book is the first to look at all aspects of nutrition and healthy living for children with Down syndrome, from birth through young adulthood. The author, a registered dietitian and a mother of a child with Down syndrome, encourages parents to start teaching healthy habits early in their child's life, but stresses that it's never too late to start. The Down Syndrome Nutrition Handbook thoroughly describes the connection between Down syndrome and nutrition and provides numerous hands-on and fun activities to teach and practice nutrition con The Down Syndrome Nutrition Handbook " A Guide To Promoting Healthy Lifestyles by Joan Guthrie Medlen (Woodbine House, 2006). The Guide to Good Health For Teens and Adults With Down Syndrome by Brian Chicoine & Dennis McGuire (Woodbine House, 2010). Diet, Weight and Exercise (Easy Read) " Available from Down's Syndrome Scotland. For Families and Carers. The Down syndrome nutrition handbook: a guide to promoting healthy lifestyles. Joan E.G. Medlen, 2006. (226.11 M491 2006 ECI). Down syndrome parenting 101: must-have advice for making your life easier. Natalie Hale, 2011. (WS 107.1 H163d 2011 ECI). Early communication skills for children with Down syndrome: a guide for parents and professionals, 3rd ed. Libby Kumin, 2012. (WS 107.1 K96 2012 ECI). Expecting Adam: a true story of birth, rebirth, and everyday magic. Martha Beck, 2000. (226.11 B393e 2000 ECI). Fine motor skills in children with Down syndrome: a guide for parents and professionals,