

I am a mother of 5. All my children were different and would react different in situations. No matter what age. Below 3 years of age it is really up to us adults to make sure that our children eat well and sleep well as they are growing lots at that time, teeth bones, hair etc. We must give them proper nutrition, fruits, veggies, proteins and good fats and stop giving them too much breads and other processed foods that are terribly high in sugar does make them hard to get along with. Not to mention making them feel unhappy and sick. So lets spend our money on group sports, more teachers in schools, real education programs and getting our canteens selling only real food nothing processed.

Julianne Anderson

Mother of 5