

# The Hyperactive Children's Support Group

## FOOD AND BEHAVIOUR DIARY

The Hyperactive Children's Support Group, Registered Charity No.277643.

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[www.hacsg.org.uk](http://www.hacsg.org.uk)

## HOW TO USE THE DIARY

*It is known that there is significant individual variation in responses to foods and additives. Parents however, often cannot remember exactly what their children consume. This diary can be helpful for identifying any connections between food and behaviour. It may be downloaded free from the HACSG website.*

**Food and drink:** list all food and drink consumed, including how much water (note tap, filter jug, or bottled).

**Other/external factors:** mention perfumed products, chemicals, toothpaste (coloured toothpaste contains artificial colouring), moulds, dust, pollen levels, weather, fumes, medicines, stress.

**Behaviour, concentration, mood:** note for example eye contact, listening, social interaction, energy, general well-being, mood changes, restlessness, aggression, hyperactivity.

**Exercise, Sleep:** note how much exercise, fresh air, whether falls asleep easily, wakes during the night.

**Physical symptoms:** put down *anything* noticed, eg. wheezing, bags under eyes, runny nose, sweating, flushed face, leg aches, headaches, tummy aches, bedwetting, itching, walking on tip-toes, dribbling, excessive thirst, diarrhoea, constipation, bad breath.

**Note:** You are now a detective! Remember, certain foods commonly considered good for you can cause problems for individual children, so *all* foods and drinks must be considered. You may begin to suspect links between certain foods or drinks and behavioural problems. If the product has more than one ingredient, read them carefully and see if you suspect any triggers such as, for example, food additives. At this point, you may try avoiding the suspected additives for 3-4 days, still noting everything in the diary.

*To enable us to do our best to help you further, and check that any dietary changes you make are healthy, and will benefit of your child's health, we strongly suggest you read our guide for parents of children with ADHD, and become a member of HACSG. Our publication, 'ADHD, a Guide for Parents', costs £7, but is included with membership. See website for ordering details. As a children's charity we welcome donations towards our work. If you have any concerns at all about your child's health, please visit your doctor.*

DATE & TIME	FOOD & DRINK	OTHER/ EXTERNAL FACTORS	BEHAVIOUR, CONCENTRATION, MOOD	EXERCISE, SLEEP	PHYSICAL SYMPTOMS	MEDI- CATION

Draw your own line under each day.

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*Designed for HACSG by Griselda Halling BSc (Hons.), Trustee HACSG, and Sally Bunday, MBE, Founder/Director HACSG.*