

SUPERCHARGE THE PURE POTENTIAL OF YOUR CHILDREN



A GUIDE FOR
PROGRESSIVE
PARENTS BY
NAMMILK™



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INTRO

As parents, we all want the best for our children. We want to see them grow into confident, successful and fulfilled adults. To achieve this, we need to do more than just support their basic needs. We need to nurture their unique talents and passions and help them reach their fullest and purest potential. That's where "Supercharge the pure potential of your children" comes in - a guide written by Nammilk™, aimed at progressive parents who want to give their children every possible advantage in life. This eBook is filled with practical tips and strategies to help you unlock your children's hidden potential and help them on the path to success. Whether you're a first-time parent or a seasoned pro, this guide will provide you with the knowledge and tools you need to help your children thrive – with Nammilk™. So, if you're ready to take your parenting skills to the next level, let's get started!

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DISCLAIMER

The information provided in this eBook on Nammilk, the purest milk, the nutritional advice and child development ideas are intended as general guidelines and suggestions only. They are not meant to be a substitute for professional medical advice, a diagnosis or treatment.

Every child is unique, and their dietary needs and development will vary. Therefore, it is important to consult a doctor or qualified healthcare professional for specific advice and guidance on your children's individual needs.

The author and the publisher of this eBook are not responsible for any adverse effects or consequences resulting from the use of the information presented. The reader assumes sole responsibility for her/his actions and decisions based on the information presented in this eBook.

Please also note that the information contained in this eBook may not be up-to-date or applicable to your specific circumstances, as research and medical knowledge are constantly evolving. Therefore, the author and the publisher recommend that readers also look to up-to-date and reliable sources of information when making important decisions about their children's health and development.

CHAPTER 1

IT'S ALL ABOUT BALANCE

WHY A BALANCED DIET IS KEY TO REALISING YOUR CHILDREN'S POTENTIAL

1. IMPROVED ACADEMIC PERFORMANCE

Children who have a balanced diet that includes essential nutrients such as protein, carbohydrates, vitamins and minerals tend to perform better in school. A study conducted by the World Food Programme found that children who received daily, balanced meals at school had better grades and attendance rates than those who did not.

2. BETTER COGNITIVE DEVELOPMENT

Adequate nutrition is essential for brain development, especially during the first 1,000 days of a child's life. A study published in the journal Lancet Global Health found that children who were stunted due to malnutrition had lower cognitive test scores than those who were not.

3. ENHANCED PHYSICAL PERFORMANCE

Children who enjoy a well-balanced diet that includes protein and carbohydrates are likely to have better physical performance. Good nutrition helps children build strong bones and muscles, improves their endurance and enhances their overall athletic performance.

4. IMPROVED MENTAL HEALTH

A balanced nutrition can also have a positive impact on children's mental health. A study published in the Journal of Pediatrics found that children who ate a diet high in fruits, vegetables, whole grains and lean protein had lower rates of depression and anxiety.

5. BETTER IMMUNE SYSTEM FUNCTION

Adequate nutrition is essential for a healthy immune system. Children who have a well-balanced diet that includes essential vitamins and minerals are less likely to get sick and have a faster recovery time after being ill.



CHAPTER 2

WHY PURE MILK IS NATURE'S WONDER DRINK

BENEFITS OF PURE MILK

1

STRONG BONES

Children who drink milk regularly are more likely to develop strong bones, which reduces their risk of developing osteoporosis later in life.

2

MUSCLE DEVELOPMENT

Children who drink milk regularly can help support the growth of their muscles and tissues, which helps them to maintain a healthy body.

3

BOOST IMMUNITY

Vitamin D and other nutrients can help children fight off infections and diseases, which reduces their risk of getting sick.

4

MAINTAIN HEALTHY WEIGHT

Pure milk is a low-calorie beverage that provides a feeling of fullness and helps to reduce the overall calorie intake of children's diets. This helps children maintain a healthy weight.

5

REDUCE CHRONIC DISEASES

Drinking milk regularly has been associated with a reduced risk of chronic diseases such as type 2 diabetes and heart disease later in life. Milk has nutrients that help maintain healthy blood sugar levels and cholesterol levels, which reduces the risk of developing these conditions.

6

IMPROVED BRAIN FUNCTION

Pure milk is a source of nutrients such as vitamin B12 and iodine, which are important for brain function and development. Children who drink milk regularly may experience improved cognitive function and academic performance.

DIETARY RECOMMENDATIONS OF PURE MILK CONSUMPTION IN CHILDREN

1

AGE-APPROPRIATE

Children under one year of age should not be given cow's milk, as it can be difficult for them to digest. Breast milk or formula is recommended until the age of one.

2

WHOLE MILK

After the age of one, whole fat pure milk is recommended for children as it contains essential nutrients and healthy fats that are important for growth and development.

3

AMOUNT

The recommended amount of milk for children varies depending on their age and gender. Generally, children between the ages of one and three should have 2 - 3 servings of milk per day, while children between the ages of four and eight should have 2 - 2.5 servings per day.

4

CALCIUM INTAKE

Children who do not consume enough pure milk may need to get their calcium from other sources such as leafy green vegetables, fortified cereals and calcium-fortified non-dairy milks.

5

AVOID TOO MUCH ADDED SUGARS

Flavoured milk and chocolate milk can contain added sugars, which can contribute to obesity and other health problems. Pure milk is the healthiest option for children.



HOW PURE MILK WILL SUPERCHARGE YOUR CHILDREN'S PERFORMANCE

1

ENERGY

Pure milk is a good source of carbohydrates, which provide energy to the body. Drinking milk before physical activity can help provide the energy needed for optimal performance.

2

HYDRATION

Proper hydration is essential for maintaining performance during exercise. Pure milk contains a high percentage of water, which makes it an excellent beverage for hydration during physical activity.

3

MUSCLE REPAIR

Hydrating after physical activity can help repair any damage done to muscles during exercise. Pure milk contains high-quality protein, which is important for muscle repair and recovery.

4

BONE HEALTH

Strong bones are important for optimal performance in physical activity. Pure milk is a rich source of calcium, which is important for the development and maintenance of strong bones.

5

ELECTROLYTE BALANCE

Maintaining optimal electrolyte balance during physical activity is essential. Pure milk contains electrolytes such as potassium and sodium, which help maintain proper fluid balance in the body.

6

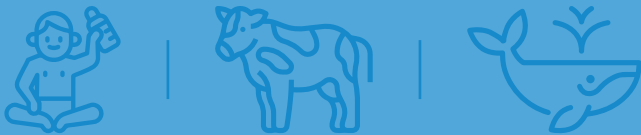
IMMUNE SYSTEM SUPPORT

A strong immune system can help prevent illness and maintain optimal performance during physical activity. Pure milk contains nutrients such as vitamin A and vitamin D, which help support the immune system.



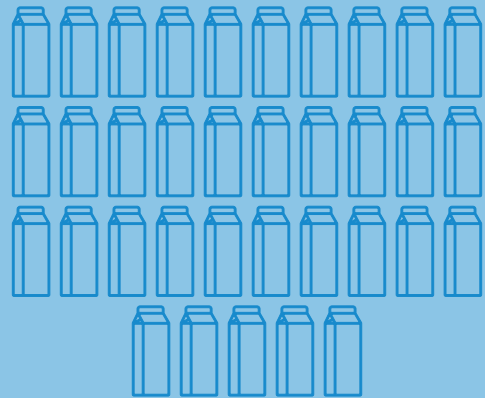
FUN FACTS ABOUT PURE MILK

Pure milk is the primary source of nutrition for **all mammal infants**, including humans, cows and whales.



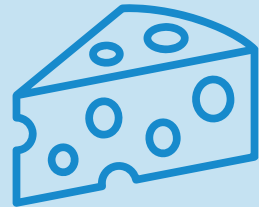
35 LITRES
OF MILK

PER
DAY



4.4 KG MILK

=



500G CHEESE



CHAPTER 3

AND WHAT ABOUT NAMMILK?

WHY NAMMILK PROVIDES THE ULTIMATE COMPETITIVE ADVANTAGE FOR YOUR CHILDREN

Committed to producing high-quality pure milk, nothing added, and nothing taken away - free from artificial additives, hormones or antibiotics - to ensure that children get the full nutritional benefits of milk without any harmful effects, Nammilk pure milk, obtained from healthy cows, is a cut above the rest. Nammilk milk is the natural and wholesome food that can help build strong bones, boost immunity and provide sustained energy for optimal performance. An excellent source of essential nutrients such

as protein, calcium and vitamins - essential for maintaining good health - drinking pure milk regularly can also help children maintain a healthy weight and reduce their risk of developing chronic diseases such as type 2 diabetes and heart disease later in life. Overall, including pure milk as part of a children's balanced diet can contribute to their overall health and well-being. Nammilk's many natural health benefits and its purity power make Nammilk the pure milk champion.



NUTRIENTS NATURALLY FOUND IN NAMMILK PURE MILK AND WHY THEY ARE IMPORTANT FOR YOUR CHILDREN:

1

CALCIUM

Nammilk pure milk is an excellent source of calcium, which is essential for the growth and development of strong bones and teeth in children. Calcium also plays a crucial role in muscle function and blood clotting.

2

PROTEIN

Nammilk pure milk contains high-quality protein that is important for growth and repair of tissues in the body. Protein is also needed to make enzymes and hormones and is a vital component of the immune system.

3

VITAMIN D

Nammilk pure milk contains vitamin D, which is vital for the absorption of calcium and phosphorus. Vitamin D is also important for immune function and maintaining healthy bones.

4

VITAMIN A

Nammilk pure milk is a good source of vitamin A, which is essential for maintaining healthy skin, vision and immune function.

5

RIBOFLAVIN

Nammilk pure milk is a good source of riboflavin, also known as vitamin B2. Riboflavin is important for energy production and maintaining healthy skin and eyes.

6

PHOSPHORUS

Nammilk pure milk is a good source of phosphorus, which is important for strong bones and teeth. Phosphorus also plays a role in energy metabolism and kidney function.

7

POTASSIUM

Nammilk pure milk contains potassium, which helps regulate blood pressure, maintain fluid balance and support muscle and nerve function.

8

MAGNESIUM

Nammilk pure milk is a source of magnesium, which is important for maintaining healthy bones, regulating blood sugar levels and supporting the immune system.

CHAPTER 4

NAMMILK & THE EXPERTS

NAMMILK AND YOUR CHILDREN'S MENTAL WELL-BEING

Pure milk can play a role in promoting mental well-being in children due to its nutrient content. Pure milk is a good source of vitamin D, which has been linked to a reduced risk of depression and anxiety in children. Additionally, milk contains calcium and magnesium, which are important minerals for regulating mood and reducing symptoms of stress and anxiety. The protein

content in pure milk can also help stabilise blood sugar levels and promote feelings of fullness, which can reduce mood swings and improve overall mental well-being. Generally, including pure milk as part of a balanced diet can help to promote mental well-being in children and support their overall health and development.

NAMMILK AND SELF-CARE IN YOUR CHILDREN



INTERVIEW WITH WELL-KNOWN NAMIBIAN DIETITIAN, KAREN TEMPLIN



Photo by: MB Silver
(Crossover Photography)

Karen Templin is a registered Private Practice Dietitian with 15 years of experience in the fields of Community, Clinical and Corporate nutrition and Wellness. With a passion for healthy living and a strong belief in the healing properties of optimal nutrition, Karen has dedicated her career to helping others achieve their health and wellness goals through personalised nutrition plans and lifestyle education.

Karen earned her HonBSc degree in Dietetics from Stellenbosch University and has worked for various professional organisations including Dessa, SA Dept of Health (PEM and HIV/Aids nutrition counselling and various campaigns), NMC Wellness programmes, various high profile corporations, NCC and many more.

In her practice, Karen has worked with a diverse range of clients, from children to athletes to individuals with chronic illnesses. Her areas of interest include: Infertility nutrition, promotion of breastfeeding and early childhood nutrition, GIT related nutrition, GUT Microbiome and immuno-nutrition. She also has a passion for sports nutrition. She is skilled in creating individualised nutrition plans that are tailored to each client's unique needs and goals.

As a respected expert in the field of nutrition, Karen is a published author in the Clinical Nutrition Journal of South Africa and has been featured on NBC, various radio stations in Namibia and South Africa and has presented at several conferences and events. She is committed to staying up-to-date with the latest research and trends in nutrition and is passionate about sharing this knowledge with her clients and the wider community.

1. How important is pure milk in a children's diet and what nutritional benefits does it offer?

Whole milk, just like any other food group plays an essential role in the development of a healthy body. A study which was published in five scientific journals, concluded that "young adults with a history of greater milk consumption have a higher total-body bone mass than those with a lower intake, after the influence of body

size is taken into account. Calcium, vitamin D and phosphate are essential nutrients for the growing skeleton. Wherever children live, they should follow Grandma's advice: Drink your milk and go play outside."

The main benefits of drinking milk as part of a healthy diet:

- Development of strong bones and teeth
- Helps to prevent malnutrition
- Reduces risk of obesity
- Helps to fight diseases
- Helps to fight depression
- Can prevent heart burn
- Whole milk is an optimal recovery drink after exercise

“Drink your
milk and
go play
outside.”

2. What is the recommended daily intake of milk for children, and how can parents ensure their children are getting enough?

In line with the Prudent Dietary guidelines or Healthy Plate model, we recommend:

Whole full cream milk should be part of a varied and balanced diet.

Whole milk can be given from the age of 1 year, with a daily intake of 600ml.

After the age of 5 years, whole milk should be part of a healthy balanced diet.

- Milk contains vitamin B12 which aids in iron absorption. An iron deficiency can cause stunting
- Zinc strengthens the immune system and helps fight diseases

4. What are some common misconceptions about milk and its nutritional value and how can these be addressed?

I think that the greatest myth is that our milk is full of hormones.

“After the age of 5 years, whole milk should be part of a healthy balanced diet.”

3. How can pure milk help combat malnutrition in children and what are some ways to incorporate it into the diets of undernourished children?

In developing countries, childhood malnutrition still remains a major health problem. Approximately one out of three deaths in children is still linked to malnutrition. This is an estimated 1.5 million child deaths per year.

Whole milk and its role in combating malnutrition is highlighted by a recent study.

Whole milk is rich in vitamin D, calcium and phosphate, but also contains many other nutrients important for the development of a healthy body.

- The fat content aids with weight gain
- The minerals assist with the treatment of sepsis
- Milk improves intestinal gut health
- Fermented whole milk can help with the treatment of diarrhoea
- Milk is rich in vitamin A, which helps to prevent early blindness

FACTS

It is illegal in Namibia to give cows growth hormones that increase milk production. Milk is **not** “full of hormones”.

One other **myth** I encounter in my practice is that milk is full of additives and artificial ingredients. Especially long life milk.

Milk is unprocessed and natural. **Milk has to be pasteurised** in order to kill naturally occurring bacteria, also found in other food products that can cause food borne diseases.

5. How does pure milk compare to other milk/dairy products in terms of nutritional value and benefits for children?

As Dieticians, we prefer plain whole milk or plain dairy products as part of a healthy diet, as flavoured and processed dairy products are often loaded with hidden sugar and additives that can negatively influence children's health when consumed in large quantities.

Whole milk still remains the recommended choice for children.

6. What are some creative and fun ways to incorporate pure milk into children's diets beyond drinking a glass of it?

- Incorporate milk into your children's breakfast cereal
- Make fruit smoothies with whole milk
- Reduced sugar milk desserts can be made as an occasional treat
- Milk can be added into tea
- Milk can be used in a fermented drink, traditionally called Oshikandela, Omaere or Amazi. These contain probiotics and are beneficial to gut health
- Add milk to food, for example eggs when making scrambled eggs

7. Why is pure milk better for your children, than other types of milk out there?

Whole milk is not comparable with other types of milk out there. Whole milk is higher in energy and protein. Whole milk also contains lactose, a naturally occurring milk sugar, making its protein, carbohydrate and fat energy distribution and vitamin and mineral content more balanced than plant based milk products.



CHAPTER 5

LIFE HACKS BY NAMMILK

TEN WAYS TO UNLEASH YOUR CHILDREN'S PURE POTENTIAL



1. ENCOURAGE THEIR INTERESTS

Let your children explore and pursue their interests, whether it's music, sports, art or something else entirely. Offer support and resources to help them grow in their chosen area.



2. CHALLENGE THEM

Give your children opportunities to push themselves and take on new challenges. This can help them develop important skills such as problem-solving, perseverance and resilience.



3. PROVIDE A VARIETY OF EXPERIENCES

Expose your children to different experiences and opportunities that can broaden their horizons and help them discover their passions and talents.



4. SET GOALS

Help your children set achievable goals and work with them to create a plan for achieving these. This can help build their confidence and sense of accomplishment.



5. OFFER POSITIVE REINFORCEMENT

Praise and recognise your children's achievements and efforts and provide constructive feedback when necessary. This can help boost their self-esteem and motivation.



6. FOSTER INDEPENDENCE

Give your children the space and freedom to make their own decisions and learn from their mistakes. This can help them develop independence and critical thinking skills.



7. ENCOURAGE CREATIVITY

Provide opportunities for your children to be creative, whether it's through art, writing or imaginative play. This can help them develop their imagination and critical thinking skills.



8. BUILD SOCIAL SKILLS

Help your children develop their social skills by encouraging them to make friends, work in groups and communicate effectively with others.



9. MODEL POSITIVE BEHAVIOURS

Lead by example and model positive behaviours such as hard work, patience, perseverance and kindness.



10. BE SUPPORTIVE

Above all, be supportive of your children and their dreams. Show them that you believe in them and are there to support them every step of the way.

MANAGE YOUR CHILDREN'S DIGITAL CONSUMPTION AND SCREEN-TIME

1

SET CLEAR BOUNDARIES

Establish specific rules and guidelines around screen time and digital consumption, such as no screens during meals or no screens after a certain time at night.

2

USE PARENTAL CONTROLS

Most devices and apps offer parental controls that allow you to limit your children's access to certain content or set time limits on their device use.

3

ENCOURAGE OTHER ACTIVITIES

Encourage your children to engage in other activities, such as playing outside, reading a book or doing a craft.

4

CREATE A TECHNOLOGY-FREE ZONE

Designate certain areas in your home as technology-free zones, such as bedrooms or the dinner table.

5

MODEL GOOD BEHAVIOUR

Model good digital habits yourself, such as limiting your own screen time and engaging in other activities.

6

MONITOR THEIR USE

Keep track of your children's digital consumption and screen time and intervene if you feel they are spending too much time on their devices.

7

TALK TO THEM ABOUT ONLINE SAFETY

Teach your children about online safety and the importance of protecting their personal information.

8

BE AWARE OF AGE-APPROPRIATE CONTENT

Make sure the content your children are consuming is age-appropriate and aligns with your family's values.

9

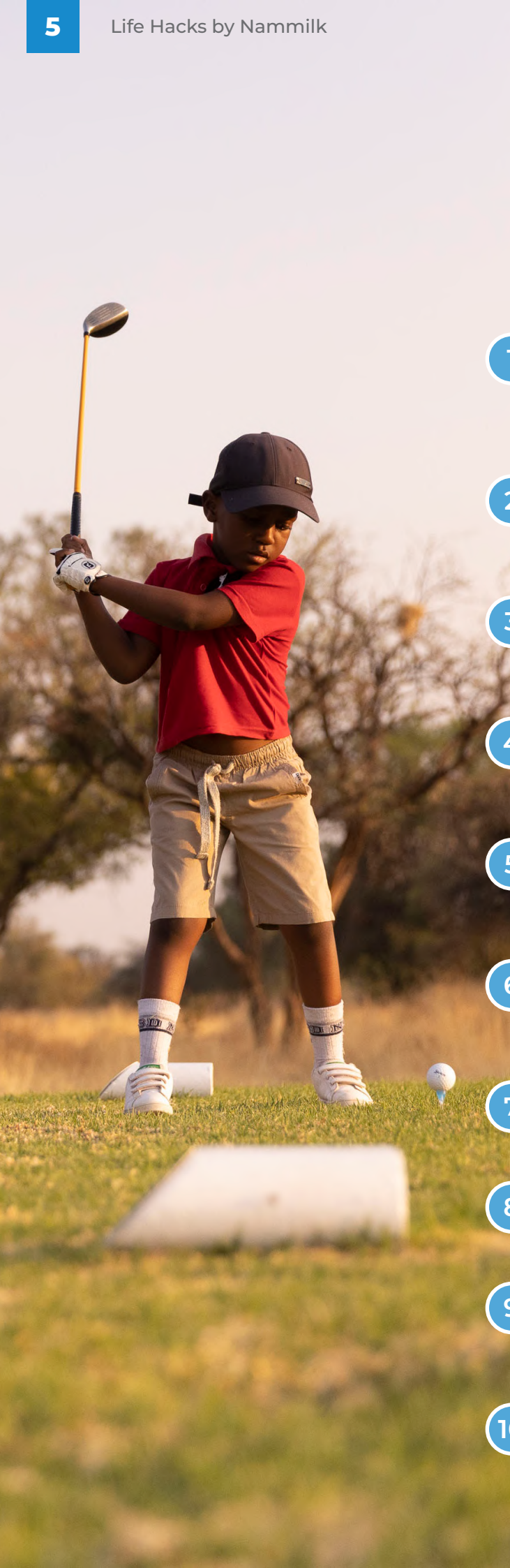
ENGAGE WITH THEM

Use technology as a way to engage with your children, such as playing a video game together or watching a movie as a family.

10

BALANCE IS KEY

Remember that balance is key and it's important to find a healthy balance between technology use and other activities.



SIMPLE HACKS TO HELP YOUR CHILDREN STUDY

1. CREATE A STUDY SCHEDULE

Help your children create a study schedule that allows for regular breaks and avoids cramming before a test.

3. USE FLASHCARDS

Flashcards are a great way to memorise information and they can easily be made at home.

5. USE VISUAL AIDS

Visual aids, such as diagrams and mind maps, can help your children understand and remember information.

7. LISTEN TO MUSIC

Listening to calming music can help your children concentrate and assists in reducing stress.

9. TEACH ACTIVE READING

Teach your children to actively read by taking notes, highlighting important information and asking questions.

2. DESIGNATE A STUDY SPACE

Create a designated study space that is quiet, well-lit and free from distractions.

4. MAKE LEARNING FUN

Try to make learning fun by using games, puzzles and other interactive activities to keep your children engaged.

6. TAKE BREAKS

Regular breaks can help your children stay focused and avoid burnout. Encourage them to take short breaks every 30 - 45 minutes.

8. STAY HYDRATED

Make sure your children stay hydrated during study sessions, as dehydration can lead to fatigue and difficulty concentrating.

10. GET ENOUGH SLEEP

Adequate sleep is essential for concentration and memory retention. Make sure your children get enough sleep each night before a big test or study session.



HELP YOUR CHILDREN TAP INTO THEIR CREATIVITY WITH THESE SIMPLE EXERCISES



1. BRAINSTORMING

Brainstorming is a classic creativity exercise that involves generating as many ideas as possible without judgment or evaluation. Encourage your children to brainstorm ideas for a specific problem or project.

3. CREATIVE WRITING

Encourage your children to write a story, poem or song. Allow them to express themselves freely and without judgement.

5. IMPROV GAMES

Improv games are a fun way to encourage creativity and spontaneity. Encourage your children to play games like “yes, and...” or “one-word story.”

7. DIY PROJECTS

DIY projects allow children to use their creativity to create something tangible. Encourage your children to create a project using materials you have at home.

9. MUSIC AND DANCE

Music and dance allows children to express themselves creatively through movement and sound. Encourage your children to experiment with different styles and create their own music and dance routines.

2. MIND MAPPING

Mind mapping involves creating a visual diagram of ideas and concepts. Encourage your children to create a mind map for a specific topic or project.

4. DRAWING AND PAINTING

Drawing and painting are great ways for children to express themselves creatively. Encourage your children to experiment with different mediums and styles.

6. ROLE-PLAYING

Role-playing allows children to use their imagination and creativity to act out scenarios and characters. Encourage your children to create their own characters and stories.

8. COOKING AND BAKING

Cooking and baking involves creativity and experimentation. Encourage your children to help in the kitchen and experiment with new recipes and flavours.

10. PHOTOGRAPHY

Photography allows children to capture the world around them in a creative and artistic way. Encourage your children to experiment with different angles and lighting to create their own unique photos.

HELP YOU GET YOUR CHILDREN TO BE MORE ACTIVE

1. SET AN EXAMPLE

Children learn by example, so make sure you are leading an active lifestyle yourself.

3. LIMIT SCREEN TIME

Limit your children's screen time and encourage them to engage in other activities, such as reading or playing board games.

5. INVOLVE THE WHOLE FAMILY

Encourage the whole family to be active together by going on walks, playing sports or going on family bike rides.

7. SET GOALS

Set goals for physical activity, such as a certain number of steps per day or a certain amount of time spent being active.

9. TRY NEW THINGS

Encourage your children to try new activities and sports to find what they enjoy.

2. ENCOURAGE OUTDOOR PLAY

Encourage your children to play outside and engage in activities such as bike riding, hiking and playing sports.

4. MAKE IT FUN

Make physical activity fun by incorporating games, competitions and challenges.

6. FIND ACTIVITIES YOUR CHILDREN ENJOY

Find activities that your children enjoy, such as swimming, dancing or martial arts.

8. MAKE IT SOCIAL

Encourage your children to engage in physical activities with friends or join a sports team.

10. REWARD GOOD BEHAVIOUR

Reward your children for being active and meeting physical activity goals, such as a special outing or a small treat.



HELP YOUR CHILDREN BE MORE CONFIDENT

1. ENCOURAGE THEM TO TRY NEW THINGS

Encourage your children to step out of their comfort zone and try new things. This can help build their confidence by showing them that they are capable of achieving new goals.

2. PRAISE THEIR EFFORTS, NOT JUST THEIR ACHIEVEMENTS

Focus on praising your children's effort and hard work, rather than just their achievements. This can help them develop a growth mindset and learn to value the process of learning and growing.

3. PROVIDE OPPORTUNITIES FOR SUCCESS

Provide your children with opportunities to succeed and feel good about themselves. This can help build their confidence by showing them that they are capable of achieving their goals.

4. SET ACHIEVABLE GOALS

Help your children set achievable goals and work with them to create a plan for achieving them. This can help build their confidence by giving them a sense of accomplishment.

5. CELEBRATE THEIR STRENGTHS

Recognise your child's unique strengths and encourage them to develop these skills. This can help build their confidence by showing them that they have something valuable to offer.

6. BUILD THEIR RESILIENCE

Help your children learn to bounce back from setbacks and challenges. This can help build their confidence by showing them that they are capable of overcoming obstacles.

7. ENCOURAGE POSITIVE SELF-TALK

Encourage your children to use positive self-talk and to focus on their strengths and abilities. This can help build their confidence by reinforcing a positive self-image.

8. MODEL CONFIDENT BEHAVIOUR

Model confident behaviour for your children by showing them how to speak up for themselves, set boundaries and take risks. This can help build their confidence by showing them what confident behaviour looks like.

9. BUILD THEIR SOCIAL SKILLS

Help your children develop their social skills by encouraging them to make friends, work in groups and communicate effectively with others. This can help build their confidence by showing them that they are capable of building positive relationships with others.

10. PROVIDE A SAFE AND SUPPORTIVE ENVIRONMENT

Above all, provide a safe and supportive environment for your children to grow and learn. This can help build their confidence by showing them that they are loved and valued.



CHAPTER 6

IN ACTION WITH NAMMILK

FUN AND EASY WAYS TO INCORPORATE NAMMILK INTO YOUR CHILDREN'S DIET



SMOOTHIES

Make a delicious smoothie with milk, fresh fruit and honey. Let your children help choose the ingredients and blend it together for a fun activity.



HOT COCOA

Make a warm cup of hot cocoa with milk and cocoa powder. Add some mini marshmallows for extra fun.



MILKSHAKES

Make a milkshake with vanilla ice cream and milk. Add in some strawberries, bananas or chocolate chips for extra flavour.



OVERNIGHT OATS

Mix together rolled oats, milk and honey in a jar, and let it sit in the fridge overnight. In the morning, add some fresh fruit and nuts for a delicious breakfast.



PANCAKES AND WAFFLES

Use milk instead of water when making pancake or waffle batter for a delicious and nutritious breakfast.



PUDDING

Make a homemade pudding with milk, cocoa powder and sugar. Let your children help stir the ingredients together and then chill it in the fridge for a tasty treat.



CREAMY PASTA DISHES

Use milk instead of heavy cream in pasta dishes for a lighter and healthier option.



YOGHURT SMOOTHIE

Mix together yoghurt, milk and frozen fruit in a blender for a refreshing and healthy drink.



MILK POPSICLES

Freeze milk with fresh fruit for a tasty and healthy popsicle that your children will love.



CEREAL AND MILK

Use milk instead of water when serving cereal for a delicious and nutritious breakfast. Add some fresh fruit for added flavour.

FUN AND EASY WAYS TO INCORPORATE NAMMILK INTO YOUR CHILDREN'S DIET



DECORATE DESSERTS

Use fresh cream as a topping for cakes, cupcakes, pies and other desserts. Let your children use a piping bag to create fun shapes and designs with the cream.



MAKE HOMEMADE BUTTER

Put fresh cream in a jar and let your children shake it until it turns into butter. This is a fun and educational activity that also teaches your children about the science of food.



USE IT IN HOT CHOCOLATE

Make a homemade hot chocolate and let your children top it with fresh cream. This adds a delicious creamy texture and makes it even more enjoyable to drink.



CREATE FUN DRINKS

Mix fresh cream with fruit juice, smoothies or milkshakes to make fun and delicious drinks for your children.



USE IT IN SAVOURY DISHES

Fresh cream can also be used in savoury dishes such as pasta dishes, soups and casseroles. Let your children help you make a delicious pasta dish with a creamy sauce.



HAVE A CREAM TASTING

Set up a tasting of different types of cream such as whipped cream, heavy cream and sour cream. This can be a fun and educational way to teach your children about different types of dairy products.



MAKE HOMEMADE ICE CREAM

Use fresh cream as a base for homemade ice cream. Let your children choose their favourite flavours and mix-ins to create a personalised treat.

FUN AND EASY WAYS TO INCORPORATE NAMMILK INTO YOUR CHILDREN'S DIET



CHOCOLATE MILK POPSICLES

Mix chocolate milk with a little bit of cream and freeze in popsicle moulds for a tasty and fun summer treat.



HOMEMADE YOGURT

Make your own yoghurt by combining pure milk with a yoghurt starter culture and letting it ferment overnight. Let your children choose their favourite fruits and mix-ins to create a personalised snack.



BANANA MILKSHAKE

Blend pure milk, bananas, and ice cream to create a delicious and nutritious milkshake.



CINNAMON TOAST

Make a classic cinnamon toast by dipping bread in pure milk and then coating it with cinnamon and sugar before toasting in the oven. (Photo from www.bellyfull.net)



BAKED FRENCH TOAST

Make a delicious breakfast by soaking bread in a mixture of pure milk, eggs and cinnamon before baking in the oven.



MAC AND CHEESE

Create a classic mac and cheese dish by making a cheese sauce with pure milk and cheddar cheese.



CREAMY TOMATO SOUP

Make a comforting tomato soup by blending tomatoes, pure milk and a little bit of cream.



RICE PUDDING

Combine pure milk, rice and sugar to make a delicious and comforting dessert.



MILK AND HONEY GRANOLA

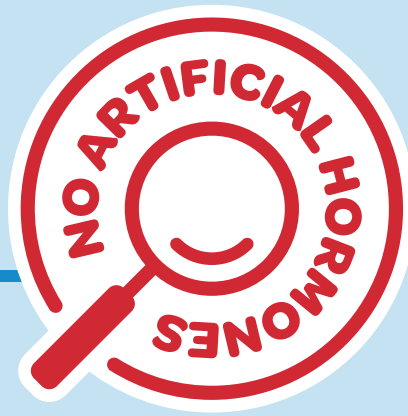
Mix oats, honey and pure milk together and bake in the oven to create a healthy and tasty snack.



SCRAMBLED EGGS

Make a classic breakfast by scrambling eggs with pure milk and serving it with toast and bacon.

WHY YOU SHOULD ALWAYS LOOK FOR PURE NAMMILK



Nam milk is **free of artificial hormones**. This means that the milk comes from cows that have not been given any artificial hormones to increase their milk production. As a result, Nam milk is a healthier choice for your children as it does not contain any harmful substances that could affect their growth and development. By choosing Nam milk artificial hormone-free milk, you can rest assured that your children are getting a safe and nutritious source of dairy.



Did you know that the tastiest and most nutritional milk comes from our healthy, happy cows living in the stress-free environment of our !Aimab Superfarm at Mariental. Start your day the healthiest and tastiest way: with the pure goodness of Nam milk!

CHAPTER 7

GAME IT OUT WITH NAMMILK

HERE'S A 10-QUESTION QUIZ TO HELP YOUR CHILDREN DISCOVER SOME OF THEIR KEY PERSONALITY TRAITS:

1. WHEN YOU'RE WITH YOUR FRIENDS, DO YOU LIKE TO:

- a) Plan fun activities and games
- b) Listen to their problems and offer support
- c) Make them laugh with jokes and funny stories

2. WHEN YOU'RE FACED WITH A CHALLENGE, DO YOU:

- a) Come up with a plan and act
- b) Ask for help and advice from others
- c) Try to see the situation from different perspectives

3. WHAT IS YOUR FAVOURITE THING TO DO IN YOUR FREE TIME?

- a) Play sports or games
- b) Read or watch TV
- c) Draw or create something

4. WHEN YOU'RE FEELING UPSET, WHAT HELPS YOU FEEL BETTER?

- a) Talking to a friend or family member
- b) Taking a break and doing something calming
- c) Writing or journaling about your feelings

5. WHEN YOU'RE LEARNING SOMETHING NEW, WHAT DO YOU ENJOY MOST?

- a) Trying it out and practicing until you get it right
- b) Asking questions and seeking clarification
- c) Making connections to things you already know

6. WHAT DO YOU THINK IS YOUR BIGGEST STRENGTH?

- a) Being a good leader and organiser
- b) Being empathetic and understanding
- c) Being creative and imaginative

7. IF YOU COULD HAVE ANY SUPERPOWER, WHAT WOULD IT BE?

- a) Super strength or speed
- b) Mind reading or telekinesis
- c) Invisibility or shapeshifting

8. WHEN YOU'RE WORKING ON A PROJECT OR ASSIGNMENT, WHAT DO YOU PRIORITISE?

- a) Getting it done quickly and efficiently
- b) Making sure it's well-researched and thought-through
- c) Adding your own creative spin or personal touch

9. WHAT KIND OF BOOKS OR MOVIES DO YOU LIKE THE MOST?

- a) Action-packed or adventurous stories
- b) Dramas or stories with complex characters
- c) Fantasy or science fiction tales

10. WHAT DO YOU THINK IS THE MOST IMPORTANT QUALITY FOR A GOOD FRIEND TO HAVE?

- a) Loyalty and dependability
- b) Empathy and understanding
- c) Humour and playfulness

**VIEW SCORING
AND ANSWERS
ON THE LAST PAGE.**

HERE'S A WORD SCRAMBLE PUZZLE FOR YOUR CHILDREN TO COMPLETE:

INSTRUCTIONS:

Unscramble the letters to create words related to milk.
Each scrambled word is worth one point.
There are a total of 10 words to unscramble.
Have fun!

1. LIMK
2. IKSL
3. CHESEE
4. URGOMTE
5. LAKT
6. ACREMY
7. TREAV
8. LTUE
9. RUPE
10. WHITEI LIMK

HERE'S A WORD SEARCH PUZZLE FOR YOUR CHILDREN TO COMPLETE:

FIND THE 6 WORDS IN THE PUZZLE BELOW THAT MAKE OUR MILK SPECIAL:

ENERGY, CALCIUM, VITAMIN A, PROTEIN, MAGNESIUM, ZINC

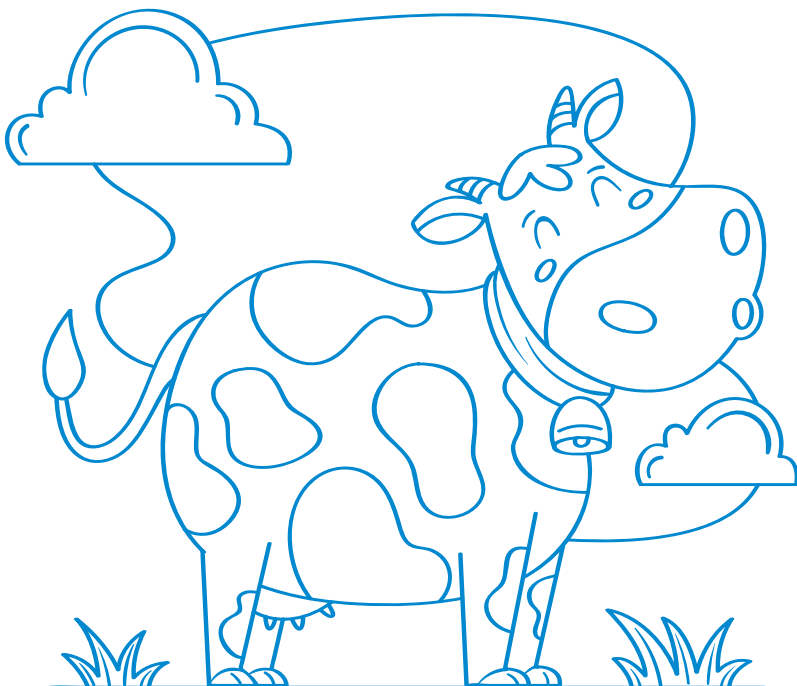
E	P	L	T	L	W	M	N	M
N	R	R	U	I	U	I	A	B
E	V	Q	O	I	Z	G	G	F
R	N	E	C	T	N	Q	N	P
G	B	L	R	E	E	W	A	U
Y	A	D	S	R	K	I	C	X
C	V	I	T	A	M	I	N	A
X	U	Y	P	G	J	C	I	N
M	W	V	W	N	K	B	Z	J

HERE'S A MAZE FOR YOUR CHILDREN TO COMPLETE:

LET OUR HOLSTEIN-FRIESIAN COW FIND IT'S WAY TO ALL 3 NAMMILK PRODUCTS IN THE MAZE BELOW.



COLOUR-IN THE LITTLE COW BELOW:



ANSWERS TO ALL THE QUIZZES AND GAMES

10-QUESTION PERSONALITY TRAIT QUIZ

SCORING - FOR EACH QUESTION, ASSIGN THE FOLLOWING POINT VALUES:

- a) 2 points
- b) 1 point
- c) 3 points

After your children complete the quiz, add up the total score and use the following guide to interpret the results:

10 - 18 points: You are a practical and efficient problem-solver who likes to take charge and get things done. Your strengths include leadership, organisation and a can-do attitude.

19 - 27 points: You are a thoughtful and empathetic person who values relationships and emotional connections. Your strengths include communication, compassion and the ability to see things from different perspectives.

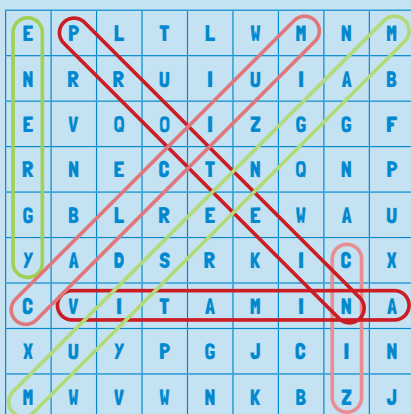
28 - 30 points: You are a creative and imaginative person and love to express yourself through art, writing or other forms of self-expression. Your strengths include innovation, originality and a willingness to take risks and try new things.

Of course, no quiz can capture the full complexity of your children's personality and strengths, but this one should provide a fun and informative starting point for discussion and reflection.

WORD SCRAMBLE PUZZLE

1. Milk
2. Silk
3. Cheese
4. Gourmet
5. Talk
6. Creamy
7. Avert
8. Lute
9. Pure
10. White Milk

WORDSEARCH PUZZLE



MAZE

