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IRIS THE DRAGON

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Caring for Your Child's Gut Health Tip Sheet

If you have a child between the ages of 4 and 10, chances are you're mindful of what you feed them. Studies show that helping your child eat a healthy diet now can lead to health benefits well into their adulthood.

Download our newest tip sheet to learn the importance of gut health for children and how to help them develop healthy eating habits early on in life.

[Download](#)

Support Iris the Dragon

At Iris, our mission is to develop accessible tools and products to help practice good mental health and wellness throughout one's life. To date, we have successfully donated \$1.2 million worth of resources and with your support, we can grow further!

A generous gift of **\$10 CAD** (or foreign currency equivalent) can cover the cost of a printed book donation to a school or frontline mental health organization.

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