

Abstract

The thesis aimed at finding out whether parents of toddlers with delayed psychomotor development undergoing curative spa stays administer food supplements, their reasons for administering them and what kinds and how often food supplements are administered. Eating habits of these children were looked into as well.

Children with polio and central infantile hypotonic syndrome took part in the research. Quantitative research method using an anonymous questionnaire was employed for data collection. Altogether, there were 50 respondents.

The results showed that 72 % (n=36) of parents already administered their children food supplements at such an early age. The most frequent motive for this was to strengthen the immune system. Vitamin supplements counted among the most frequently administered supplements in the sample. Furthermore, the research showed that not even the food composition of children in the sample was ideal.

The results proved that it is highly desirable to pursue nutrition education of parents of children with neurological handicaps and chiefly also assure higher awareness of food supplements.

Key words: dietary supplements, nutrition, toddler period, delayed psychomotor development, vitamins, cerebral palsy