

**10 Suggestions for Preventing Neurological Problems
& Improving Your Child's Health & Well Being©**
Compiled by Jan Yordy, M.Ed., M.S.W. Play Therapist
www.energyconnectiontherapies.com (519) 664-3568

1.) Eat local, organic, whole and raw foods as much as possible. This will cut down on the intake of pesticides, genetically modified and irradiated foods. Insure that your child is drinking plenty of **safe** water every day. Water helps to eliminate toxins and plays a role in total body functioning. Eliminate heavily sweetened fruit juices and all pop. They are filled with sugar and artificial sweeteners. Beware of NutraSweet (aspartame) which is a chemical additive which causes problems. Avoid foods which are heavily processed and full of chemicals, trans-fats &/or pesticides (fast foods, junk foods, & overly processed foods). Avoid using a microwave to heat foods or baby bottles because it destroys enzymes which helps the child digest foods. www.theorganicreport.org
www.environmentaldefence.ca www.kidsregen.org

2.) Create a toxin free home environment indoors and out. Use natural cleansers and air fresheners. Hardwood floors, solid wood furniture and natural fibers are safer than new carpets (off gassing formaldehyde) or furniture made from particle board (glues give off toxic fumes), foam (chemicals off gassing) or fabrics treated with flame retardants. Be especially careful about exposing young children to any pesticides/chemicals. A few weeds & bugs are better than toxins in your child! www.ToxicNation.ca
www.drrapp.com

3.) Be especially careful of what you place on or close to children's skin. Many baby products contain chemical ingredients & children's clothes are often treated with flame retardants. Even the plastic toys which babies are putting in their mouth contain phthalate chemicals to keep the toys flexible. Finding flame retardant free clothing which is made from non-pesticide treated cotton or other natural fibers is safer. Even disposable diapers can have harsh chemicals in them to keep wetness away from baby's skin plus they are polluting our environment. Consider using cloth diapers! www.ecobaby.com

4) Avoid any kind of immunizations which still contains a mercury preservative, such as Thimerosal. (Flu shots & tetanus boosters still contain Thimerosal.) If you do choose to immunize, never have a child immunized when they are sick or still taking antibiotics. If your child had a previous negative reaction to a vaccine, take it seriously! A fever, redness & irritability are all signs of an over-whelmed immune system. Refrain from using acetaminophen as an antidote for a vaccine reaction. It depletes the baby's stores of glutathione which helps the system to remove heavy metals. www.nvic.org
www.evidenceofharm.com

5) Build up your child's immune system naturally through healthy eating and natural supplements. One of the most important supplements for children is to have them take essential fatty acids which are found in fish oil. Avoid the use of antibiotics as much as possible since it leads to increased problems with yeast and the leaky gut syndrome. If your child does need to take antibiotics, use probiotics afterwards to restore natural intestinal flora or have the child eat yogurt which has a live culture. www.mercola.com

6.) Do not allow a dentist to place any mercury containing fillings (or something else which contains toxins) in your child's mouth. Consider avoiding fluoride which is not as safe as dentist would like us to think. (They don't use fluoride in Europe.) Look for a dentist who uses "holistic dentistry". www.iaomt.org www.quantumdental.ca

7.) Increase your child's "Emotional Intelligence" through healthy parenting practices which include talking about feelings and teaching them techniques which help them regulate and release negative emotions instead of suppressing them. Seek professional help if your child experiences an extreme trauma and is still having stress symptoms six weeks after the event. www.childtrauma.com www.energyconnectiontherapies.com

8.) Find healthy ways for your child to move from the moment they are born! They are growing important neural connections through being on their tummy. Free and imaginative play is also important for healthy brain development. Learning and incorporating Brain Gym exercises into your child's day will also help grow healthy connections between the brain/body as well as integrating brain functioning. Limit TV and computer time. It often replaces creative play and important opportunities for movement exploration. www.braingym.com www.ICOLsolutions.com

9.) Protect your child from electromagnetic pollution (EMFs) which come off of cell phones, computers, TVs, children's electronic games, portable phones, microwave ovens, electrical appliances, stereos, hydro wires and the wiring in your home. Avoid having your child sleep within a five foot radius of any electronic device. Check out companies which provide protective devices to place in your home and on your child which can shield them from the harmful electromagnetic frequencies. You are welcome to ask me if you need help finding EMF protection. www.safewireless.org

10.) Make sure your child's education is meeting your child's unique needs and is not self esteem destroying. More & more children today (at least 65%) are right brained thinkers who learn best visually & kinesthetically not by sitting still and listening. Avoid learning curriculums which are not developmentally appropriate. (Have heavy reading & writing expectations before age 7.) Encourage your child's teacher to use Brain Gym in the classroom and learn it yourself to use with your child at home. It will help everyone to think more clearly and will help reduce the stress load at school & at home!
www.visualspatial.org www.childrenofthenewearth.com