

Keeping Children “Brain Healthy”

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1) **Healthy eating enhances brain growth.** Help your child 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. In the last several years a study was done by a Canadian organization called Toxic Nation. They reported that in the families where they tested, the young children had more toxicity in their bodies than the parents. It is also sad to see the number of children who have neurological challenges such as Autism, ADHD, and learning problems climbing each year. A healthy diet does make a difference in children’s brain development so educate yourself and avoid foods which are heavily processed and full of chemicals, trans-fats & or pesticides (fast foods, junk foods, and 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 .and www.kidsregen.org

2) **Help kids to stay active with lots of physical activities to ensure good neural connections.** Ensure proper brain development in babies by not restricting movement through the over use of baby carrying devices. In addition having babies sleep on their tummies instead of their back or at least giving them lots of “tummy time” is also helpful in stimulating brain development. When babies sleep on their backs, they are neurologically upside down which inhibits the integration of their infant reflexes. This can create blocks in ease of movements and the development of more efficient neural connection needed for learning. As children grow older, teaching them Brain Gym® exercises to balance energy and connect key areas of the brain for efficient thinking and processing can be significant. Brain Gym® activities can be practiced at home before school and before starting homework to insure whole brained thinking is in place for ease of learning. www.braingym.org www.ICOLsolutions.com

3) **Protect your child’s sensitive brain from Electromagnetic Frequency pollution.** We are living in an ever increasing sea of energy created by cell phones, cell phone towers, computers, Wi Fi (in homes & schools), cordless phones, microwave ovens, electrical appliances, TVs, children’s electronic games, hydro lines and the wiring in our homes. Our exposure to microwaves, radio waves dirty electricity and all the other chaotic frequencies which are blasting around us contributes to our escalating stress and anxiety levels. Increasing levels of cancer and chronic health challenges are being seen in all ages. Children whose bodies & brains are more vulnerable to these invisible rays need our protection. We need to act now to stop a global pandemic. One study showed that even as little as 2 minutes of cell phone use by children changed brain wave frequencies for up to 2 hours and penetrated deeply into the brain. The effects of the EMF exposure are cumulative so steps to decrease irradiation are essential!

Keeping Children “Brain Healthy” (continued)

4) **Encourage free & imaginative play in a stress free environment.** Turn off the TV and computers and insure kids spend quality time out in nature. They will be more calm and grounded especially if they walk barefooted outdoors in natural surroundings. (www.earthing.com) TV programs, computer use and video games are designed to be addictive, stimulating to primitive brain areas and to switch off connections to higher level thinking. Studies have shown that children under age 2 do not benefit from watching any TV. For children who are kindergarten to grade six, limit screen time to an hour a day. Ideally teens should not put in more than 2 hours a day of screen time. Watching a steady diet of today’s TV and movies conditions them to be passive thinkers who crave junk food and need designer clothes to feel happy. Kids who play hours of video games a day develop hyper reactive brains which need a steady diet of adrenalin pumping, over stimulation to get their dopamine fix. Unfortunately their brains will more easily become distracted in school and may become lazy because they lack the neural wiring for the kind of thinking and processing which is needed in school.

5) **Give nutrients which help boost the brain power.** Omega 3 fatty acids are key to supporting your child’s growth of a healthy brain. It improves attention, memory, and other aspects of cognitive functioning. Fish oil which is high in DHA improves the signaling between nerve cells in the brain so put Omega power on your side. A vitamin D supplement which boost the immune system is another great choice for keeping kids healthy. Another great supplement for kids I have recently discovered is Juice Plus+. It delivers a whole food based nutrition made from 17 different fruits, vegetables and grains. Juice Plus+ insures that even your pickiest eater will have the nutrients they need to keep them growing and developing in a positive way.

6) **Create a home which is warm and emotionally stable where kids feel accepted for who they are.** A positive, friendly environment where kids are nurtured with age appropriate rules and goals influences brain development. Guiding your child through decision-making processes – with love and compassion- so he can learn to anticipate the long term consequences of his choices helps wire his brain for success. Keeping a calm brain helps to develop good executive functioning skills in the thinking part of the brain instead of being triggered into the reacting part of the brain. If your child does experience something upsetting and traumatic which is beyond your skills to resolve, seek professional help with a skilled therapist trained in EMDR &/or Energy Psychology techniques.

7) **Make sure your child gets adequate sleep and has down time to recover.** Sleep impacts every aspect of a child’s cognitive functioning, including attention, memory, problem-solving and decision making. Studies have shown that children who don’t get sufficient sleep are more likely to do poorly in school. Set a consistent bedtime and wake time for your kids and enforce an electronic curfew 2 hours before bed.