



Four Steps to a Fresh Start in the New Year Brain Balance®

At Brain Balance, we believe that your child has the potential to thrive. We can help equip them to better handle their own challenges, so they can enjoy and thrive in family gatherings, classrooms, social events, and more. Get a fresh start in the new year with our tips for developing brain-healthy habits that are in line with our leading drug-free program helping kids move beyond challenges to achieve greater success.

1 Eat Clean and Fuel your Body with Fresh Foods

Health is a lifestyle journey. Good eating is the foundation. When people start a new eating program they are not usually looking forward to it and often try to change too many things in their daily routine to be able to stick with any of them. Make a commitment this year to take small steps towards a cleaner diet and a healthier body and happier brain!

When goal setting, focus on the creation of “SMART” goal! Follow the tips here to set “SMART” goals for your family.

SPECIFIC
Plan effectively with specific targets in mind. Instead of “I want to eat cleaner,” state, “I want to improve my health by eating more vegetables.”

MEASUREMENTABLE
Track your progress and reevaluate along the way. For this goal, I might say “my child will eat one serving of vegetables, each day, at lunch. I will record their veggie intake on the family calendar.”

ACTION ORIENTED
Set realistic goals that you can take action on. What will be your key to success? Are you going to include your favorite veggies in your weekend shopping, chop them and package in individual baggies so that they’re ready for lunch? Make a big pot of veggie soup and pack a thermos for lunch? Have a serving of leafy greens in your usual smoothie?

REALISTIC
If the last time a green vegetable landed on your child’s plate was last summer, a vegetable every day is probably too big of a change. Having a serving of veggies twice a week might be a good place to start.

TIME
Specify a deadline, monitor progress and reevaluate. Start with one small goal over a period of time and then reassess. “I will have one serving of vegetables, twice a week, for the next three weeks. Then I will reassess.”

2 Get Outside as a Family

Outdoor play is not only beneficial, but also crucial for the brain's healthy development. For children with special needs, outdoor play is especially critical in core muscle development, small motor skill refinement, and increasing coordination. Children need to navigate obstacles, maintain appropriate space around other children, and use their strength to throw, catch, manipulate objects or tackle a jungle gym. When you tell your child to "Go outside and play", you're not just getting him or her out of the house. You're also promoting healthy brain development, as well as a good workout for your child's body



Outdoor Activity Ideas

- Go for a Nature Hike
- Play Frisbee
- Kick a Ball
- Swing at the Playground
- Jump on a Trampoline
- Play Tennis or Golf
- Enjoy Unstructured Play
- in the Woods or at the Beach

3 Resolve to Reduce Family Screen Time

Too much screen time affects the ability of the brain to form healthy connections, leading to behavioral problems and other developmental issues. Getting away from screens often improves focus, behavior and academic ability and gives your child more time to build the sustained attention skills needed to succeed in the classroom and stay on task at home. Plus, by spending time doing non-screen activities, they can burn energy outside, get to know new friends, and enjoy more creative or academic activities.



Practice these Alternative Activities to Screen Time

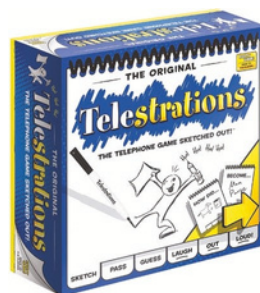
- Write & Illustrate a Story
- Scrapbook of a Recent Event
- Practice Photography
- Play Hide & Seek
- Paint & Build Model Airplane
- Conduct a Blindfold Taste Test
- Garden
- Play Board Games
- Offer to Help a Neighbor with Yard Work
- Family Puzzle Night

4 Build Cognitive Skills with Brain Building Activities

Introduce games that not only build cognitive skills but also foster motor skills, rule following and focus in a fun and entertaining way. The following brain building games are great screen-free activities for a family night, party or to take along on a family road trip for hours of entertainment!



Tangrams: A great way to teach kids about spatial relationships, tangram puzzles are travel friendly and offer hours of independent play.



Telestrations: The telephone game on a sketch pad, Telestrations builds listening skills and boosts creativity.

Chess / Checkers / Chinese Checkers: Strategy games are a great way to teach planning and critical thinking.



UNO: This colorful card game helps with attention, pattern recognition, and reinforces numbers/colors.



Bingo: Appropriate for all ages, Bingo is a great way to exercise listening and memory skills.



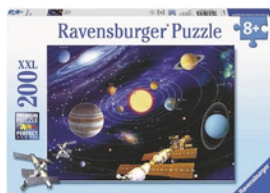
MindTrap: This brain building game for older kids aged 10 and up, taps into both the left and right brain for a full brain workout!



Monopoly: A classic board game that has withstood the test of time, Monopoly offers lessons in financial planning, saving, and adapting to sudden changes (like going to jail!).



Scrabble: This well known crossword game helps to build vocabulary and improve spelling.

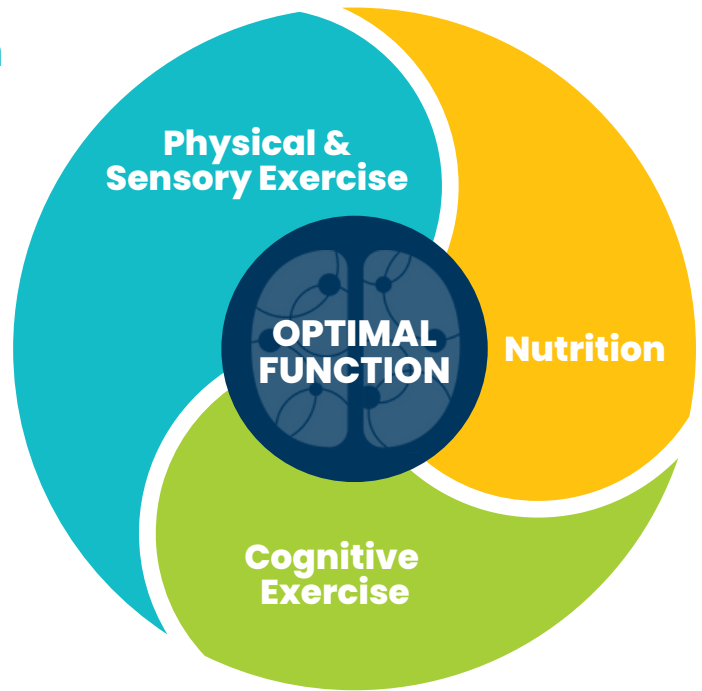


Jigsaw Puzzles: A great way to encourage focused, quiet time, jigsaw puzzles help build cognition and improve fine motor skills.

When Coping Strategies and Skill Building Strategies are not Enough

If you've tried various strategies to help your child build these important executive functioning skills, but still find your child needs excess help to stay organized and keep up with daily tasks, you may want to consider supporting their brain development with a program like Brain Balance.

The Brain Balance program is uniquely designed to strengthen connections between areas of the brain and improve the foundation of development. The program is an integrative, whole-body approach that incorporates cognitive exercise, physical, and sensory exercise, and nutrition methods and combines them into one optimized approach.



A growing body of evidence shows the Brain Balance Program positively impacts the following key areas of brain health for children and adolescents:¹



Emotionality



Academic Motivation



Behavior



Reading & Writing



Social Skills

In separate, independent studies, parents, clinicians, and teachers have all reported a decrease in hyperactive behaviors, a decrease in disruptive behaviors, and an improvement in attention abilities in children and adolescents after completion of the Brain Balance Program.¹



Parents



Clinicians



Teachers

There is hope and a better way forward. Contact our support team to get started.



¹<https://www.brainbalancecenters.com/brain-balance-program-research-and-results>