

BEHAVED BRAIN

HEALTHY BRAIN CHECKLIST

DEAR PARENT,

THANKS SO MUCH FOR JOINING US IN LEARNING MORE ABOUT HOW YOU CAN HELP YOUR CHILDREN AND THE WHOLE FAMILY LIVE A HEALTHIER, HAPPIER LIFE - TOGETHER!

AS CHILD AND FAMILY THERAPISTS, IT'S OUR JOB TO HELP KIDS AND PARENTS WORK TO IDENTIFY WHERE IMPROVEMENTS CAN BE MADE BOTH INTERNALLY AND EXTERNALLY. EVEN WHEN WE KNOW ALL THE "RIGHT" THINGS WE SHOULD BE DOING, IT CAN FEEL HARD TO ENFORCE THEM. TRUST US, AS PARENTS OURSELVES, WE KNOW FIRST-HAND HOW DIFFICULT IT IS TO IMPLEMENT ALL THAT WE ADVISE ON!

AND SINCE WE'RE ALL BUSY BUZZING AROUND OUR OWN SCHEDULES (I.E. SCHOOL, CAMP, SPORTS, WORK, FAMILY, ETC.), WE WANTED TO SHARE OUR "HEALTHY BRAIN CHECKLIST" WITH YOU SO THAT EVEN WHEN YOU CAN'T FLY IN FOR A QUICK VISIT, YOU CAN REFER TO THIS LIST AS A HEALTHY REMINDER!

BE WELL,

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SLEEP

- DIM THE LIGHTS & LIMITS SCREENS 2 HOURS BEFORE BED
- TRY USING LAVENDER OIL
- REVAMP THE BEDTIME ROUTINE TO BE CALMING & MINDFUL
- MEET THE REQUIREMENT FOR SLEEP (8-10 HOURS)
- CLEAN/DE-CLUTTER THE BEDROOM SPACE
- USE RED LED/SALT LAMPS AT NIGHT

EXERCISE

- CONSIDER KIDS EXERCISE CLASSES LIKE YOGA OR SPORTS
- OUTDOOR PLAY TIME FOR AT LEAST 1 HOUR A DAY (OUTSIDE OF SCHOOL)
- PURCHASE A MINI-TRAMPOLINE
- MODEL HEALTHY HABITS FOR THEM
- GO FOR FAMILY WALKS AFTER DINNER
- 30 MINUTES A DAY OF ELEVATED HEART RATE
- IMPLEMENT SOME SORT OF STRENGTHENING 3X WEEKLY

ENVIRONMENTAL

- CHANGE UPSTAIRS LIGHTING TO RED LED LIGHTS
- DIM ALL LIGHTS TWO HOURS BEFORE BED
- CONSIDER CLEAN WATER SOURCE/FILTERING WATER
- CLEAN YOUR HOME/BODY WITH NON-TOXIC PRODUCTS
- LOOK INTO AIR FILTRATION & AIRING OUT YOUR HOME
- COOK WITH CERAMIC OR HIGH-QUALITY STAINLESS STEEL
- SWAP PLASTIC PRODUCTS WITH GLASS OR STAINLESS STEEL
- TEST YOUR HOME FOR MOLD
- SWAP CARPETS FOR HARDWOOD
- GET A HOUSE PLANT
- GET NON-TOXIC MATTRESSES

CALMING

- IMPLEMENT A DEEP-BREATHING OR YOGA ROUTINE
- EPSOM SALT BATHS
- UTILIZE ESSENTIAL OILS
- TALK TO YOUR PEDIATRICIAN ABOUT MAGNESIUM
- TRY MEDITATION AND MINDFULNESS PRACTICES
- TAKE 3 DEEP BELLY BREATHS, 3 TIMES A DAY
- TALK ABOUT GRATITUDE OR MAKE A GRATITUDE JAR
- EXPERIMENT WITH HEALING OR BACKGROUND MUSIC/SOUNDS
- TRY A DRY BRUSHING ROUTINE BEFORE BED
- CONNECT WITH NATURE/MAKE YOUR OWN BACKYARD GARDEN

ROUTINES

- VISUAL ROUTINE FOR TIME OUT PROCEDURES
- WRITE DOWN AND ORGANIZE MORNING ROUTINE
- MAKE A HOMEWORK & AFTERNOON SCHEDULE
- BLOCK OUT TIME FOR DINNER/FAMILY/OUTDOOR TIME
- PLAN/ORGANIZE WITH PAPER OR DIGITAL PLANNERS
- CREATE A CALM-DOWN BOX OR CORNER
- CONSIDER A REINFORCEMENT-BASED SYSTEM FOR YOUR HOME
- CREATE RULES FOCUSED ON RESPECT & COMMUNICATION
- RECOGNIZE IF THE FAMILY IS OVER-SCHEDULED & REEVALUATE

SCREEN TIME

- PUT PHONES ON AIRPLANE MODE WHEN NOT IN USE
- TRY AN EMF PROTECTIVE CASE: THEY CAN ALTER SLEEP QUALITY
- USE SPEAKER PHONE/EAR BUDS WHEN POSSIBLE
- LIMIT SCREEN TIME TO 1 HOUR A DAY, MORE ON WEEKENDS
- SET A TIMER ON YOUR WIFI/ROUTER DURING SLEEP
- INVEST IN POWER CORD SHIELDS AND SHIELDED OUTLETS
- DELETE OR SUPERVISE ALL YOU-TUBE USE
- GUIDE YOUR CHILDREN TO MORE EDUCATIONAL PROGRAMMING

DIET

- KEEP TO EWG DIRTY DOZEN & EAT ORGANIC WHEN POSSIBLE
- EAT GRASS-FED OR WILD-CAUGHT PROTEINS
- UTILIZE PLENTY OF HEALTHY FATS: COCONUT OIL, NUTS, SEEDS & OLIVE OIL
- CHECK VITAMIN D LEVELS & ADD SUPPLEMENT IF NECESSARY
- ELIMINATE HYDROGENATED OILS, HIGH FRUCTOSE CORN SYRUP, EXCESS SUGAR AND ARTIFICIAL FLAVORS AND COLORS
- TRY FERMENTED FOODS AND BONE BROTH TO HELP CLEANSE THE GUT
- GET 5-7 SERVINGS OF FRUITS AND VEGETABLES A DAY
- ADD SUPPLEMENTS WHEN NECESSARY, WITH FOLATE INSTEAD OF FOLIC ACID
- GET A GOOD SOURCE OF OMEGA-3 (NUTS, WILD-CAUGHT FISH, ALGAE, HIGH QUALITY SUPPLEMENT)
- HIDE GREENS IN AT LEAST ONE THING A DAY (SMOOTHIE, BAKED GOODS, SAUCES, ETC.)
- INVEST IN A GOOD, HIGH-QUALITY PROBIOTIC OF AT LEAST 10 BILLION CFU