

# NEURO NURTURING™

It feels so INCREDIBLY GOOD when you provide what my brain needs most!

**NeuroNurturing Insight:** Nutrition directly affects the way a child's brain functions. When children (and adults) have well balanced meals and nutritious snacks, behavior and learning are improved.



Especially for the first meal of the day, eating foods containing high levels of sugar do not provide what the brain needs to work well. As a result of eating simple carbohydrates, stress hormones are released. This can create anxiety, confusion and hyperactivity. However, a breakfast that includes adequate amounts of protein provides the brain with what it really needs. This increases the ability to pay attention, improves activity levels, and creates much more positive moods.

It is easy to provide Neuro-Nurturing experiences in everyday life to stimulate a young child's brain growth.

## Tips to try:

- Eat a natural rainbow each day, comprised of fruits and vegetables. This provides important antioxidants.
- Provide meals that include "healthy" fat, which is often referred to as the brain vitamin, otherwise known as Essential Fatty Acids.
- Help your child learn which foods are most healthy. Encourage them to help you pick nutritious foods in the store by saying, "This is good for my brain!"
- Ensuring children have adequate amounts of sleep leads to healthier food choices. Lack of sleep leads to cravings for less healthy foods.