

Supporting your Child

Brain Health

Here are some general tips, everyone is different, so please do your research and adjust these suggestions to suit your child.

Sleep: 7-9 hours

- Toothpaste technique
- Progressive muscle relaxation
- Weighted blanket

Nutrition:

- Good fats to support the wiring of the brain
- Leafy greens to support gut health

Exercise: 30 minutes at least three times a week

Nurturing your Child's Sense of Self-Worth

- Learn about ADHD to help you understand your child and adjust your expectations.
- Replace frustration with curiosity. It is often easier to do this in hindsight. It's okay to revisit difficult situations.
- Ask open questions: What's that like for you? How do you feel about it?
- Consider doing the Circle of Security Parenting course. Use the QR code below to find out more.



Help Your Child Thrive

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