

Unlocking Your Child's Potential with Neurofeedback Training

Neurofeedback training is a well-researched, safe and effective way to help adults and children train their brains to achieve a healthier, more balanced state – like exercise, but for the brain. It uses real-time visual and sound representations of brain activity to help the brain self-regulate. It can help with:

- **Increased focus:** Neurofeedback training can enhance your child's ability to concentrate and maintain attention. When we are better able to focus and regulate, it has a ripple effect, improving all areas of our lives.
- **Emotional regulation and reducing anxiety:** Neurofeedback promotes a balanced and calm state of mind by regulating brainwave patterns associated with stress and anxiety.
- **Developing executive functioning skills,** such as task initiative, working memory, planning, problem-solving, impulse inhibition, and goal-directed persistence.

If you'd like to find out more, use the QR code below to book an initial consultation. We will explore how neurofeedback training can meet your child's unique needs and help them thrive.



Help Your Child Thrive

Una Archer GMBPsS

Phone: 07810 674518

Email: una@helpyourchildthrive.co.uk

Web: www.helpyourchildthrive.co.uk