

# Handout: Turbo Charge Your Brain

## ■ Prenatal

- \*First ½ eat well, balanced, but not excessive.
- \*Take folic acid supplements several months before you get pregnant.
- \*Eat Omega 3's in food.
- \*Avoid too much stress.
- \*Enjoy moderate exercise: Everything is about getting the maximum amount of O<sub>2</sub> to the brain with out the body heat brought on by too vigorous exercise (avoid saunas and hot tubs for this reason as well).
- \*Read *Brain Rules for Babies* by Dr. John Medina.

## ■ Birth to age 5

- \*Breastfeed.
- \*Bond with face time; it is crucial for language & emotional development.
- \*Use a lot of “parentese”. Reading & singing to your child are great activities for “parentese and face time bonding.
- \*Teach your child sign language before he/she is verbal. *Baby Signs* by Drs. Linda Acredolo and Susan Goodwyn is a helpful read.
- \*Re-read *Brain Rules for Babies* by Dr. John Medina

## **Ages 3-5**

- \*Allow them to begin music lessons.
- \*Teach them another language.
- \*Be a role model and take interest in your child's interests.
- \*Provide fun physical activities daily.

## ■ Elementary School Ages 6-11

- \*Continue language and music lessons.
- \*Continue physical daily play, 60 minutes a day is the goal.
- \*Continue to take interest and engage together in your child's interests.
- \*Read *Brain Rules* by Dr. John Medina.
- \*Look for schools that use play and active learning as a model vs. seat work.
- \*DO what you want your child to learn.

Resource: [www.befit2learn.com](http://www.befit2learn.com)

## ■ Adolescent ages 12-18

- \*Talk with your child daily. Yep, daily and let them lead the conversation.
- \*Provide visuals and visual reminders of what you want them to do and learn.
- \*Continue to engage with them in their interests.
- \*Move with them! Be physically active 60 minutes a day.
- \*Emotions Rule! ~ Listen and talk through them together.
- \*Sing together and continue music lessons.
- \*Do new things together.
- \*Interact with their friends *with* them and keep **face time** dates.
- \*Let them sleep!

## ■ Adulthood

In many ways, mature brains are better. Cognitive function improves, problem solving improves, and coping in emergency situation improves.

Experience takes it's home in middle aged brains– on average it takes 10 years of experience to acquire a high level of skill in most area. In youth, we develop these skills, in middle age; we use them, improve on them and integrate these with other life experiences.

Experience and wisdom combines to bring you to your peak of ability. While processing speed and reaction time are slowed, the ability of your brain to synthesize all parts if a problem and situation is increased, coupled with a moderation in emotionality and an increase in you're a ability so see the "whole picture".

Resources:

<http://www.lumosity.com>

<http://www.braingradetest.com>

<http://brainwaves.corante.com>

## ■ Seniors

Neurogenesis is the production brand new brain cells is

ENHANCED BY:

Exercise

Complex environments

New learning

Pro-social Contact

Good Nutrition

Low Stress

REDUCED BY:

Distress

Inactivity

Boredom

Depression

Poor Nutrition

Isolation and low social Status

Book: *The ANTI- Alzheimer's Prescription* by Dr. Vincent Fortanace

Book: *A Magnificent Mind At Any Age* by D. Daniel Amen

We hope you enjoyed our presentation!

For additional information or training opportunities contact us at:

**Sheila Syvrud, MS. Ed.**

[ssyvrud7@msn.com](mailto:ssyvrud7@msn.com)

**Dr. Ann Goldade, Ed. D.**

[annfayedd@gmail.com](mailto:annfayedd@gmail.com)

**Lois Mauch, MS. Ed.**

[mauch.lois@gmail.com](mailto:mauch.lois@gmail.com)

E-Mail- [befit2learn@gmail.com](mailto:befit2learn@gmail.com)

Website- [www.befit2learn.com](http://www.befit2learn.com)