

A Brain-Healthy Summer

REVIEW CHECKLIST

For maintaining a brain healthy summer

- Do I pay attention to my child's physical health?
- Do I keep my child physically active for all the benefits it delivers to body and brain?
- Do I pay attention to my child's diet, and take steps to improve his digestion and avoid a "leaky gut"?
- Do I pay attention to my child's emotional health?
- Do I work with my child to increase his emotional intelligence?
- Do I know what my child's predominant learning style is, and teach to it?
- Do I manage media/screen machine time, so my child's brain will develop and mature to its greatest potential?
- Do I provide social opportunities for my child, so she can maintain her current relationships?
- Do I provide my child with options for creating new relationships by exposing him to social possibilities?
- Do I engage in play with my child so she can practice social interaction?
- Do I create activities to encourage play among siblings without giving any one of them too much responsibility for the other?