

Our Brain: The Incredible Multitasking Organ

Our brains keep us learning, problem-solving, breathing, standing, talking, digesting, seeing, hearing, walking, chewing gum and so much more – all at the same time. Our brains are more intricate than the most complex engine; more able to solve problems than the most sophisticated computer. Just like those special machines, our children's brains need and deserve the very best attention to keep them healthy and in good working order. So does our well-used adult brain. Treat your brain well!

Some Tips to Keep Your Child's Brain Healthy

From: The Dana Guide to Brain Health, 2002

- Provide a warm, loving, consistent environment. Children always need to know you love them. Show pride in their efforts. Help children build relationships with others.
- Challenge your child with new opportunities, but don't overdo it! Give your child the time and freedom to pursue his or her own interests.
- Provide a healthy diet. Establishing healthy eating habits in children can have lifelong benefits in avoiding obesity, diabetes and hypertension.
- Schedule regular check-ups with your doctor.
- Require your child to wear a helmet while bicycling, skateboarding or doing similar activities.
- Always use seat belts. This can greatly reduce the chance of suffering a serious head injury in the car, and it's the law.