

THE BRAIN STAGES

8 SECRETS TO HELPING KIDS GROW INTO SUCCESSFUL ADULTS

BACKED BY RESEARCH

1. Talk to your kids—and listen. 
2. Time **outside** 
3. Daily **exercise** that makes them sweat 
4. Brain **Foods** with omegas— veggies, eggs, walnuts, fish 
5. **Sleep**—9 to 11 hours every night 
6. Plenty of **water**—
-ages 5 – 8, 6 cups per day
-ages 9 – 11, 8 or 9 cups per day 
7. **Downtime**—imaginative play 
8. Screen time **limitations**—about 2 cumulative hours of quality games or programs 