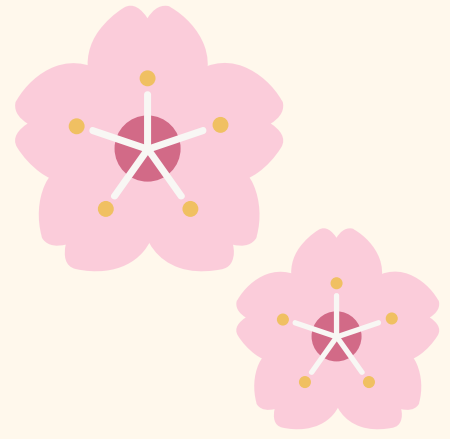
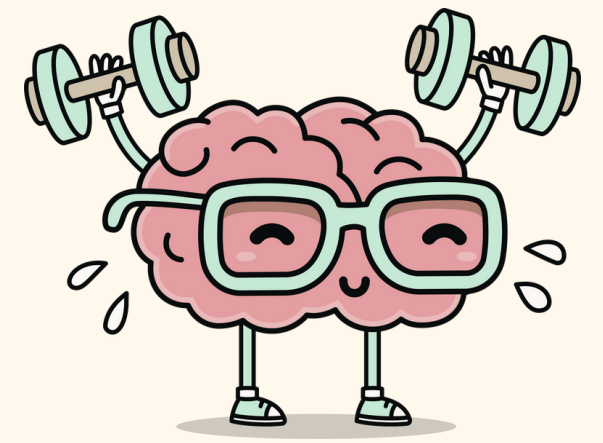


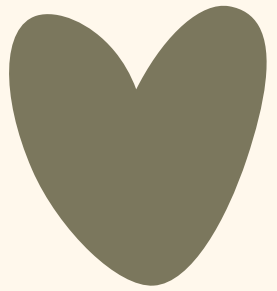


GROWING A HEALTHY BRAIN



BUCKET LIST

TIPS TO HELP YOUR CHILD'S DEVELOPING BRAIN.
BECAUSE BEING A KID IS TOUGH ENOUGH!!



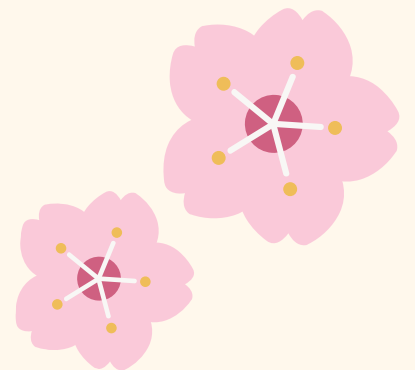
Prioritize 9 to 12 Hours of Sleep

USING TECHNOLOGY DEVICES BEFORE BED CAN TRICK A KID'S BRAIN INTO THINKING IT IS DAYTIME! IT CAN AFFECT HOW QUICKLY THEY FALL ASLEEP AND FOR HOW LONG. TURN ALL TECHNOLOGY OFF AN HOUR BEFORE BEDTIME TO GIVE KIDS THE BEST CHANCE FOR QUALITY SLEEP. THEY WILL WAKE UP HAPPIER AND SO WILL YOU!



Serve Nutrient Rich Food

ACCORDING TO HARVARD MEDICAL SCHOOL (2023), THE BRAIN AND GUT ARE CONNECTED. WHOLE FOODS HELP KIDS IMPROVE THEIR BEHAVIOR, CONCENTRATION, SLEEP AND CAN DECREASE ANXIETY AND DEPRESSION. STEER KIDS TOWARD WHOLE FOODS SUCH AS WHOLE GRAINS, FRUIT AND VEGETABLES AND AWAY FROM HIGHLY PROCESSED FOOD. THEIR BRAINS AND BODIES WILL THANK YOU.



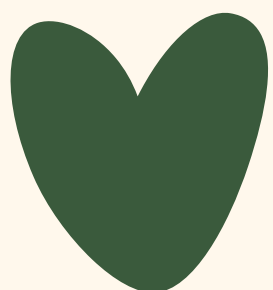
Promote Play

SMARTPHONES CAN EXPOSE KIDS TO INFORMATION THAT THEIR BRAINS ARE NOT READY TO HANDLE. RESEARCH IS BEGINNING TO SHOW WAYS IN WHICH SOCIAL MEDIA NEGATIVELY IMPACTS KIDS' SELF-IMAGE, MENTAL HEALTH, SLEEP, BEHAVIOR, AND CONCENTRATION. SOME POPULAR KIDS' VIDEO GAMES EVEN HAVE EMBEDDED GAMBLING-LIKE ACTIVITIES. PRIORITIZING AND PROMOTING PLAY OVER SCREEN TIME IS PRIORITIZING YOUR KID'S MENTAL AND PHYSICAL WELL-BEING.



Clear the Air

VAPING NICOTINE OR CANNABIS CREATES AN AEROSOL. THE AEROSOL CONTAINS THE DRUG BEING VAPED AND OTHER CHEMICALS THAT CAN HURT A KID'S DEVELOPING BRAIN AND BODY. AEROSOLS LINGER IN THE AIR AND ATTACH TO CLOTHING, HAIR, AND FURNITURE. KIDS WHO BREATHE IN 2ND HAND CANNABIS AEROSOL CAN HAVE DETECTABLE LEVELS OF THE DRUG IN THEIR BODIES. KEEP KIDS CLEAR OF 2ND AND 3RD HAND AEROSOLS FROM VAPING NICOTINE OR CANNABIS.



BEING A PARENT AND CAREGIVER
IS HARD. YOU ARE DOING GREAT!!

-YOUR ONONDAGA COUNTY PREVENTION PROVIDERS
CONTACT COMMUNITY SERVICES
PREVENTION NETWORK
ADAPEP OCM BOCES

