



Brain Balance™
ACHIEVEMENT CENTERS

Understanding Your Student's Developing Brain

Brain Balance Achievement Centers

WHERE EVERY KID CONNECTS WITH SUCCESS

Today's Topics

- Developmental Delays
- Brain Development
- Affecting brain development in the classroom
- Helping parents develop their child's brain



Brain Balance Achievement Centers

WHERE EVERY KID CONNECTS WITH SUCCESS

What We Do

We work with students who are developmentally delayed

- ADHD
- Learning Disorders
- Dyslexia
- Processing Disorders
- Asperger's



Diagnosed or not...Here We Come!

More kids are struggling with:

- Immaturity
- Attention
- Emotional Reactivity
- Social Interaction
- Sensory Issues
- Difficulties learning



Developmental Delays are on the Rise

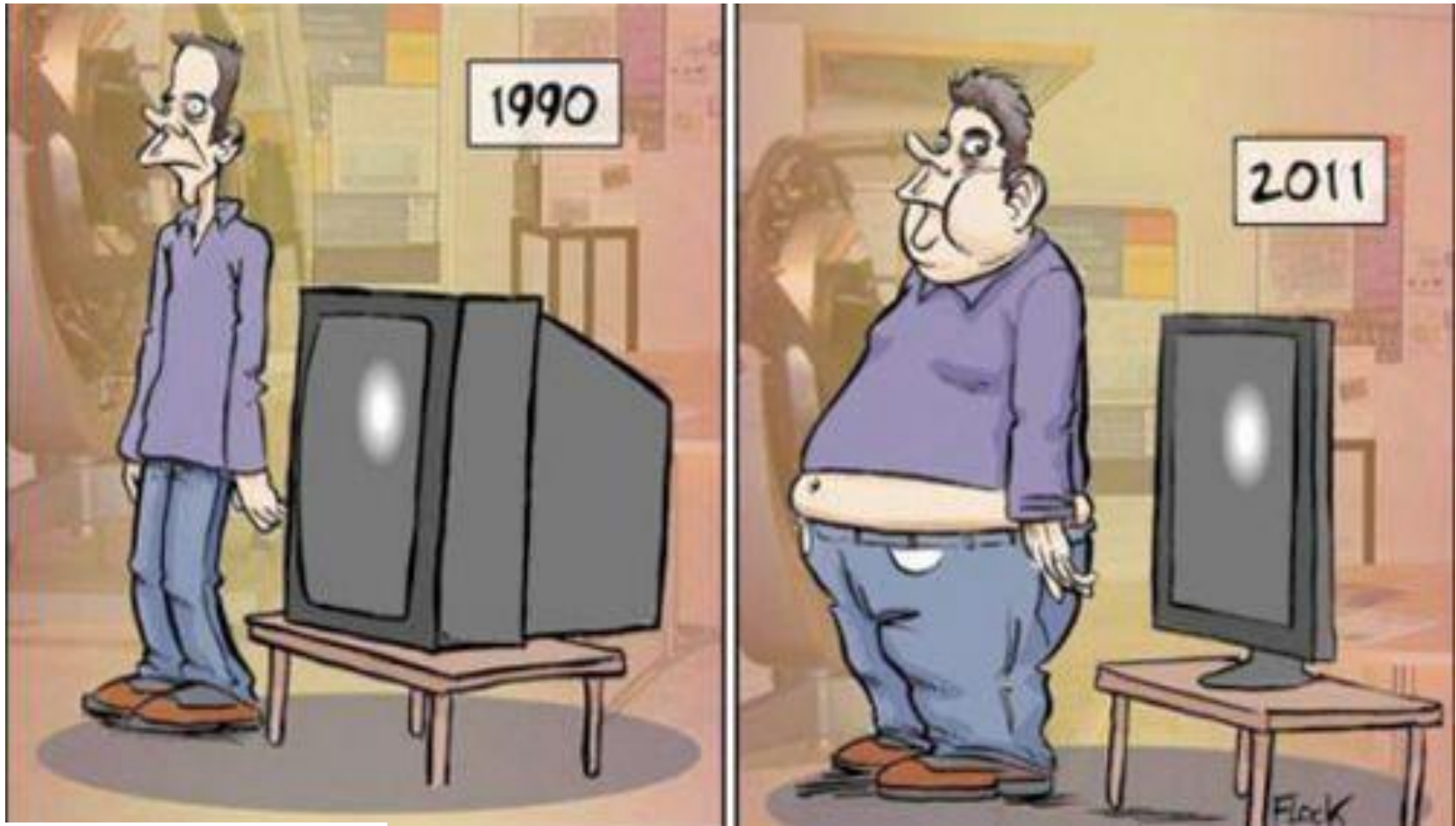
Statistics

- 1 in 10 kids are currently taking meds for ADHD
- 1 in 50 kids are diagnosed with Autism
- 1.5 in 10 kids are affected by Dyslexia
- These numbers are increasing each year
- 50% of this increase is due to better recognition; 50% is due to new cases



Why???

What We Do Affects Brain Development

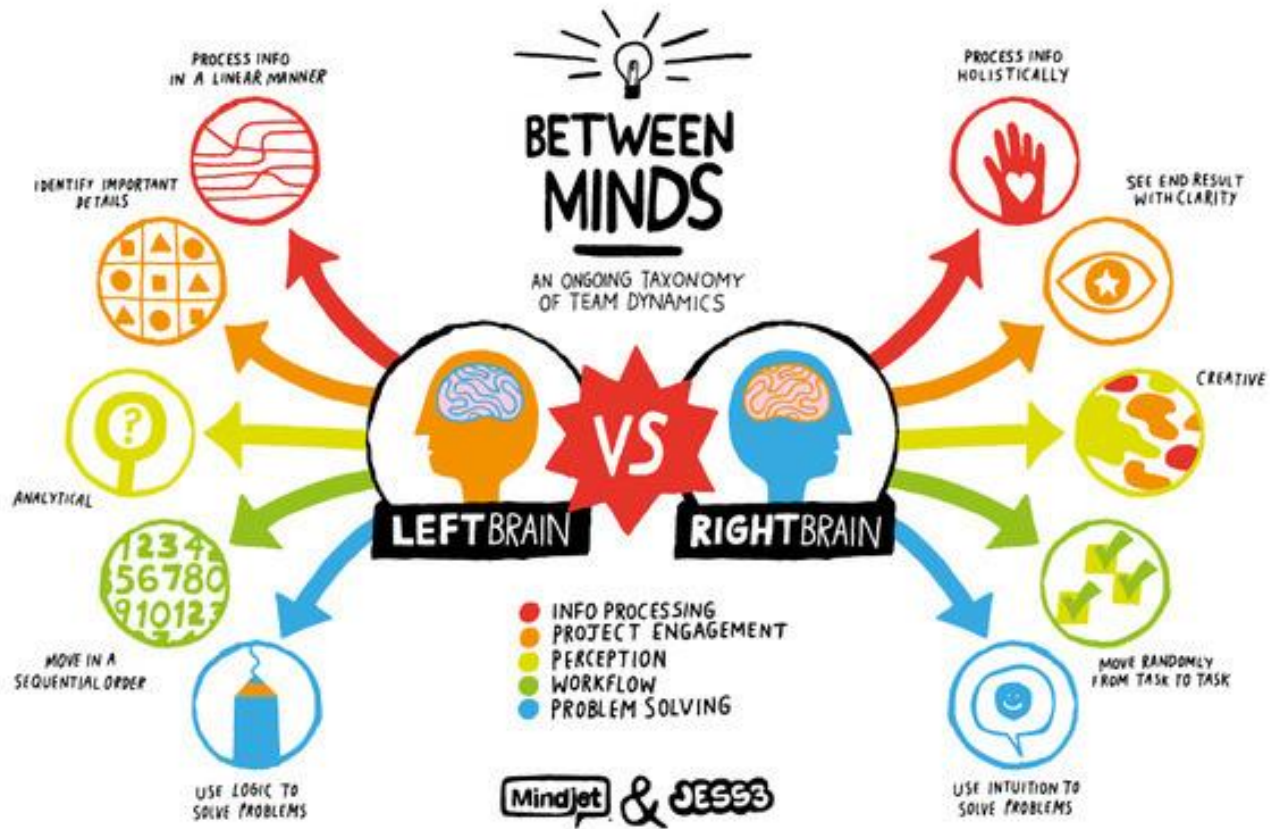


Our lives are different than before

- In America 60 years ago, the average family meal time was 90 minutes, today it is 12 minutes
- Childhood is spent mostly indoors, watching TV, playing video games or on the Internet
 - 27% of kids age 9-13 play organized baseball, 6% play on their own
 - Bike riding is down 31% since 1995
- In the 1960's 4% of kids were overweight
- Today 19% of kids are overweight
 - In Texas 1 in 3 kids are overweight
- Children under the age of 6 average 4.5 hours of screen time daily
- Children ages 7 -18 average 5-7 hours of screen time daily (during the school year)

How do we change?

Let's Talk About Brain Development



Developmental Stages

Stages of Development

- Primitive Reflexes
- Sensory Motor
- Cognitive
- Alternates between Right and Left Brain Development
 - Age 0-3 Right
 - Age 4-6 Left
 - Age 7-9 Right
 - Age 10-12 Left
 - Age 13-15 Right
 - Age 16-18 Left
 - 19 + Frontal Lobe



Right Brain

Behavioral/Emotional Center

Functions

- Attention
- Impulse control
- Emotional reactions
- Spatial orientation
- Sensory processing
- Big picture
- Reading comprehension
- Math word problems
- Gross motor control

Underdevelopment

- Distractibility (poor attention)
- Impulsivity
- Hyperactivity
- Delayed speech
- Anxiety, emotional reactivity
- Poor spatial orientation
- Lack of self awareness
- Poor pragmatic skills
- Overactive immune response

Left Brain

Academic/Cognitive Center

Functions

- Decoding
- Speech/Language
- Auditory processing
- Phonics
- Memory
- Motivation
- Fine Motor
- Math calculations
- Fine Details

Underdevelopment

- Poor reading (decoding)
- Articulation issues
- Poor auditory processing
- Poor verbal communication skills
- Poor spelling skills
- Poor memory
- Poor math operations
- Poor handwriting
- Task avoidance (with Academics)
- Poor motivations
- Miss small details

Developing the Brain

1. Use the weak areas
 - Do not live into strengths
 - Focus on weaknesses
2. Give the brain increasing amounts of sensory input
 - Senses
 - Tastes, smells
 - Eyes
 - Ears
 - Touch
 - Movement
 - Fine/Gross Motor
 - Rhythm/timing
 - Balance



In the Classroom

Applying brain development information

What **NOT** to do

- Create an over-stimulating classroom environment and expect calm students
- Have kids sitting stationary without movement for more than 15-20 minutes (depends on age)
- Reward with unhealthy foods
- Ignore other parts of development and focus solely on reading and math
- Cut out or reduce recess for more instruction time
- Encourage “educational” computer (tablet/smart phone/PC) use at home

In the Classroom

Applying brain development information



What **TO** do

- Move, Move, Move!
 - Clapping and rhythm games
 - Sitting in a circle
 - Skip Count
 - Sing
 - “I’m going on a picnic”
 - Partner Up
 - Eye stretches
 - Deep breathing exercises
 - Posture exercises
- Use hand/body motions
- Vocabulary words
- Turn and teach
- Spell across the midline
- Sky-write with hands and feet
- Squats, lunges, jumping jacks, marching, etc.
- Give and get
- Encourage both fine and gross motor...
balance is key!

Teaching: What, When, and How?

Instruction Time

- “You can teach more and faster, but students will simply forget more and faster.”

Grade Level	Direct Instruction Time
K-2	5-8 min
3-5	8-12 min
6-12	12-15 min

Behavior Management

Reward or Punishment?

What's best?

- Left brain deficiency calls for positive reinforcement
 - “If you do [behavior], you will get [reward].”
- Right brain deficiency calls for negative reinforcement
 - “If you don't [behavior], you will not get [reward].”

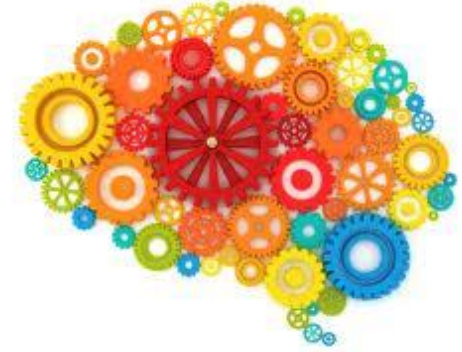
Brain Development Information for Parents

Educate Parent

- Send newsletters, notes, emails, etc.
 - Nutrition (limit sugar, increase fruit and veg., water)
 - Sleep (schedule, hours, preparing for bedtime)
 - Physical Activity (sports, unstructured play, outdoor time)
 - Screen time (setting limits, weaning off, negative effects)

At Home

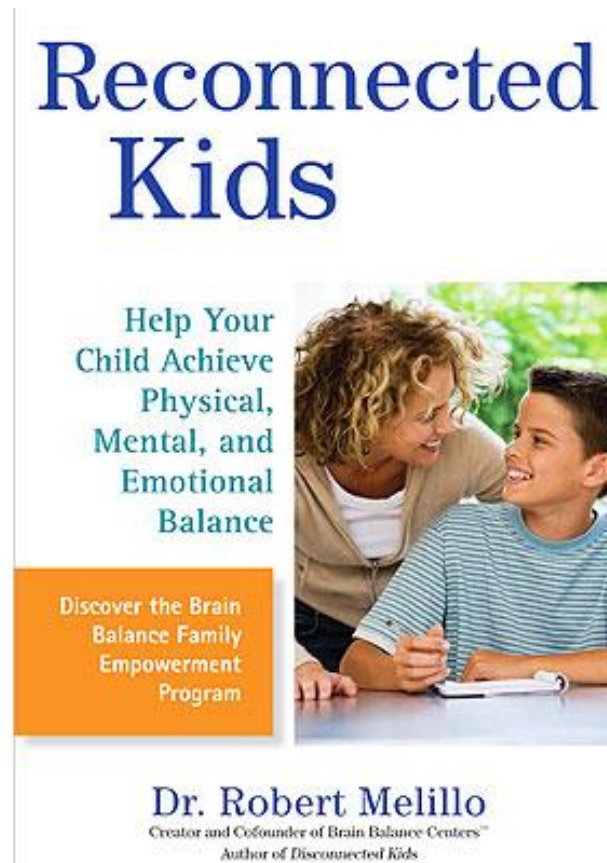
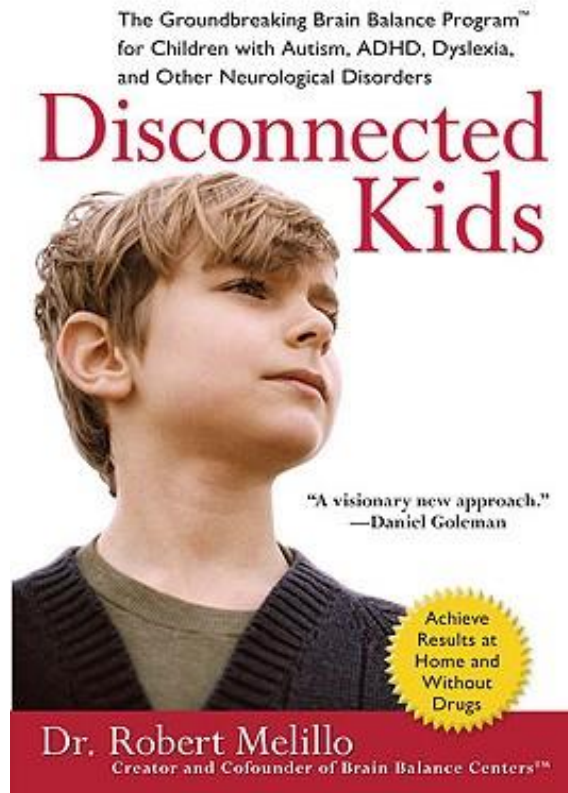
Applying brain development information



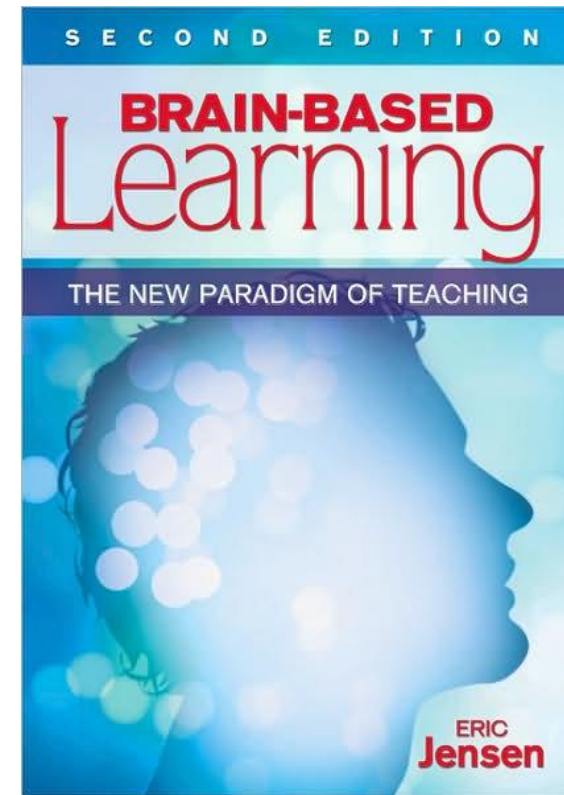
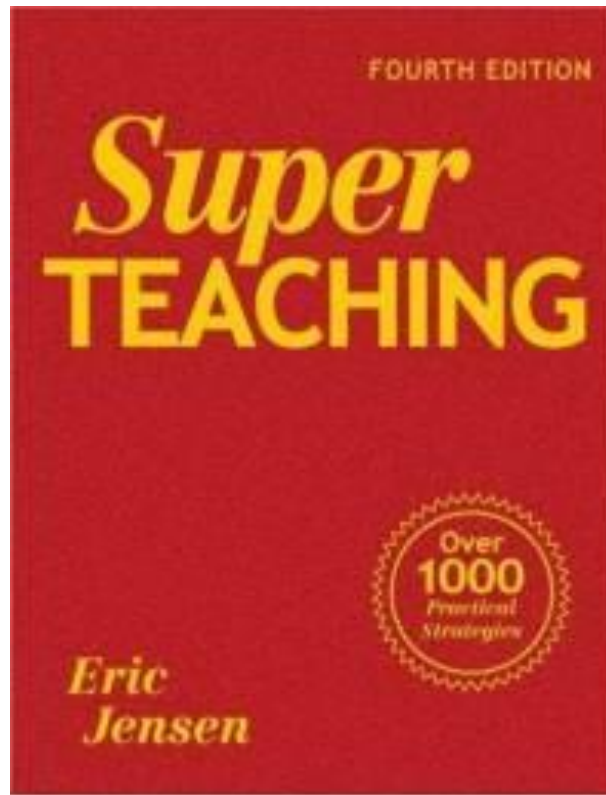
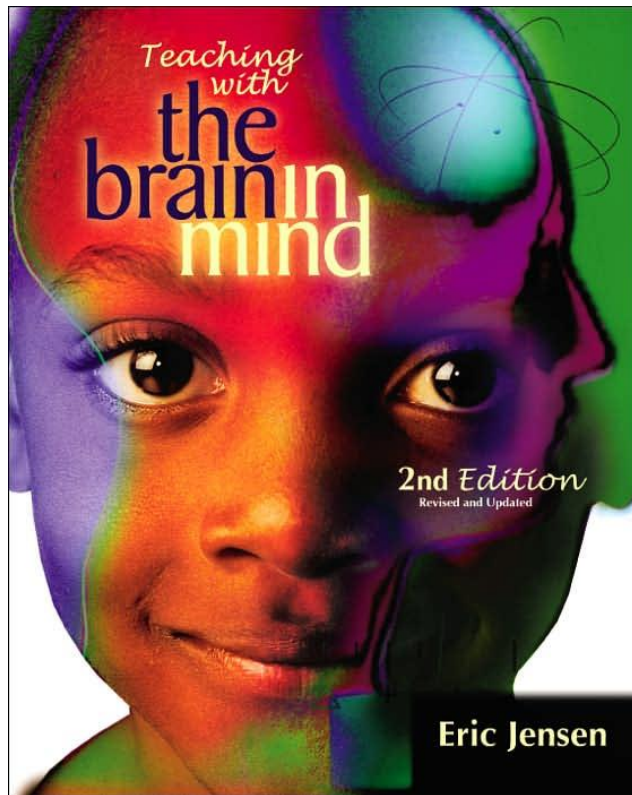
Day-to-day Activities that HELP

- Limit screen time
 - Birth-3 years: no screen time
 - Age 4-6: 30 minutes on weekdays; 1 hour on weekends
 - Age 7-18: 1 hour on weekdays; 2 hours on weekends
- Sit down to eat meals at the table routinely
- Eat at home
- Play outside every day (even in the Winter)
- Plan unstructured time every day
- Move, Move, Move
- Strive for balance

Resources



Resources





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Thank You