



BRAIN FOOD

Nutrition plays an important role in early brain development and throughout our lives. Eating a variety of fruits and vegetables is important for a healthy nervous system. Healthy fats known as **Omega-3s** also support nerve cell communication. Adding these foods* to a child's diet improves their ability to move and learn.

Foods with Omega-3:

- | | |
|------------|----------------|
| Walnuts | Eggs |
| Almonds | Salmon |
| Pistachios | Tuna |
| Flaxseed | Canola Oil |
| Avocado | Grass-fed Beef |

These foods are also an excellent choice for mom during pregnancy, as they contribute to a baby's healthy growth in the womb.



**consult your medical provider if you or your child has certain allergies.*

LASTING ACTION

Unlocking a lifetime of health and vitality begins in the earliest stages of life. As parents and caregivers, it is crucial to understand the importance of fostering movement in infants and young children. Neglecting this fundamental aspect of development can lead to frustration and unwanted behaviors, including:

- Fussy Eating
- Poor Impulse Control
- Hypersensitivity
- Bedwetting
- Handwriting Difficulty
- Fidgeting
- Poor Concentration
- Poor Muscle Tone
- Poor Balance

By embracing movement during the earliest stages of life, we can help our children foster a greater sense of emotional and physical resiliency.



THE IMPORTANCE OF MOVEMENT IN EARLY CHILDHOOD DEVELOPMENT



Learn more at:
PQinitiative.com

MOVEMENT MATTERS

The importance of daily physical movement for infants and children

Did you know physical movement is important for a child's developing brain? Our earliest movement experiences are reflexes in our mother's womb. These set the foundation for later growth. During infancy, daily movement patterns are essential for a child to develop such things as spatial awareness, balance, coordination and emotional regulation.

Physical movement affects our nervous system, the communication network between the body and the brain. A well regulated nervous system helps us feel safe and calm managing sensations, thoughts and emotions.

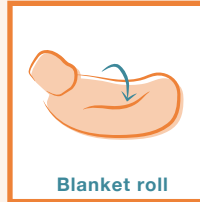
When regular physical movement is not encouraged during the first few years of life, the nervous system does not develop properly. This can disrupt brain development and worsen symptoms of developmental, behavioral and learning challenges related to conditions like ADHD, dyslexia, and autism. There is also the increased risk of experiencing emotional or sensory difficulties later in life.

Activity Recommendations

Daily routines with your infant or child that incorporate physical movement will have immense benefits for their long-term growth and development. These activities create the foundation for a child's ability to learn, make friends and have confidence in their abilities.

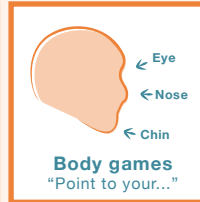
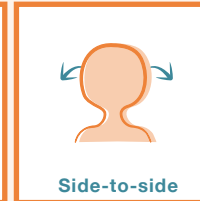
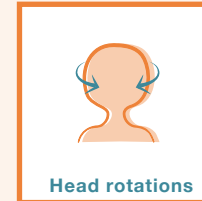
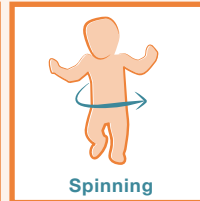
Here are some activities to encourage movement for your little one:

Infants

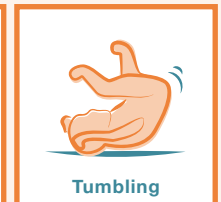
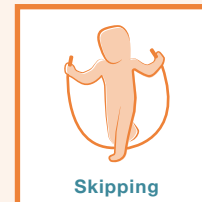
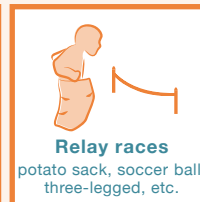
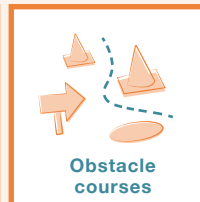
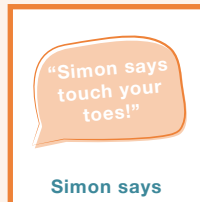


Encourage a minimum of 30 minutes* of physical movement for your child throughout the day.
*time varies with age; can be completed in segments

Pre-K+



Older Children



CONTAINER TIMED

There are a variety of swings, chairs, walkers and bouncers available to contain our infants and children. These can be helpful, however, prolonged or repetitive use of these 'containers' can decrease a child's ability to move freely and may have a negative impact on brain development later in life. **It is recommended to limit a child's time in these types of containers and instead provide opportunities for children to move freely within their surroundings in a safe and supervised way. If a container is necessary, opt for shorter durations or babywearing with a front or back carrier.**

