NEWSTART LIFESTYLE TRANSFORMATION PROGRAM

Is your child falling behind in their schoolwork or mental development?
Are they displaying signs of disengagement with learning, or even some brain dysfunction?

The latest brain research on neuroplasticity shows that IQ is not a static unchangeable determination, and the brain has an amazing capacity to heal, grow and develop new neuropathways.
According to these brain-scientists...Learning difficulties can be overcome. A physically damaged brain may normally hinder thinking and learning; but mental exercise and other strategies can actually rebuild a damaged brain.....

→ Dr Jane Healy, 1990, *Endangered Minds: Why our children don't think, and what we can do about it*
→ Dr jane Healy, 1999, *Failure to Connect: How Computers Affect Our Children's Minds*
→ Dr Caroline Leaf, 2015, *Switch on Your Brain: The key to peak happiness, thinking & health*
→ Barbara Arrowsmith-Young, 2020, *The Woman Who Changed Her Brain*

So, the big questions are...
1. How well has what you've been doing so far, been working for you?
2. Are you ready to try proven strategies to wake up their brain?
3. Are you willing to make the necessary changes in your life and theirs?
4. Are you willing to do whatever it takes to switch on their brain, to repair and reboot sections that are not functioning properly – to help them re-engage with learning?

5. Are you ready & willing to make a NEWSTART?
You can change all of these to make a radical change; or just make gradual changes focusing on one area at a time.

Nutrition
Exercise& Environment
Word of God
Soul
Temperament
Atmosphere
Relationships
Training

NEWSTART	Some behaviours have been found to be detrimental to brain function, or addictive, or not conducive for optimal learning.	✅ **Solution = Implement new life-giving habits.**
NUTRITION:	Stimulant-foods will give you a temporary high and then dump you in a depressed state. Some foods and additives send a wash of chemicals through the brain that shuts off thinking and learning. Try to minimise sugar, carbs, energy drinks, Coke and processed foods or manufactured meat (anything with lots of chemicals & additives is not good for the body).	Provide as much natural food as possible (eg., vegetables & salad & fresh cooked meat – real food that has been grown rather than manufactured).
EXERCISE & **E**NVIRONMENT:	Sitting at a desk for long hours can cause spinal problems, and limit blood-flow to the brain. Too much time indoors depletes Vitamin D and Calcium.	Ensure children take periodic breaks, and they move around to increase blood-flow to the brain (eg., walking; playing, aerobics or dance; with

		plenty of time outdoors in nature, fresh-air and water).
WORD of GOD:	What are your children filling their minds with? Are they thinking negative, complaining thoughts, or worrying about things? Is the children's conversation (and your conversation) uplifting?	Feed your spirit & mind with character-building daily Bible reading. Practice thankfulness/gratitude. Teach them to listen to their conscience (take notice of God's voice).
SOUL: According to thew Bible, humans have a Body, a Soul, and a Spirit. The 'Soul' is the seat of your personality (your Mind, Will & Emotions).	Much children's literature, music and art is dumbed-down for entertainment. Are we assuming our children are not intelligent enough for quality literature and art-works? Children are often smarter than we think; but if we feed them cultural junk-food, then that is what they will want more of. Is your child spending large amounts of time on the internet, social-media, texting or computer games? Are you being careful to help them have quality input, or do you give them devices just to keep them occupied?	Limit time on computers, smartphones, and mindless entertainment. These are addictive, often less than uplifting, and mind numbing. Research by Dr Jane Healy shows that screen time has a numbing effect on brain-waves. Instead - Feed their soul with all that is good, true & beautiful. Hel them experience only the best literature, art, music, culture, ideas, conversations.
TEMPERAMENT:	1. We each have a unique temperament… but is your child making excuses not to grow and develop, by saying… *"That's just the way I am."* Realise that God is the only '*I am*'. We are all '*becoming*'. 2. Are you and your children just staying within your comfort zones, avoiding things you know will improve your skills and character?	1. Understand your child's unique temperament & tendencies. Identify their strengths and weaknesses of temperament. Kickstart learning with interests, talents and passions; then build up areas of weakness. 2. Help them be determined to move out of their comfort zone and try hard things.
ATMOSPHERE:	1. AESTHETIC ATMOSPHERE: Children may feel suffocated by all the clutter. Are they being distracted by devices, noise, and mess? A clean, beautiful, quiet space is refreshing to the mind and easier to concentrate. Brain research shows that so-called 'multitasking' is a myth. The brain actually constantly switches from one focus to another, so the brain is only focussed half of the time if distracted with TV, phones, videos or music. 2. SOCIAL-EMOTIONAL ATMOSPHERE: Children tend to shut down and can't learn if the home atmosphere is tense with constant blame, berating, anger, arguments.	1. Create & learn in a positive, uncluttered aesthetic atmosphere without distractions from TV, phones, videos or music. [However certain Classical Music has been shown to enhance brain activity]. 2. Parents maintain a positive uplifting social-emotional atmosphere – patient, encouraging, empathy with logical natural consequences.

RELATIONSHIPS:	Are your children's peers and acquaintances helping them become a better person, or dragging them down?	Help them to find & spend time with positive friends & mentors. One-on-one tuition at home. Join a Christian Youth Group and homeschooling group. Find people who can teach them skills, good work ethic, & good character.
TRAINING:	motto= "*Don't blame them – Train them*".	Provide the gentle 'discipline of habit' training (provide a routine of practicing good habits). Retrain your children's habits for good character... - Orderliness - Neat & accurate work. Every task has a beginning, middle and end. A place for everything, and everything in it's place. - Punctuality & doing things in the appropriate time-frame. ('Be Proactive' instead of 'Reactive') - Be Diligent & Persevere when head & hand are tired. - Altruism: Putting others before self - Staying attentive & observant - Inquisitiveness – be a learner - Resourcefulness – be an innovative problem-solver. - Honesty & Truthfulness.