

# The Healthy Mind Platter



## *The Healthy Mind Platter for Optimal Brain Matter™*

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### **Connecting time:**

*A national survey by the Kaiser Family Foundation found that with technology allowing nearly 24-hour media access as children and teens go about their daily lives, the amount of time young people spend with entertainment media has risen dramatically, especially among minority youth. Today, 8-18 year-olds devote an average of 7 hours and 38 minutes (7:38) to using entertainment media across a typical day (more than 53 hours a week). And because they spend so much of that time 'media multitasking' (using more than one medium at a time), they actually manage to pack a total of 10 hours and 45 minutes (10:45) worth of media content into those 7.*

Time with family and friends becomes more and more precious in today's world, as we become busier and busier. Why would we waste our precious time on a screen? The research shows that it is disrupting connections with family and friends. There is a big difference between friends and friending.

Some fun facts about our screens:

- Interviews with Bill Gates, Steve Jobs, and other tech elites revealed that they raised their children tech free. This should have been and should be a red flag?
- One of the key designers for iPhone was asked why he has a screen free household, to which he replied "It's for adults, I designed it." Why would we give something designed for adults to children, when we as adults struggle to navigate it?
- Screens are conveyance for marketing. At a recent marketing conference the new name for parents is "Purchasing Friction". Marketing is now looking for ways to remove parents, as it has been found that if you can get a child's loyalty to a label/brand before the age of four, they will be loyal to that brand for life. The aim is that children will influence parents in buying that brand.
- It has been shown that the same part of the brain that lights up in heroin addicts, lights up when students are playing games on their devices. One of the reasons it is so highly addictive.

Don't get me wrong, there is a place for these devices, and many parents will argue that it is for safety reasons their children have them, and that it is needed these days in schools. As these arguments are valid, it is important to limit the amount of time we spend and our children spend on these devices. Make sure that it is not taking the place of time to connect to those who are important to us. Maybe, we need to look at the types of devices we buy for our kids. Do they really need all the extras, or do they just need to be able to get hold of us?

It is not just connections that screens impact on, but also sleep. "Get the devices out of the bedrooms" you will often hear and read about.

### **Sleep:**

Sleep! Sleep is very important thing for everyone, and in this case for tweens and teens to keep them healthy and their brains developing. Sleep is what rids the mind of chemicals and waist from another day of thinking and neuro-firing. Without the proper amount of sleep our kids are carrying those waste products with them into the next day. Think about it this way: When you have party, and after all the guests have left, the mess is still there. If you don't clean the mess up that night, the same mess will be there in the morning, and will be accumulating as that day's mess gets added, and so on. This then impact on brain development and growth as well as the health of our bodies.

Studies have shown that it is more important, and has more of a positive impact on a student's results if they get an extra hour of sleep a night than spend an extra hour studying. Dr Dan Siegel, the author of the book: *Brainstorm*, says to his children when they have a mountain of homework to do "Close the books, go to bed, you need your sleep. I don't care about your grades, I care about your health!".

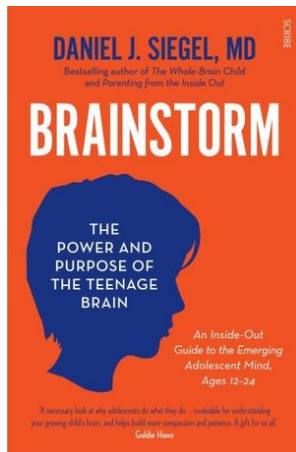
According to the results published in *Sleep Health: The Journal of the National Sleep Foundation* the following is the recommended hours for various age groups:

- Newborns (0-3 months): Sleep range narrowed to 14-17 hours each day (previously it was 12-18)
- Infants (4-11 months): Sleep range widened two hours to 12-15 hours (previously it was 14-15)
- Toddlers (1-2 years): Sleep range widened by one hour to 11-14 hours (previously it was 12-14)
- Preschoolers (3-5): Sleep range widened by one hour to 10-13 hours (previously it was 11-13)
- School age children (6-13): Sleep range widened by one hour to 9-11 hours (previously it was 10-11)
- Teenagers (14-17): Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)
- Younger adults (18-25): Sleep range is 7-9 hours (new age category)
- Adults (26-64): Sleep range did not change and remains 7-9 hours
- Older adults (65+): Sleep range is 7-8 hours (new age category)

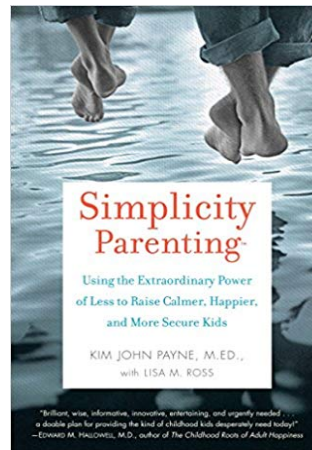
We live in a world where more and more children and adults are being diagnosed with something: ADHD, ADD, ODD, Anxiety Disorder, etc. all the D's. I suspect that there would be a significant drop in diagnosis if we just slowed down, went back to basics, got enough sleep, and eliminated some of the external stimulus in our life (which we are getting in overdrive). Kim John Payne talks about this, and is the author of the book: *Simplicity Parenting*.

**I highly recommend the following books:**

Brainstorm: By Dr Dan Siegel



Simplicity Parenting: Kim John Payne



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