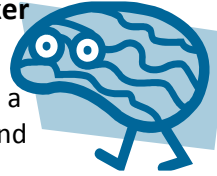


Our Brain: The Incredible Multi-Tasker

Our brains are at work while we learn, problem-solve, breath, talk, digest, keep a heart-beat, see, hear, walk, chew gum and so much more - all at the same time!



Our brains are more intricate than the most complex engine; more able to solve problems than the most sophisticated computer. Our children’s brains need and deserve the very best attention to keep healthy and in good working order.

Some Tips to Keep Your Children’s Brains Healthy

- Provide a warm, loving, consistent environment.
- Teach your children to play games, puzzles and musical instruments.
- Provide a healthy diet.
- Make sure your children get plenty of rest.



Always:

- Buckle up for safety to greatly reduce the chance of suffering a serious head injury in the car.
- Make sure your children wears a helmet while bicycling, skating, and so on.

Ontario Early Literacy Specialists