

The Reach Family Institute and BrainFit Kids



Facebook
LIVE session
recap -
Week 1

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The First Law of Brain Development = Function Determines Structure

The first law of brain development is very easy to observe in the human body, particularly in the musculoskeletal system. If you work out regularly (lifting weights, cardiovascular exercise, stretching, etc.) your muscles will develop, becoming bigger and more effective, and your body will be well-toned, flexible, and agile. How you work out will influence how your body looks. Just think of the different body types of long-distance runners compared to sprinters. your body structure will change according to how much emphasis you place on one type of exercise or another.

The magnificent thing about the human body is that this law also applies to the brain. Today most people are familiar with the phenomenon of neuroplasticity. Well, neuroplasticity exists because function determines structure.

This is powerful information. It says that the brain grows through use. It does so in much the same way as a muscle. Your child's brain grows, it literally goes through structural and chemical changes, every time it is used.

<https://brainfitkids.com/the-brain-grows-through-use/>

The Importance of Routine

Here's the bottom line. A routine will help to ground you. A routine helps you to know what you have done, what you are doing, and what you can expect. There is comfort in that. Comfort on all sorts of levels some conscious and some not. The younger or more neurologically immature one is, the more important routine is. Children and those with developmental challenges need routine more than adults. So it's a good idea to establish some sort of routine. However, one must be careful not to become a slave to the routine. Life is stressful right now and you don't want a rigid routine to add to that. Within the framework of the routine one must leave room for flexibility and spontaneous changes

<https://grottonetwork.com/navigate-life/health-and-wellness/benefits-of-daily-routines/>

WTD (What to Do) Tip of the Day - Get moving!

The benefits of physical activity, of using the function of mobility cannot be overstated. Physical activity lies at the heart of good brain development. Kids should be moving every day. If they can walk, run, hop, skip, and jump then that's what they should do. If they can creep on hands and knees, they should creep. If they can crawl on the tummy, they should crawl. If they cannot move, then they should be given time on the tummy so they have the opportunity to learn how to move.

Mobility is the glue that holds all development together.

<https://brainfitkids.com/?s=function+determines+structure>