



Pillars of Brain Development

Motor Development

“Tummy Time” is the foundation for all other development. Not just gross motor skills like rolling, sitting and crawling, but also fine motor skills, visual skills, sensory processing, learning and attention.

Decreased quality of motor development or skipping motor milestones may not appear to impact immediate development, but the impact on brain development can be significant.

Primitive reflexes that do not fully integrate during infancy is a common area of disruption for children with neuro-developmental disorders like ADHD, autism, etc.

Nutrition

Research has shown that the human body has a powerful, innate ability to self-repair and heal when provided the proper fuel. Modern lifestyle factors interfere with our body’s ability to self-heal.

The Standard American Diet (SAD) is highly processed, loaded with sugar, harmful toxins and depleted of nutrients. This type of diet creates a weakened immune system and a fertile environment for chronic disease to emerge in later years.

Not only is proper nutrition vital during both pregnancy and childhood for future health, but research has also shown that how we eat now, effects the health of generations to come through epigenetics.

Toxicity

Environmental toxins include: heavy metals, pesticides, household chemicals, artificial food additives, mycotoxins from mold, and more.

Unfortunately, all these toxins can be passed from mother to baby in the womb and many are considered neurotoxins, meaning they are toxic to the nerves and the brain. Neurotoxins can also interfere with reflex integration.

Toxins are bio-accumulating from one generation to the next. This can explain why we are seeing chronic diseases in younger generations and a growing epidemic of autism, ADHD, sensory processing disorders, and learning disabilities.

Gut Health

70% of your child’s immune system is located in their gut. Healthy gut function is critical for elimination of toxins, break down of food and absorption of nutrients. Many neuro-transmitters, such as serotonin that makes you feel happy, are also made in the gut.

Gut dysbiosis is an imbalance of healthy gut flora that can lead to impairment of gut function and can be passed from mother to baby.

Symptoms of gut dysbiosis in infants & toddlers may include: chronic infections, diarrhea, constipation, colic, belly distention, acid reflux, eczema/cradle cap, and even behavior concerns like frequent tantrums, aggression & opposition in older children.