



BRAIN HEALTH HEROES

Let's talk about brain health

Brain health and dementia are not topics we like to discuss in childhood, it is uncomfortable, scary and frankly it's difficult to know where to start. Many habits that benefit our brains and affect dementia risk often begin in our formative years when our brains develop rapidly.

So, researchers at Western Sydney University want to explore the development of targeted lifestyle programs for young children to support healthier lives, reduce chronic conditions and dementia risk. We have since completed surveys and focus groups to identify what parents and educators need.

We are now ready to launch our educational brain health program. We seek to refine the program with parent and educator input then pilot it with interested early learning centres and parents.

Why choose our brain health program?

Parent and educator optimism: Our research shows that parents and educators are enthusiastic about embedding brain health education during preschool years. Our team is currently planning an educational movement for your preschoolers' lifelong well-being.

Alignment with curriculum: We've carefully designed our 5 lesson program to align with existing curriculum content, especially regarding health and safety. This makes it a great fit for ELC educational objectives, supporting the quality of your existing preschool existing program.

Visual and interactive learning: We know that young minds learn best through visuals and interactive experiences. That's why we've paired our brain health lessons with engaging visual resources to make learning fun and effective.

In our recent survey of 187 parents:



98% agreed a brain health program would be useful for their child

The program in a nutshell

5 lessons on brain health: Our free program has 5 lessons, with each lesson focusing on a different brain health concept. Preschoolers will explore physical exercise, diet, social interaction, sleep, and resilience, building well-rounded well-being from an early age.

Parent involvement: Parents will be equipped with an information booklet, ensuring that brain health education extends beyond the classroom and into the home environment.

Expert Guidance: Our packaged resource will offer professional insight and guidance throughout the process. You can also reach out to the team during yours and your child's journey.

"To be brain healthy is a good thing, and getting it into them when they're young, and getting them understanding how their body works. For the young it's really helpful, long term"

- Parent



Measuring impact

Awareness, Engagement, and Behavior Change: We will capture valuable data on awareness, engagement, and behavior change of both children and parents before and after the program. By participating, you'll contribute to the scientific understanding of how effective this approach can be.

Don't miss this opportunity to be at the forefront of brain health education.



Enrolled preschoolers will receive our Brain Health Heroes pack



and meet our superheroes



Join our research study and elevate your home schooling or preschool program while empowering the young minds in your care. Together, we'll shape a healthier, brighter future for your young ones.

Contact:

Lily Montague,
20185190@student.westernsydney.edu.au