

According to Dr. Scott Shannon's research and book entitled: *Parenting the Whole Child* (W.W. Norton and Co., 2014) there are 6 key ingredients to brain growth:

- (1) Water
- (2) Protein
- (3) Energy (fat and carbohydrates)
- (4) Vitamins (fat and water-soluble)
- (5) Minerals
- (6) Trace Elements

Therefore, on a scale of 1-5 (1 = not following each guideline at all; 5 = following each guideline almost 100% of the time) rate yourself on how well you are currently following each guideline. Do the list for your child first and then for yourself as the parent.

- #1- On a scale of 1-5 How well is your child hydrated? Do they drink 2-3 liters of water every day? *Please note: even slight dehydration makes the effective absorption of all other nutrients much more difficult*
- #2- On a scale of 1-5 Does your child eat enough protein? (E.g., do they eat at least 2 servings a day of chicken, fish, tofu, eggs, or meat?)
- #3- On a scale of 1-5 Does your child get an intake of good oils? (E.g., Do you use olive oil or canola oil? Do you use butter instead of margarine, and in moderation?)
- #4- On a scale of 1-5 Do you serve your child a minimum of two or three servings a week of fresh fish such as salmon, cod, or herring?
- #5- On a scale of 1-5 Do you serve your child a minimum of 2 servings of vegetables cooked or raw per day?
- #6- On a scale of 1-5 How often does your child eat a healthy breakfast to start their day of things like oatmeal, fruits, or eggs rather than sugar cereals or donuts?
- #7- On a scale of 1-5 How often does your child take a multivitamin?
- #8- On a scale of 1-5 How often does your child limit their intake of processed sugar each day? (E.g. candy, cakes, and even juices) Occasional treats are okay, but they shouldn't be part of a child's daily diet.

Scoring:

- 8-16 = Poor diet, needs significant changes
17-24 = Average diet, needs some modifications
Above 25 = Good to Great Diet

Also Important:

"How many days a week does your child get at least eight hours of sleep per night? (catching up on the weekends does not count)- Less than 5 out of 7 days indicates your child is not getting sufficient sleep.