

# SCORE



WAY  
CENTER

**SCORE:** Score represents five key areas that we, as parents, can focus on, to improve our children's general wellbeing, and more specifically, their mental health. Score stands for:

## **S = SLEEP**

Sleep hygiene is important. More structured sleep habits directly translate into better emotional and mental wellbeing. It's important to manage bedtime and wakeup times, and do our best to eliminate screens and phones from the bedroom. Sleep is critical for establishing mental health.

## **C = CONSUMPTION**

What we eat is critical when it comes to promoting mental, emotional and physical wellbeing. As parents, we find ourselves trying to find quick and easy options, while trying to satiate a variety of picky eaters. But the quality of the food cannot be overlooked. In general, it is important to minimize sugar, caffeine and highly processed foods.

## **O = OUTDOORS**

Science now shows that the simple act of removing oneself from home and going outdoors has a positive effect on brain chemistry; elevating mental health and wellbeing. It's easy to get caught up in schooling, gaming and cell phone use, especially in winter when the sun sets earlier in the day. It is important to establish some structure that will help our children get outside. It doesn't even matter what they DO outside, it's just being outdoors that matters.

## **R = RELATIONSHIPS**

Children need to build relationships and deepen their friendships...IN PERSON. Even mid-pandemic, there are safe ways for children to interact with one another, outside.

## **E = EXERCISE**

The chemical effect that exercise has on the human brain is similar to taking an anti-depressant. In studies conducted between groups of students who are taking anti-depressants, the group that exercised regularly reported far greater satisfaction than the group that did not exercise. The positive impact of exercise is clear. Even if you don't have formal equipment or activities, the simple act of getting up and moving will do the trick!