

*Conejo Biofeedback and Counseling*

*Bruce Watson, L.C.S.W.  
509 Marin Street #236  
Thousand Oaks, CA 91360*

*805/373-0233*

*Laura Watson, L.C.S.W.  
88 Long Court, Suite C*

*Thousand Oaks, CA 91360*

*Fax 805/389-9448*

**Lifestyle Changes to Enhance Your Neurofeedback Training**

- 1) Sleep at least 7–8 hours every night, more for younger children.
- 2) Eat a healthy breakfast before going to school/work. Be sure to include some protein at each meal. Meals should include vegetables, fruits, and Omega 3 oils from fish or supplements.
- 3) Decrease consumption of products containing sugar or sugar substitutes. For example, research indicates that NutraSweet has negative effects on brain functioning. Also avoid MSG.
- 4) Post a large schedule of daily routines in each child's room. Include morning, afternoon, and evening activities and times to be completed.
- 5) Have daily outdoor activity, including sports, games, biking, walking, skating, etc.
- 6) Decrease television viewing to less than 60 minutes/day and video games to less than 30 minutes/day. Use them as a reward for doing homework, chores, and using good behavior.
- 7) Set regular times for family members to spend time together interacting—eating meals, talking, playing music or board games. Be sure there is no discussion of problems or arguing at these times.
- 8) Parents need to read and use Thomas Phelan's books, *1-2-3 Magic* and *Surviving Your Adolescents*. The rule is mutual respect among family members—no yelling, name-calling, or swearing.