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Babies Brains On Environmental Drugs

This presentation educates parents and care givers on the basic functioning of the brain and the impact and necessity of healthy and adequate sleep for the brain to function well. The topics listed below are discussed in particular as to how they interfere with sleep and impact brain development and the ability to learn, retain, and retrieve information as the child grows.

Topics:

Basic brain biology

Caffeine

Fat

Sugar

Electronic stimulation

Sleep deprivation