



The Brain Health Education Institute

www.brainhealtheducation.com.au

Introducing Early Childhood Brain Health

Brain Health, is without a doubt, the most important aspect of any child's social and cognitive development. A child's mental and emotional stability is founded on food, water and sleep.

To empower early learning centres to improve the mental health of their local community, we have packaged all of the resources and training that we have developed over many years into one easy to implement interactive multimedia software program.

The implementation begins with a 'one on one' desktop meeting which enables us to walk people through the program content and demonstrate how they can achieve staff, family and children's engagement that leads to real improvement in attitudes towards food, water, sleep and sugar.

Equipped with our 'Brain Health Educator's Toolkit' centre directors can implement proven strategies to train staff and educate children and families. Brain Health Educators learn to recognise the symptoms and combat the underlying causes of mental health and behavioral problems early in a child's life.

The Amazing Brain Show is the spear-head of this proactive brain health initiative for children and family engagement and comes with the full scripts and audio commentary which can be used to present the show in locations that we are unable to visit personally.

With the Brain Health Educator's Toolkit, the director is resourced and equipped to train their staff, children and families to monitor their brain health through simple feedback loops.

Enquiries, Feedback Sessions and Bookings

www.introducingbrainhealth.com

An Early Intervention Mental Health Initiative



LETTER OF ENDORSEMENT – 'BRIAN THE AMAZING BRAIN' BRAIN HEALTH EDUCATION PROJECT

It is my pleasure to write a letter of endorsement for the 'Brian the Amazing Brain' Brain Health Education Project.

I first met Trevor and Annie Boulton when Boultons MultiMedia were engaged to produce an online database for Medicare Local's Partners In Recovery Project.

I found them to be passionate about mental health and they were excited about developing 'Brian' for educators and the corporate sector. Their passion is driven by their own experiences with mental health issues early in their lives.

Trevor and Annie have been educating young people in schools and the wider community about mental illness for many years and produced the Toxic Thinking App which has been downloaded many thousands of times across the world. This App assists people who are concerned about the mental health of a friend.

The Boultons were keen to deliver a more proactive, positive message at an earlier time in young people's lives. The Educators' Toolkit and the associated online content will equip people to deliver the basic principles of Brain Health in a fun and interactive way.

'Brian the Amazing Brain' delivers simple messages about nutrition, hydration and sleep; and their impact on thoughts, feelings and behavior targets early intervention and builds resilience. It demonstrates the connection between what we put in our mouth and how much sleep we have, to how we feel, and our emotional wellbeing.

I give my wholehearted support to this most worthwhile project, particularly for young children, as it has the potential to engage parents in establishing these vital Brain Health foundations.

Yours sincerely

Brad Elms
Manager, Partners in Recovery Program

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Wide Bay Medicare Local Ltd (ABN 33 158 085 637), trading as Wide Bay Medicare Local Ltd



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Children are born with a brain capacity similar to that of 200 million desktop computers, (2.5 Petabytes). This amazing neck-top computer comes pre-programmed to manage, grow and protect the body that transports it.

At birth, their brain already knows how to manufacture and circulate human blood, turn physical food into energy, grow fingernails, repair bones, fight diseases, manage organs and collect information for future reference. These basic skills are then enhanced by the education provided by the care-giver and the wider community.

Our proactive brain health strategy ensures that each child knows how amazing their brain is, what it needs to operate properly, how to look after it and how to know when its needs are not being met.

Instead of waiting for mental health problems such as anxiety or depression (which are symptomatic of a brain under stress) to develop, we provide early education to ensure that their brain's need for food, water and sleep are understood and met. This develops the resilience to better handle change and whatever life has to offer.

The Brain Health Educator Accreditation training, implementation toolkit and family engagement resources are a unique early intervention initiative which is proving extremely effective - as evidenced by the letters of support and endorsement on our website.

We are purposefully targeting and supporting rural, regional and remote communities who are often under serviced.

We invite you to call or email us to discuss introducing Brain Health Education in your service area. 0417 90 6000

Regards, Trevor & Annie Boulton

Founding Directors, The Brain Health Education Institute

Our amazing brains

FRASER Coast husband and wife team, Trevor and Annie Boulton, have dedicated their lives to showing others how to protect their mental state and develop good brain health habits.

Through their own experiences with mental unwellness, it became clear to them that lack of sleep, dehydration, stress and poor nutrition had caused breakdowns in their brain function and distorted their thinking.

For the past 20 years they have used their practical knowledge in high schools, focussing on teenagers' mental health.

But we realised we needed to start earlier," Trevor told the Indy. Mental health begins in early childhood, so we developed a program for primary school children.

People with mental health problems generally have issues with food, water and sleep, so we decided to equip children with the basic principles of brain health so they will know what to do as they get older."

Annie and Trevor



Annie and Trevor Boulton from The Brain Health Education Institute teach kids at Kawungan State School how to take care of their brains by eating good food, drinking lots of water and getting plenty of rest.

established The Brain Health Institute here on the Fraser Coast and developed a fun, interactive program called The Amazing Brain Show, of which the app has been downloaded in more than 150 countries.

They delivered the 45-minute live show to students at Kawungan State School last week and the message was simple; a healthy brain needs plenty of nutritious food, water and sleep. Annie and Trevor explained to

students how the brain controls the body and can be monitored by observing our bodily functions.

The brain is like a big filing cabinet or a hard drive," Trevor explained. It looks after our learning, feeling and thinking so it needs the right stuff to operate properly."

He used a car motor as an example of how the brain needs the right fuel to run.

The children were completely engaged and thoroughly entertained

as Trevor and Annie explained how the brain alerts us if we are not getting enough fruit, veges and water by what came out the other end.

Students were encouraged to educate their families on what they learned - but don't go checking their poo though," Trevor joked to much laughter.

The program is endorsed by Arts Council Qld. To invite The Amazing Brain Show to your school, phone 0417 906 000.



31st August 2015

The Amazing Brain Show

We have been very fortunate to watch and learn from Annie and Trevor this year. They presented excellent shows to our Prep-Year 2 cohort. They interacted well with the audience at an appropriate level of understanding for the students.

Their props and activities suited the age levels. They gave the students a stamp on their hands that gave a conversation starter when they got home. It was an informative presentation with parents reporting back to teachers that the students went home and talked about what they learned.

The message of talk was repeated and remembered through repetition and activities. Students remembered the wee and poo part and talked about it back in class and next day students were informing their teachers of how much water they drank that day.

They had some good songs/jingles that the students easily picked up. Overall it was a great educational show with good information for students to learn. I would recommend this show.

Sue Howard
Deputy Principal

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Helping Each Other Achieve Excellence



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THE AMAZING BRAIN SHOW

A Fun Interactive Multimedia Live Show

CHILDREN LEARN

What their brain does and what it needs

Brain nutrition and how to monitor it

Hydration and their wee colour

Sleep and behaviour

Sugar and moods



Family Engagement Resources and Free Apps

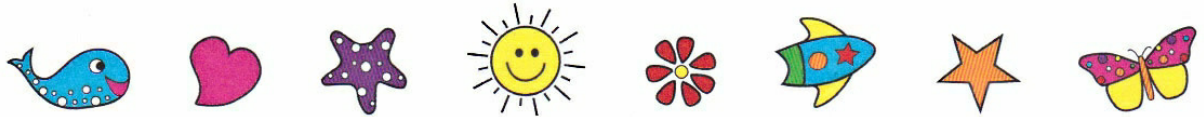
Age Appropriate Shows for 3 to 12 year olds

0417 90 6000

www.theamazingbrainshow.com.au

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Arts Council Approved ✓



Eastside Little Learners Child Care Centre

To: Annie & Trevor

The Brain Health Education Institute

Eastside Little Learners Child Care Centre proudly support Annie & Trevor Boulton in their presentation of **'The Amazing Brain Show'**.

The show is very interactive and Educational, with simple to understand important facts on the importance of Food, Water and Sleep for proper Brain Health.

Annie & Trevor were easily able to adapt the information to our various age groups, which included Kindy, Preschool and followed then by an Educators Workshop.

Through the provision of Resources (Books & Apps) the children and Educators were then able to introduce the parents to the importance of the Brain's need for Food, Water and Sleep in their Home Environments.

We wish you well in your promotion for better Brain Health.

Joanne Gleeson (Director)

Eastside Little Learners

3/9/15

★ LEARNING 4 life ★

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