



Top Tips For Healthy Brain Development in Teens

- **Adolescence is a time of major change**, particularly in the brain. The brain is going through a huge redevelopment in terms of laying down new synapse and pruning back those that are not needed. There is a huge raise in hormones during this time too. This has an impact on behaviour, but is not the only factor that influences challenging behaviour in teenagers.
- **Two major sites in brain under construction.** The part responsible for thinking, planning and rational thought, and the part responsible for emotion, sensation and thrill seeking. It appears from research that the brain is developing from the back to the front which means why we are more likely to see teens living in the moment, taking risks and not thinking through consequences. However, each teen has their own developmental time table. Dr John Coleman suggests that your teenagers are “adults in training”
- **Sleep Matters to growth, development and learning.** The hormone melatonin, which is one of the main triggers that makes us feel sleepy in the evenings, is released approximately two hours later among adolescents than in other age groups. However, sleep is really important at this age for healthy brain development. Young people still need a **minimum** of 8 hours sleep because the amount sleep affects not only affects health brain development but also learning, good memory retrieval and of course behaviour.
- Young people need help to develop regular sleep and night time routines
- Reduce late night screen time

