



Starving Brains & Poor Attention Spans in Boys?

30 QUICK TIPS TO HELP PARENTS

At Deep Roots at Home, we long for the success of families and children! If you're a frazzled parent with a difficult son, we hope that these ideas will give you hope. There are ways to improve his wellness. (P.S. A lot of these tips are good for girls too!)

Poor attention spans: Could your son's brain be starving?

TIP #1

Reverse brain starvation with essential fatty acids (EFAs). Boys need 3X more EFAs than girls do. Good levels of EFAs provide the foundation for optimal processing and learning. If your son is struggling with behavior and attention, his brain might be literally starving for fats.

60% of our brains are made of fat. 30% of that fat is in the forebrain, which is made of DHA, an essential fatty acid. We all need healthy fats in our diets to make our brains function properly.

The good news is “brain fat starvation” can be corrected!

Medical Disclaimer: I am no longer a practicing medical professional, and I am not a doctor. I am a mother. I do seek scientific confirmation of the safety and effectiveness of the herbs and remedies I use. Using remedies is a personal decision. Nothing provided here is intended to treat or prevent disease. Please consult your own doctor.

Please note: Some of the links are “affiliate links.” This means if you click on the link and purchase the item, we receive an affiliate commission. I only recommend products I use personally and trust.

Our modern diets are deficient in good fats. We are told to eat margarine instead of butter, egg beaters instead of eggs, skim milk instead of whole milk, and to stay away from nuts because they are high in fat. A lack of essential fatty acids causes our bodies to become deficient in **serotonin**, an important mood stabilizer.

Our society is becoming more and more deficient in serotonin. There are more people on anti-depressants than ever before. Children are being put on Ritalin and other psychotropic drugs at an alarming rate.

Serotonin has these beneficial mental effects:

- Creates a natural antidepressant release in the body
- Relaxes the mind
- Instills a sense of well-being
- Helps us handle stress
- Keeps our mind focused
- Promotes good sleep patterns
- Helps us to have a positive outlook on life
- Helps us control our impulses

So... could you be dealing with a DHA deficiency?

Mental symptoms of DHA deficiency include the following:

- Hyperactivity
- ADD
- Impulsivity
- Anxiety
- Anger
- Sleep problems

Physical symptoms of DHA deficiency include the following:

- Dry hair
- Dry skin
- Cracks in ends of fingers
- Chapped lips
- Excessive thirst
- Warts
- Glare sensitivity
- Poor vision

If your child (boy or girl) exhibits any of the above mental and/or physical symptoms, it's an important time to increase their intake of essential fatty acids.

Maybe the solution is to **fatten up their brains!**

We can address starving brains nutritionally:



TIP #2

Serve a hearty breakfast. They will think more clearly and have a good foundation for their nutrition that day.

TIP #3

Increase protein. Be sure your children eat protein throughout the day to help stabilize their mood. Especially try to make breakfast high in protein. Here are some ideas for quality protein choices:

- Raw nuts and seeds ([hemp seeds](#) are loaded with protein)
- Eggs and sausage
- [Real butter](#), especially grass-fed
- Real mayonnaise
- Whole milk
- Cheese and crackers
- Tuna and salmon (I get my salmon at Trader Joe's)
- Protein shakes
- Smoothies with [protein powder](#) (no additives) in them
- Real peanut or almond butter (that isn't loaded with sugar)

TIP #4

Give a one-a-day type multi-vitamin. (Not just any vitamin! Many have additives.)

TIP #5

Consider giving cod liver oil for optimum integrated brain health . . . Or give fish oil rich in EFAs (EFA stands for essential fatty acids.)

TIP #6

Add coconut oil to smoothies and sauté veggies with it. It's another highly beneficial healthy fat.

We can provide a sound lifestyle and educational environment:

TIP #8

Organize your day. The more consistent the routine the better.

TIP #9

Turn off the TV and screens. Children need quiet time to think and process.

TIP #10

Maintain consistent bedtimes and prioritize plenty of sleep. Less than 8 hours a night is not enough.

TIP #7

Limit sugar and sugary carbs. Sugar tears down the adrenal gland which drains our energy. You don't want to become the food police; however, lessen the amount of sugar they're eating and fill them up on the protein rich, fatty foods instead so they won't have as much room for the sugar.



TIP #11

Provide consistent discipline. [Set a few clear rules and stick to them.](#)

TIP #12

Always give breaks/recess. Allowing them to release their energy goes a long way towards better behavior.

TIP #13

Change it up. Without change, boys become bored and disengaged. (But remember Tip #8: how can you keep a consistent routine but add variety?)

TIP #14

Control less. Give choices and let them pick their option. Given this kind of freedom, you'll struggle with your boys less throughout the day.

TIP #15

Explore and encourage interest areas/passions. The greatest motivator for boys is the chance to pursue something that interests them.

TIP #16

Teach with manipulatives. Give your boys objects that they can taste, touch, smell, and see.

TIP #17

Let them move. Expend that energy in accepted ways and they'll be less likely to act out when it isn't appropriate.

TIP #18

Spread out... On the floor or on the couch. If boys are allowed to move around a bit while doing their book work or papers, they will get their work done more quickly with less resistance.

TIP #19

Be silly. Can't hold the attention of your sons? Try speaking in a silly voice or acting goofy as you are presenting the information.

TIP #20

Give talk breaks. Boys have lots of questions. Give them opportunities to ask and to probe as deeply into a topic as they would like.

TIP #21

Use visuals. Most boys learn visually, so seeing the information will make it easier for them to learn than by just hearing the information.

TIP #22

Speak more loudly with your sons than you normally would and be very expressive.

TIP #23

Use lots of voice fluctuation and hand motions to engage them.

TIP #24

Incorporate real-world experiences.

Boys need real-world experiences (not just abstract concepts) in their education to engage all of their senses.

TIP #25

Give time outdoors, and plenty of it!

TIP #26

Recognize that boys may find it harder to process their emotions. Don't

ask boys "How would you FEEL if..." questions. Ask them "What would you DO if..." questions.

TIP #27

Have them read books with strong male characters doing unpredictable things. Examples of good books are the following:

- [My Side of the Mountain Trilogy](#)
- [Where the Red Fern Grows](#)
- [The Indian in the Cupboard](#)
- [Treasure Island](#)

Mark Twain, [Ralph Moody](#), Jules Verne, and [GA Henty](#) write great adventure books for boys!

TIP #28

Provide a challenge and chances to be a winner.

TIP #29

A competitive team format works better than individual competitions because they don't want to let their teammates down.

TIP #30

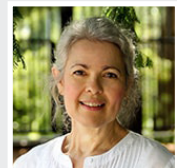
Participating in single-sex activities such as scouts or team sports are very good for your sons.

TIP #31 (BONUS!)

Boys crave danger. If this is your son, give him lessons with a professional (i.e., skiing instructor) to help them to more accurately evaluate their own abilities.

Hi, I'm Jacqueline!

I'm an encourager of women, wife, mom, homeschooler, blogger, bookworm, health nut, past Lyme and Lupus sufferer, and lover of goodness.



But home is where I love to be. I feel there is no greater place to incubate souls. These days you'll find me using my experiences here to write about herbal remedies and natural health research—a big passion of mine.

Do you have some tips to share?

I'd love to hear from you!

Please comment on any of the posts on the Deep Roots at Home blog to share your ideas!

OTHER ARTICLES WITH MORE DETAILS & RESOURCES:

**Brain Starvation:
Could Boys Be Suffering?**

deeprootsathome.com/starvation

**15 Proven Ways to Increase
the Attention Span of Boys**

deeprootsathome.com/attention

**Boys Think, See, Hear, and Process
Very Differently Than Girls**

deeprootsathome.com/boys