

DOSE

Did you know that your brain makes chemicals that make us feel good? We can deliberately plan activities to help us release these chemicals. Can you plan in activities to ensure your child feels all of these chemicals for a time every day?

We can remember the main feel-good chemicals with the word DOSE.



We make dopamine when we feel we have achieved something, or know we are going to achieve something.



We make oxytocin when we feel love or connection.







We make serotonin when we feel valued or important.



We make endorphins when we have fun, exercise or laugh.

Here are some examples of activities that will help make these chemicals:

<p>Dopamine: Flows when you succeed. It's the feeling 'I got it!'</p>  <p>The illustration shows a gold coin with two figures and the text 'DOPAMINE Success & Struggle' at the top. Below it is a glass flask with a yellow liquid, labeled 'Dopamine' in a yellow box. The flask has a '250' mark and a circular logo at the bottom with the same figures and text as the coin.</p>	<p>Challenge children to try new things, improve at activities or win at board games to get that feeling of success!</p>
<p>Oxytocin Flows when you trust and feel connected to others.</p>  <p>The illustration shows a gold coin with two hands shaking and the text 'OXYTOCIN Trust & Truth' at the top. Below it is a glass flask with a yellow liquid, labeled 'Oxytocin' in a yellow box. The flask has a '250' mark and a circular logo at the bottom with the same hands and text as the coin.</p>	<p>Spend calm time with your children, sharing stories, cuddling up to watch films or having cuddles.</p>
<p>Serotonin Flows when you feel important and of value.</p>  <p>The illustration shows a gold coin with a lion's head and the text 'SEROTONIN Proud & Important' at the top. Below it is a glass flask with a yellow liquid, labeled 'Serotonin' in a yellow box. The flask has a '250' mark and a circular logo at the bottom with the same lion's head and text as the coin.</p>	<p>Give your children jobs to do at home that are their responsibility and help them to feel important. (Perhaps, depending on age, putting away laundry, feeding pets, watering plants, making drinks)</p>
<p>Endorphins: Flow when you exercise hard or laugh – the 'high'.</p>  <p>The illustration shows a gold coin with a person on a horse and the text 'ENDORPHINS Proud & Powerful' at the top. Below it is a glass flask with a yellow liquid, labeled 'Endorphins' in a yellow box. The flask has a '250' mark and a circular logo at the bottom with the same person on a horse and text as the coin.</p>	<p>Plan in fun activities for example cycling or skating, play 'fun' games that make children laugh, chase or tickle them (if they like this), encourage them to play outside.</p>