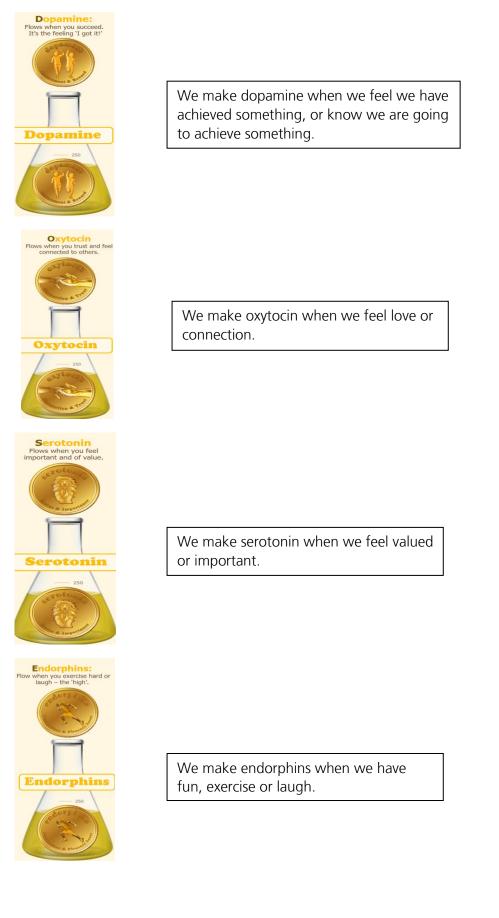
DOSE

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.



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

Dopamine The feeling '1 got it! Dopamine	Challenge children to try new things, improve at activities or win at board games to get that feeling of success!
Oxytocin Flows when you trust and feel connected to others.	Spend calm time with your children, sharing stories, cuddling up to watch films or having cuddles.
Oxytocin	
Serotonin Flows when you feel important and of value.	Give your children jobs to do at home that are their responsibility and help them to feel important.
Serotonin	(Perhaps, depending on age, putting away laundry, feeding pets, watering plants, making drinks)
Endorphins: Flow when you exercise hard or law of the high. Endorphins	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.