

Disclaimer for the Braincalm Program™

This program is not intended to provide medical screening or intervention. It is **not a replacement** for any therapies. Please consult a therapist or medical professional regarding specific diagnoses or other medical or therapeutic advice needed.

1. Dysregulated children have various issues and may be dysregulated at various levels; some mild, some moderate and some severe. Therefore the results of the Braincalm Program™ may **vary from child to child**. For example the mild cases may settle so well with daily program classes that they do not need further sensory breaks throughout the day. The moderate cases may need to 3 or 4 'top up' quick sensory breaks throughout the school day and at home. The more severe cases - for example children in an ASD class or other special class - may benefit from completing the Braincalm Program™ twice a day with additional sensory breaks in between.

2. If completing the Braincalm Program™ outside of home, permission must be given by the child's parent or guardian before starting the program.

3. During our pilot work some children (approximately 5%) became **more dysregulated and in some cases 'hyper'** after completing the Braincalm Program™. If this continues for more than one week please remove the child from the class. However sometimes these children respond well to 1 part of the Braincalm Program™ - for example they ask for the ball roll to help them feel calm.

4. During our pilot work we noted that **around 80% of children achieved positive results** to varying degrees. In some children we noted subtle positive changes such as enjoying the class, plus responding well to almost 1 to 1 teacher or parent time or were becoming more sociable with other group members. **Most children respond very well** and became happier, calmer, better able to concentrate, sit and write better and became less disruptive in class or at home with less shouting out and constant walking about. Some children show **an excellent response** to the Braincalm Program™ and therefore become calm, focused and able to learn better. Some children go on to learn how to use the exercises and equipment to **regulate themselves**. Please note that the **results may vary from child to child**. However we cannot guarantee any positive results.

5. We have noticed during our pilot work that **in around 20% of children we see little or no changes**. For these children it is essential that they still get their sensory breaks and/or other interventions or therapies. For example a child with ADHD should be assessed by an educational psychologist for correct treatments or a child with anxiety should attend a child psychologist or psychiatrist for intervention.

6. Only children who are cleared for a school PE class may take part in the Braincalm Program™ class. Children need a **basic level of physical skills to complete the program**. He/she should be able to walk, jump, sit unassisted, get up-and-down from the floor unassisted and have a good level of





baseline balance. Remember the primary focus of the Braincalm Program™ is to organize and calm the brain so that the child can attend focus and learn better. Although the focus is not to improve physical skills, it can happen that some children do show an increase in overall body strength.

7. If a child has had brain surgery or any other neurological diagnosis such as EPILEPSY, a brain tumor or have had a device placed in the brain/ head or spine (such as a shunt or metal work) he or she **should not** participate in the Braincalm Program™. Any child is showing physical signs of poor balance, coordination or behavioral changes he or she must be seen by a doctor for neurological review to rule out an acute medical issue such as a brain or spinal tumor.

8. Children should **never be left unsupervised** while completing the Braincalm Program™. There is a risk of dizziness and falls particularly during the balance activities. The parent or practitioner **MUST** always stand within touching distance of the child during the balance board/wobble cushion and balance beam activities.

9. The program has been devised so that anyone who has completed the training and who has completed child protection and any other needed training will be able to successfully run the program but **they must follow the guidelines and videos and complete the program exactly as outlined**. However the Braincalm Program™ practitioner (either parent or school staff member) must use their own judgment to watch the child and make sure that they are well and making progress at all times.

10. Brenda Cassidy and her company (CLE Therapy Services Ltd.) accepts no responsibility for any falls or any medical issues that arise while the child is doing the Braincalm Program™. We advise that before starting any new therapy program that a child be cleared by his or her medical doctor. We also advise that if a child is undergoing any therapy outside of home or school that the practitioner consults with the therapist prior to starting the Braincalm Program™.

