

KidsBright Programme

- A brain development programme designed to address children's underlying cognitive difficulty in learning and functioning.
- Integrates 3 research-based methods:
 - ★ Brain-stimulating Movement Exercise
 - ★ Dietary Approach
 - ★ Mental Training
- Benefits children with learning disorders including ADHD, Dyslexia, Sensory Processing Disorder and mild Autism.
- Effectively helps children with no learning disorders but have difficulty in one or more of these areas :
 - ★ Reading/Spelling
 - ★ Handwriting
 - ★ Language/Speech
 - ★ Mathematics
 - ★ Memory & Attention
 - ★ Motor Coordination
 - ★ Visual Processing Auditory Processing
 - ★ Balance
 - ★ Impulse Control
 - ★ Hyperactivity

"I am impressed by what I have heard, regarding the KidsBright Programme. Its drug-free approach using mental training, movement exercises and nutrition elements is a good alternative to medication, which parents would welcome."

Mrs Bella Chin, President of SPARK

(Society for the Promotion of ADHD Research and Knowledge)