



HEALTHY TRANSITIONS START WITH HEALTHY NERVOUS SYSTEMS

*A Parent's Guide to Easing the Summer-to-School
Transition with Calm, Energy, and Confidence*

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H I T H E R E ,

Back-to-school season can be exciting—and exhausting. Between buying supplies, resetting routines, and helping our kids transition, it's easy to overlook one of the most important parts of the school-readiness checklist: a healthy nervous system.

Over the years, I've met so many parents who feel like they're doing everything "right," yet their kids are still struggling—whether that's with focus, bathroom issues, meltdowns, or endless immune challenges. And I've met parents who are secretly just as overwhelmed—running on fumes, feeling guilty for being short-tempered, or too exhausted to fully enjoy their families.

This guide is for you.

My hope is that these pages will help you understand how deeply the nervous system impacts everything—learning, behavior, sleep, digestion, emotional regulation—and give you simple tools to support both you and your kids this school year.

When we take care of the nervous system, we give our families the gift of clarity, resilience, and connection.

Here's to healthier starts and stronger families,

Dr. Craig Bryan

Conquer Health Chiropractic



THE NERVOUS SYSTEM: THE HIDDEN BACK-TO-SCHOOL CHECKLIST

We prepare our kids for school with supplies, clothes, and routines—but what about the system that makes it all possible?

Your child's nervous system controls:

- Focus & attention
- Sleep & recovery
- Immune system function
- Digestion & bathroom control
- Mood & emotional regulation
- Learning & memory

If the nervous system isn't functioning well, school (and life) feels much harder than it needs to.



RESEARCH SHOWS
CHILDREN WHO MOVE
REGULARLY HAVE UP TO
20% BETTER TEST
PERFORMANCE AND
EMOTIONAL RESILIENCE.

3 THINGS EVERY PARENT SHOULD KNOW ABOUT NEUROLOGICAL DEVELOPMENT

1

The Nervous System Controls How We Learn, Move, and Adapt

If your child struggles with meltdowns, focus, or tummy issues—or if you're running on fumes—it often points back to how well the nervous system is functioning.

2

The Brain Develops Through Movement—Not Just Academics

Crawling, climbing, balancing, and spinning aren't "just play"—they're brain-building. Sitting too much stalls development, even for bright kids.

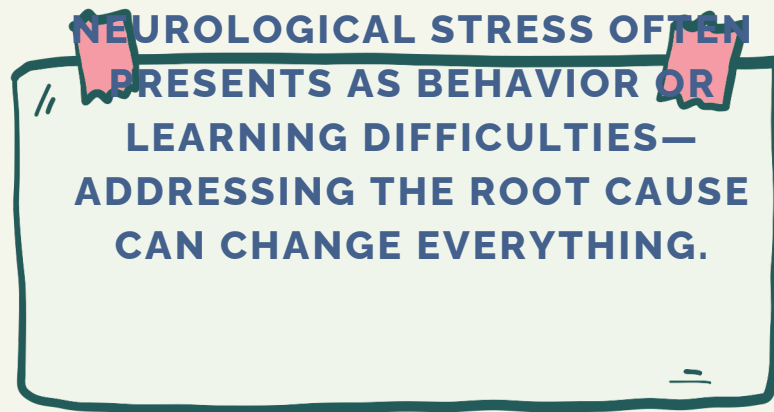
3

Stress Rewires the Nervous System—And That Affects Everything

Chronic stress locks kids and parents into fight-or-flight mode. It can show up as sleep problems, behavior swings, digestive struggles, or burnout.

CHILDREN EXPOSED TO DAILY MOVEMENT AND BRAIN-BASED PLAY DEMONSTRATE HIGHER EMOTIONAL RESILIENCE AND ACADEMIC PERFORMANCE.

TOP 5 THINGS SCHOOLS WON'T TEACH YOU ABOUT YOUR CHILD'S HEALTH



Focus & Behavior Start in the Nervous System—Not the Classroom.

Labels like ADHD are given quickly, but no one checks if a child's brain is stuck in stress mode.

Bathroom & Immune Issues Aren't Just "Normal."

Constipation, bedwetting, or constant sickness are signs of deeper stress in the body.

Movement Builds the Brain.

Recess isn't a luxury—it's essential for learning. The brain needs movement to grow.

Emotional Meltdowns Are Often Neurological.

Many kids who "can't regulate" aren't misbehaving—they're stuck in fight-or-flight mode.

Health Is About Communication.

True wellness isn't just about diet or exercise—it's about clear brain-body communication.

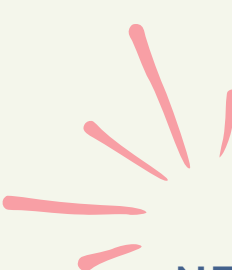
IS YOUR FAMILY'S NERVOUS SYSTEM STRESSED? HERE'S WHAT TO WATCH FOR

In Kids:

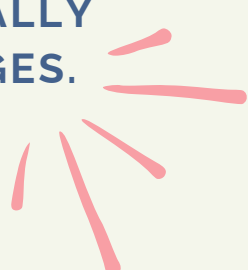
- Bedwetting or bathroom struggles
- Trouble focusing or sitting still
- Meltdowns or emotional outbursts
- Frequent ear infections or illnesses
- Poor sleep or constant fatigue

In Parents:

- Chronic pain or stiffness
- Brain fog or poor memory
- Short temper or emotional burnout
- Waking up tired despite "enough" sleep
- Feeling stuck in survival mode



RESEARCH SHOWS CHILDREN WITH REGULATED NERVOUS SYSTEMS PERFORM BETTER ACADEMICALLY AND EXPERIENCE FEWER BEHAVIORAL CHALLENGES.



HOW MOVEMENT BUILDS THE BRAIN

The brain and body are a two-way street: movement stimulates brain development, and a well-connected brain improves how the body moves. Activities like **crawling**, **balancing**, **spinning**, and **climbing** strengthen brain-body pathways that control:

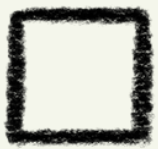
- Focus & attention
- Emotional regulation
- Handwriting & coordination
- Reading & memory skills



MOVEMENT INCREASES BRAIN-DERIVED NEUROTROPHIC FACTOR (BDNF)—A PROTEIN THAT BOOSTS LEARNING, MEMORY, AND RESILIENCE.

DAILY BRAIN-BODY POWER-UPS FOR KIDS

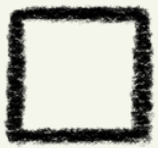
Help your child thrive this school year with these 5 daily habits:



Move: 30+ minutes of active play (climb, crawl, balance, spin).



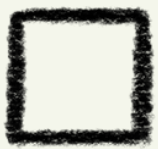
Fuel: Nutrient-rich meals & plenty of hydration.



Sleep: Consistent bedtime & 9–11 hours of rest.



Calm: Brain breaks (deep breathing, quiet time, or prayer).



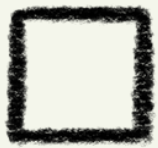
Check: Regular chiropractic care to keep the nervous system clear.

Print this checklist and let your child check off each habit daily!

DAILY REST FOR PARENTS

Parents who regulate their nervous system model resilience for their kids.

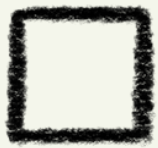
Show up at your best for your family by taking care of your nervous system:



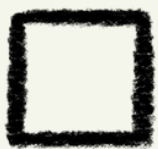
Move: Stretch or walk for at least 20 minutes.



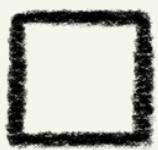
Fuel: Whole foods & hydration (skip the extra coffee when possible).



Rest: Prioritize 7–9 hours of sleep.



Breathe: 5 minutes of intentional breathwork, prayer, or meditation.



Check: Get adjusted regularly to help your body adapt to stress.

YOUR FAMILY'S BRAIN-BODY TACKER

Use this tracker to monitor your family's daily healthy habits:

	MON	TUE	WED	THU	FRI	SAT	SUN
Movement							
Sleep							
Nutrition							
Calm Time							
Chiropractic Visits							
Weekly Wins							

FREQUENTLY ASKED QUESTIONS



Is chiropractic care safe for kids?



Absolutely. Pediatric chiropractic care uses gentle, precise adjustments tailored to a child's age and size.



How do I know if my child needs an adjustment?



We don't guess—we assess. Our scans and exams help us see how the nervous system is functioning, even if there are no obvious symptoms.



How often should we come in?



Every family's needs are different. After your initial evaluation, we'll create a plan specific to your child and family goals.



Does chiropractic care help with more than back pain?



Yes! While many people think of chiropractic for pain, it's really about improving how the nervous system communicates—affecting sleep, focus, immunity, digestion, and more.

OUR MISSION: HELPING FAMILIES THRIVE

At Conquer Health Chiropractic, our mission is simple:

Help kids and parents adapt to life's stress so they can thrive.

We use the Gonstead method—a precise, neurologically-focused approach—to remove interference in the nervous system so the body can heal and function at its best.

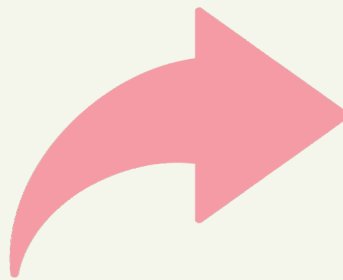
Whether your child struggles with focus, sleep, or confidence—or you're ready to feel energized and present again—our care is designed to help your family experience life fully.

CONQUER YOUR COMEBACK

START YOUR FAMILY'S HEALTHY RESET



Download this guide and put it into action.



Share it with a friend who needs encouragement.



Schedule a nervous system check for your family to get started with personalized care.

A FINAL WORD

There's no such thing as a perfect parent—but there is such a thing as a clear, calm, and connected one.

When you take care of your nervous system, your family rises with you.

Here's to a school year full of energy, peace, and thriving families.

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