

NeuroOptimal® Neurofeedback – Information Sheet

Supporting Regulation, Attention, Resilience & Brain Optimisation (Home Rental Available)

At Children's Therapy Services, we use a range of evidence-informed, functional neurology approaches to support children's neurological, sensory, emotional, and developmental needs. NeuroOptimal® Neurofeedback is one of these tools, offering a non-invasive way to support the brain's ability to self-regulate, adapt, and function more efficiently.

What Is NeuroOptimal® Neurofeedback?

NeuroOptimal® is a non-invasive, dynamical neurofeedback system that provides real-time information about brain activity back to the brain itself. Rather than stimulating or forcing change, it allows the brain to recognise its own patterns and make adjustments naturally.

This process supports the brain's ability to self-correct, improve flexibility, and function more efficiently over time.

It is used to:

- Support emotional regulation and resilience
- Improve attention and focus
- Enhance sleep and recovery
- Support stress management and coping
- Promote overall brain optimisation

Why We Use NeuroOptimal® in Our Clinic

Children who experience challenges with attention, regulation, or stress may benefit from support that helps the brain function more efficiently. NeuroOptimal® works by supporting the brain's natural ability to reorganise itself, rather than targeting a specific diagnosis.

NeuroOptimal® may support:

- Improved emotional regulation
- Better focus and concentration
- Reduced stress and anxiety
- Improved sleep patterns
- Greater engagement in daily activities

Understanding How NeurOptimal® Supports Therapy

Self-Regulation & Brain Flexibility

- Supports the brain's ability to adapt and self-correct
- Improves flexibility in responses to stress
- Enhances overall regulation

Attention & Cognitive Function

- Supports sustained attention and focus
- Enhances cognitive efficiency
- Improves engagement in learning tasks

Stress & Emotional Regulation

- Supports resilience to stress
- Helps regulate emotional responses
- Promotes a calmer, more organised state

How NeurOptimal® Is Used

NeurOptimal® sessions involve placing small sensors on the scalp and ears to monitor brain activity while the child listens to music or watches a screen.

A typical session may include:

- Sensors placed on the scalp (non-invasive)
- Listening to music while the system monitors brain activity
- Real-time feedback provided to the brain
- Sessions typically last 30–33 minutes
- Regular sessions to support ongoing progress

Home Rental Option

NeurOptimal® can be rented for home use, allowing families to access more frequent sessions and support ongoing progress.

Home use may include:

- Flexible session scheduling at home
- Increased frequency of sessions
- Use by multiple family members
- Ongoing support and guidance from our team

What Are the Benefits?

- ✔ Improved emotional regulation and resilience
- ✔ Better attention and focus
- ✔ Enhanced sleep and recovery
- ✔ Reduced stress and anxiety
- ✔ Greater engagement in therapy and daily life

Who May Benefit?

NeuroOptimal® may support children who experience:

- Attention and concentration difficulties
- Emotional regulation challenges
- Stress or anxiety
- Sleep difficulties
- Learning or developmental differences

Is NeuroOptimal® Safe?

Yes. NeuroOptimal® is a safe, non-invasive system that does not deliver stimulation to the brain. It simply provides feedback, allowing the brain to make its own adjustments.

Our Approach at Children's Therapy Services

NeuroOptimal® is integrated into a whole-child, individualised therapy plan which may include functional neurology, sensory integration, and regulation-based therapies. All interventions are aligned with meaningful, functional outcomes for each child.