

## **Promoting Brain Health of Children and Adolescents in the Digital Era**

This lecture will review the latest evidence and research findings on how healthy lifestyle, i.e. adequate sleep, physical activity and vaccination against infectious diseases can facilitate optimal brain growth and development of children & adolescents. In the modern digital era, this lecture will also illustrate the importance of digital competence and its impact on the mental health of children & adolescents. Innovative interventions to enhance the physical and mental well-being of children with disabilities will be discussed.