

1. The precise value of the various available neuromonitoring methods to predict outcome of the individual child post cardiac arrest is not known (dit proefschrift).
2. The PCPC score does not reflect the level of neuropsychological functioning two years after pediatric out-of-hospital cardiac arrest (dit proefschrift).
3. Outcome after pediatric out-of-hospital cardiac arrest is a family matter. We must assess not only the child's outcome, but also that of parents and other family members (dit proefschrift).
4. There is an urgent need to develop an international neuro-prognostication guideline and standardized follow-up program for children after out-of-hospital cardiac arrest (dit proefschrift).
5. In children who have survived out-of-hospital cardiac arrest, neuro-cognitive follow-up should continue into adulthood (dit proefschrift).
6. Physicians should consider the window of opportunity to make decisions regarding withdrawal of life-sustaining therapies post brain injury, however physicians and families should not be pressurized to make decisions during this window, especially if the level of prognostic certainty is low (adapted from Kirschen, Semin Pediatr Neurol, 2015).
7. Intermittent fasting has broad-spectrum benefits for many health conditions, such as obesity, diabetes mellitus, cardiovascular disease, cancers, and neurologic disorders (de Cabo, N Engl J Med, 2019).
8. Excessive television watching negatively affects the cognitive and socio-emotional development of children, and excessive screen time is associated with poorer mental health during adolescence (Domingues-Mantanari, J Paediatr Child Health, 2017).

9. In the first year of the COVID-19 pandemic 1 in 4 children and adolescents globally are experiencing clinically elevated depression symptoms, while 1 in 5 are experiencing clinically elevated anxiety symptoms (Racine, JAMA Pediatr, 2021).

10. Hope is being able to see that there is light despite all the darkness (Desmund Tutu).

11. L'essentiel est invisible pour les yeux (Antoine de Saint-Exupéry, le petit prince).