

Tips for Effective Brain Development

10 tips for Parents to help develop your children's brains

1 Positive Attention

Children need lots of **positive attention** to develop their brains.

2 Special moments

Sharing **special moments** with your child develops the emotional part of the brain to help him feel safe, loved and good about himself.

3 Time to play

Play encourages creativity, curiosity, and interest in the world around him, which is essential in developing the 'seeking system' in the brain. This activates the drive and energy needed for life.

4 Rough and Tumble

Rough and tumble play is a natural way of helping your child's brain to manage emotions and to adapt to others.

5 Cuddles Galore

Cuddles are vitally important for brain connections to happen. The more touch your child gets in childhood, the calmer she is likely to be as an adult.

6 Feelings and Listening

Help your child with his **big feelings** by really **listening** to him and naming his feelings in language he can understand.

7 Enthusiasm and Energy

Be really enthusiastic and interested in what your child is doing. Meet her **joyful energy** with your joyful energy.

8 Time 'in'...

Time in with your child rather than 'time out' will help you better understand why your child is behaving badly.

9 Clear Boundaries

Your child needs to be taught what is acceptable or unacceptable behaviour by giving clear boundaries and using **choice and consequence** to develop the rational part of his brain.

10 Breakfast

A protein-rich breakfast is essential for your child's brain to cope with stress and anxiety. Encourage healthy eating habits, as soon as possible.