

Parent Resource

7 Ways to Create an Optimal Brain Environment for Your Kids

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The brain of a young child is like a sponge, absorbing everything in its environment. Children learn naturally, it is a strong desire in the brain- to wonder, to explore, to play. But what the child learns, and to what level is determined by the richness of their environment.

Here are 7 ways you can be sure to create a rich, high engaged environment to start your child thriving.

7 Ways to Create an Optimal Brain Environment for Your Kids

- 1 PLAY & MOVEMENT**
Making space to play & move **FREELY** is vital. Playing is the most natural form of repetition which is key to learning (brain growth).
- 2 HOME RHYTHMS**
Creating calm, consistent, & predictable routines gives the child confidence & a stable foundation to grow from.
- 3 STORIES & CONVERSATIONS**
These help the child build imagination, and enriched speech & language.
- 4 LOVE & PHYSICAL AFFECTION**
Love is the cornerstone to human health. We are social creatures with a brain needing social attachments to be successful and happy. 
- 5 NATURE**
Being in the "wild" is where the healthiest sensory growth takes place for the child.
- 6 MUSIC**
Listening to and/or playing an instrument helps with cognition, heightening senses, & motor skills.
- 7 WATER & NUTRITION**
Drinking enough water, and eating nutrient dense foods help the physical brain to work smoothly.

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