



Play - Grow
Connect - Shine

FOOTHILLS CHILDREN'S
WELLNESS NETWORK

www.foothillsnetwork.ca

Let's Talk About How to Build a Strong Brain



✓ What you can do

LOVE THEM

- Give your child time and attention ; time with you is what they want most of all!
- Listen to, talk with your child, use words that they can understand and invite them to tell you about their day or tell stories about things that interest them.
- Tell your child they are loved, supported and special to you everyday.
- Touch gently and lovingly; a cuddle and a story at bedtime is a great way for you both to relax.
- Show interest in what they are doing, ask questions about things they like to do.



AVOID TOO MUCH STRESS

Stress is normal. Too much stress for a long time can become toxic to children.

- Talk with your child about their feelings; teach them the words to describe their feelings, start with happy, sad, mad.
- Help children solve their problems, use simple words and talk them through the steps.
- Try to stay calm around your child, when you are calm, your child will be calmer.
- Don't involve children in adult problems.



A child's brain has a quadrillion connections- that is 10 times more than the entire internet

"The greatest invention in the world is the mind of a child"

Albert Einstein

Children learn best:

- through their everyday experiences, like making a snack together
- with the people they love and trust
- when the learning is fun and at their age level
- when they get to do things over and over until they are good at them

PLAY WITH THEM

- Listen to music, sing and dance together.
- Encourage children to be creative using pillows, blankets, cardboard or blocks to build, play and tell stories.
- Read, read and read some more, read simple books and books that help them learn new words and information.
- Play together as a family and with other children, help them learn to play with others as they grow and develop more social skills.



USE SCREEN TIME * WITH CARE

- Keep TVs, computers and electronic games out of your child's bedroom. Have them in the main parts of your home and monitor what's happening on screen and your child's reaction to it.
- Think about other ways to distract your child before you turn on electronics; would a toy, book or music work?

Screen time has the best results if :

- You play the game with your child; take turns and have fun together.
- You connect the show to the real world. Talk about the things that are happening, are they real or just pretend?
- You make sure the content is not scary for your child.

* screen time is another word for electronic device use (TV's, phones, video games, computers, tablets, etc.)

TAKE CARE OF THEM

- Make sure your child is getting enough sleep.
- Develop a routine and put your child to bed at the same time each night.
- Read to your child at bedtime.
- Eat meals together as a family, involve your child in simple meal preparation.
- Serve healthy foods at regular times; 3 meals and 2-3 snacks each day.
- Be active, do things your child enjoys-this develops healthy bodies and healthy brains.

