



Play • Grow  
Connect • Shine

FOOTHILLS CHILDREN'S  
WELLNESS NETWORK

[www.foothillsnetwork.ca](http://www.foothillsnetwork.ca)

# Let's Talk About How to Build a Better 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



### LIMIT SCREEN TIME\*

Children learn best when they can see, touch, hear and play with people! Limiting screen time allows for more active and imaginative playtime.

- Recommended screen time for children:
  - 0-2 years of age- no screen time
  - 2-4 years of age- less than 1 hour/day
  - 4 years and up- less than 2 hours/day
- Keep TVs, computers and electronic games out of your child's bedroom.
- Think about other ways to distract your child before you turn on electronics, could a toy, book or music do the trick?

\*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 at bedtime and put them 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

