 CTK Resource Corner

**TRAIN THEIR BRAIN**

You can make a difference in your child’s life by training your child’s brain so that your child will successfully function on social, emotional, and academic levels. Here is how:

**1. Don’t be afraid to set the limits. Kids need limits to grow happy and healthy!!**

* Make a schedule for meal times, sleep times, technology time
* Think of what is GOOD for them- not what they WANT/DON’T WANT. They are going to thank you for that later on in life. Parenting is a hard job. You need to be creative to make them do what is good for them because, most of the time, that is the exact opposite of what they want.
* Kids need breakfast and nutritious food. They need to spend time outdoor and go to bed at a consistent time in order to come to school available for learning the next day!
* Convert things that they don’t like doing/trying into fun, emotionally stimulating games

**2. Limit technology, and re-connect with your kids emotionally**

* Surprise them with flowers, share a smile, tickle them, put a love note in their backpack or under their pillow, surprise them by taking them out for lunch on a school day, dance together, crawl together, have pillow fights
* Have family dinners, board game nights, go biking, go to outdoor walks with a flashlight in the evening

**3. Train delayed gratification**

* Make them wait!!! It is ok to have “I am bored“ time – this is the first step to creativity
* Gradually increase the waiting time between “I want” and “I get”
* Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games
* Limit constant snacking

**4. Teach your child to do monotonous work from early years as it is the foundation for future “workability”**

* + Folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their bed
	+ Be creative. Initially make it stimulating and fun so that their brain associates it with something positive.

**5. Teach social skills**

* Teach them turn taking, sharing, losing/winning, compromising, complimenting others , using “please and thank you”

Help your kids succeed in life by training and strengthening their brain sooner rather than later!

If you’d like to read more, this article was found at: <https://deeprootsathome.com/kids-friendless-bored-impatient/>