



How to Raise a Smart Child? Talk, Read, Listen, Explore



Can't afford preschool? No worries. In North America, only about 50% of preschool aged children attend a formal preschool. Good parenting can ensure your child succeeds academically, socially, emotionally and physically. Here are 10 things you can do at home to raise a brainy child:

1. Read to your child every day until they ask you to stop. (They won't.)
2. Let them explore. As long as it is safe, allow them to take the toilet tank cover off, mix baking soda and vinegar potions, or build a potato blaster. Feed their curiosity.
3. Live in the physical world. Take them to the zoo, science centre, and museums. Go to the nearby park or playground every day for thirty minutes.
4. Have conversations everywhere and anytime. Turn off the screens and ask open questions that begin with How... and What... Talk while driving, sitting in waiting rooms, and at the dinner table.
5. Listen when your child talks. Make eye contact and repeat back what you interpret that they have said. This response is called "Returning the child's serve." Children live in a world where everyone talks at them, but don't really listen to them. Listening builds their confidence, self-worth and encourages conversation. Giving a child your attention is the most precious gift.
6. Fill waiting times with games. Play "I spy," Rock, paper and scissors," and bring a deck of playing cards or Uno to play a multitude of games.

7. Don't entertain your kids. Boredom breeds creativity. Have lots of building supplies around such as paper, cardboard, foil, everyday packaging materials, tape and markers, and ensure they clean up the mess.
8. After age 3, invite other children over for play dates. Supervise and teach social skills as the need arises. (It will!) Toddlers (under age 3) are too young to play nice and benefit more from adult company than peers.
9. Drop all punishments and look at misbehavior as a conflict of needs. Together with your child's input, solve the problem so that both of you win.
10. Answer all questions thoughtfully. You can never give too much information as your child will only process what their brain can handle. Your child should know that no question is off limits from you - his information lifeline.

Remember that you are your child's first teacher. Keep on these practices even when your child begins school. You are still their primary educator. Start saving money for those Registered College Savings Plans!

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Judy has written these print bestsellers:



Judy is authorized and certified to teach:

