



# HOW TO RAISE

# SMARTER KIDS

ACTIONABLE PARENTING TIPS YOU MUST KNOW

## **BOOST MEMORY AND FOCUS**

grows brain cells and neural connections

**ACTIVITIES** create a consistent learning routine and use memory games



## **ADD BRAIN FOODS**

improves sleep, boosts immunity, memory and focus

**ACTIVITIES** add at least two superfoods to each meal



## **DO CREATIVE ACTIVITIES**

stimulates creativity, fine motor skills and imagination

**ACTIVITIES** coloring, card making, painting, sewing



## **LOVE AND SUPPORT**

boosts self-belief and confidence

**ACTIVITIES** have fun together, spend quality time



## **UNDERSTAND NEEDS**

limits stress by gaining ability to fulfill basic and special needs

**ACTIVITIES** ask questions to discover dreams and fears



## **GROW LOVE FOR LEARNING**

creates opportunity for having fun whilst developing brains

**ACTIVITIES** play educational games, use learning printables like bookmarks



## **ALLOW BIG DREAMS**

teaches importance of having goals and the joy of achieving them

**ACTIVITIES** create goals list and use positive affirmations

