

Children are born with a deep desire to learn. In fact, children's drive to learn is so strong that some consider it a universal human drive, like hunger and thirst. You can see this drive most clearly in infants and young children who are constantly observing, exploring, experimenting, and asking questions. Learning is internally motivated. Children are rewarded with good feelings from making new discoveries, learning new things, and mastering new skills and this good feeling spurs them to do more exploring, experimenting, and questioning about the world they live in.


Source: Gabrielle Principe, Ph.D.



Hey mom, I'm going over to Hannah's house! See ya later!

Get to know your kid's friends and their families. By doing so, you show your child or adolescent that you care about who she plays with or hangs out with on the weekend. Actually, as your child grows older, her friends' parents are typically the adults you become friends with, and eventually you all become a community that help protect and watch out for each other and the children. By getting to know your child's friends, you can see who's a true friend and who is not. This doesn't mean that you will helicopter over every decision your child makes, because that takes away the life experiences she needs to mature. This just means that you are aware and can have an "on the side" conversations with your child about the decisions she needs to ponder.

SENSORY PLAY

A photograph of two young girls engaged in sensory play. They are sitting at a table with a large white bin filled with white rice. One girl, wearing a dark blue shirt, is using a yellow spoon to scoop rice into a purple bowl. The other girl, wearing a pink shirt, is also using a spoon to scoop rice into a blue bowl. Various colorful toys, including a purple and pink shovel and a green cup, are scattered in the bin. In the background, there are shelves with more toys and a red wall.

Sensory play is crucial for your child's development and is simply play that encourages children to use one or more of the senses. Often called "messy play," sensory play experiences focus on stimulating children's senses of sight, sound, smell, touch, taste, balance, and movement. Research tells us young children rely on sensory input to learn about their environment. It also helps build neural connections that support thought, learning and creativity. When a child is involved in sensory play, he or she is exposed to language development, cognitive growth, fine and gross motor skills, problem solving and reasoning, as well as social interaction.

Source: www.littlepnuts.com

What's for Dinner? I'm so hungry!

We often think we need to run out and buy special toys, music and games to stimulate our child's development, but we have to remind ourselves that it is more important to provide every-day activities you can do with your child to encourage brain development.

***Give your child lots of love and attention.**

***Interact with your child through talking, singing, playing, eating together, and reading with your child.**

***Limit TV time to no more than 1 to 2 hours of educational viewing.**

For more information: www.howkidsdevelop.com