

101

WAYS
TO RAISE
SMART
CHILDREN



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INTRODUCTION

This book is a guide to raising smart kids by smart parents. This is a parenting handbook for parents who wish to learn the secrets to raising smart kids who will grow to achieve greatness in life. Who needs this book? Every parent, adult and expecting couples need to read this handbook on parenting. 101 ways of raising smart kids contains an exhaustive list of things parents should know and skills to learn in their bid to raise smart kids. There are four central aspects of a child that will be discussed in this book. As you read along, we hope to make you a better parent as you raise smarter kids. Happy reading!

The art of displaying intelligence and a good sense of judgment is called smartness. When you are good at learning and assimilating new things or have a good ability to think, you're termed as being smart.

"Smart kids are not born; they are raised to be smart by smart parents."

We need to understand that smartness is a product of natural ability as well as personal development. In fact, most of us are born smart, but many factors distinguish those that eventually grew up smarter than their peers. The role of the parent in ensuring a smarter kid is raised cannot be overemphasized. Parents are the key players in raising smart kids, and they need to teach their kids good virtues and values.

Parents need to understand that each child comes with special traits so they should not be raised the same way others are raised. Parents need to understand this uniqueness and adapt the right child-training.

There are four major aspects of every child which needs to be understood by parents namely:

Physical

The physical development of your child starts shortly after birth. Several physical activities are developed within the first year of a child's birth such as movement and psychomotor skills like crawling well, and learning to walk steadily. These activities need the regular attention of parents and caregivers. Toddlers should have a spacious, safe, and conducive environment to play and engage in other fun games.

Intellectual

Human beings are intellectual beings whether old or young and as such there are intellectual needs that should be met. A parent needs to cater to their child's intellectual needs by providing them with appropriate toys and games. Animated storytelling helps them develop curiosity and sharpen their listening skills. Games and toys will also help keep them intellectually stimulated.

Emotional

Kids are fragile and volatile. Parents and caregivers need to develop an emotional connection with them through a series of activities and lessons. Parents need to show empathy during their kids' upsetting moments and help them attain emotional stability and build resilience. Engaging your child in activities such as role play will help build their ability to freely express their feelings which is a vital part of a child's emotional development.

Social

The best time to learn how to socialize is during infancy. As soon as a child grows beyond the infancy, she begins to make new friends and spend time with them. Activities such as playtime and math lessons promote bonding and aids socializing. You also need to raise your kids in a friendly and conducive environment which will help inspire positive social behavior.

These four aspects make up the totality of a child's development. As parents you need to pay attention to them as they determine if you will succeed in your goal of raising smart kids.

In this book, you would read about the 101 ways of raising smart kids. All the 101 ways highlighted in this book are focused on the four key aspects of a child's development; Physical, Intellectual, Emotional and Social. The chapters in this book are divided into these four categories with ways to group smart kids in each chapter.

This book will make you well-grounded about parenting and raising smart kids. Happy reading!

CHAPTER 1

PHYSICAL ASPECTS OF A CHILD'S DEVELOPMENT

#1 Choose their toys wisely

Toys and child development are two faces of the same coin. When getting a toy for your child, you need to focus more on the quality rather than quantity. Well-chosen toys offer pleasure and play a part in your children's development. The best toys are those with several game options or those that have enough avenue for creativity. Most significantly, the game should be pleasurable to your kid.

Invest a few minutes from your tight schedule to see children playing; you can understand the importance of play in their development. At one instant, your kid might take the role of a parent caring for a child, and minute later she is a fearless firefighter extinguishing imaginary flames. Your child's age determines the type of toy to buy as kids outgrow toys, and there is a need to replace these as they age.

#2 Let them play

Playtime is when children learn to figure out how to understand and go through the world around them. Self-initiated play helps uncover a child's innate creativeness, imagination, pursuits, and skills. It can help children discover who they are, and impart important skills they'll need when they face uncertain future tomorrow. Play is essential in helping children develop to healthy and well-adapted persons.

Imaginative play, such as pulling, dancing, or using normal water, lays the foundations for creativeness, allowing kids to express emotions, communicate, and test out reality.

Building with blocks or cardboard helps improve psychomotor skills. Also, it allows kids to build up resilience, or grit and begin reasoning and problem-solving.

Chasing, jumping and wrestling build muscles, the foundation that will be utilized to crawl and walk and run, not forgetting to persevere and think (exercise supports memory consolidation).

Play (such as dressing, role play, puppets, and storytelling) help children with mental roles and critical skills, including empathy, cooperation, and negotiation.

#3 Encourage them to work out

When kids are productive, their systems can do the activities they need to do. Why? Because regular physical exercise provides these benefits:

- Strong muscles and bones
- Healthy weight
- A decreased threat of expanding type 2 diabetes
- Better sleep
- A better lifestyle

Physically lively kids are also much more likely to be determined, concentrated and successful in school. And understanding physical skills creates self-confidence.

#4 Do not let them skip breakfast

Breakfast is the most important meal of the day as it helps set the tone for the rest of the day. Allowing your kids get used to spending their morning on an empty stomach will not benefit your kids in any way. There are a lot of adverse effects associated with your child skipping breakfast such as reduction in intellectual ability, assimilation problems helping them stay more focused and attentive. With this, you are invariably and so on. When you start to feed them good and nutritious breakfast you will be helping build a smart kid and also help them develop into a more intelligent teenager.

#5 Teach them a second language

When it comes to language and communication, there is nothing as fulfilling and beneficial than knowing how to communicate in more than one language. Your child growing up as a bilingual or multilingual will help develop their cognitive skills and help them solve problems better. With a second and third language learned while young they will be able to communicate better with peers and a lot of people, they might come across while growing. The benefits of your child being multilingual are numerous as they would also find it useful later in life. Statistics show that those who speak and understand multiple languages find it easier to secure a good job than those who don't know a second language. So, you are developing your child in the right way when they are taught a second language right from childhood.

#6 Enroll them in a music class

Children of most ages make use of music to express themselves. Participating in music for babies demonstrates that, even young children sway, jump, or move their hands in response to music they notice. Most children figure out how to sing along and possibly how to play the drum early in life. Older children dance to the music of a common tone and use music to create friendships and express thoughts. Try these activities and video games with your kids to see the pleasure and learning that music brings.

Infants understand the melody of your song long before they understand lyrics. They often make an effort to mimic sounds and begin moving to the music when they are able. Quiet vocals can be relaxing for newborns, especially when asleep. Loud vocals may over stimulate a child by boosting the level of noise in the vicinity. Sing simple, brief songs to newborns in a higher, soft tone of voice.

Teenagers could use musical encounters to create friendships and set themselves aside from parents and more youthful kids. They often want to hold out and pay attention to music after college with several friends. There is no downside to training your child early to learn music. Music can relieve babies and stimulate child development. Music can enliven and enrich the lives of children and individuals who look after them.

#7 Make them a bookworm

In the end, children subjected to books at early stages tend to become better learners and good speakers. Studies also show that kids who've been subjected to significant amounts of terminology, who've been read to

regularly, who've grown up at homes abundant with books , will arrive at school age group with more developed skills of handling books, storytelling, knowing words in the alphabet, and counting up to 20.

#8 Start early

There are certain skills which need to be learned early enough.. When kids start learning early enough, they will invariably get the best head-start they need to be smart. The best time to teach your child the right value is early in life. Charity begins at home, therefore spend your time teaching your kids all they will need to know to grow into a smarter person.

#9 Try Out Textures

Small children are sensory learners who want to touch, smell, and perceive to understand the world around them. Make use of a dark marker to write words of the alphabet onto poster paper; then have your kid enhance the words with textured items such as sandpaper, beans, cotton balls, pasta, and tube cleaners. Coming in contact with the letters provides kids the possibility to feel just how a letter is formed. For children understanding how to write, their fingertips can test out the form of any letter before holding a writing material. Every day, say the words and numbers aloud as your son or daughter runs his fingertips over them. As they grow, extend the experience by developing a poster that spells out his first name. Soon your son or daughter will notice these characters on indicators, posters, and boards.

#10 Try Measuring Up

Using day-to-day items, teach your son or daughter to assess. Although a ruler is the most common measuring tool, test out months, conditions, or seasons to

help make the learning process interesting. Within the fall, have your son or daughter lay down on the turf and then arrange apples next to her to assess just how many "large apples" she could count at her age. For extra fun, know how many of your son or daughter's books it will require to lay your bed. Always count as you lay out the various items, and soon your son or daughter will be keeping track of and measuring in every different way!

#11 Label Your Household

Pick a few items to label in your own home, including the refrigerator, house windows, and chair, and turn the labeled items every couple of months. Make labeling the same size and use a simple font so kids can identify them easily. Type, print, and trim out specific words; then use blue painter's tape (that allows for easy removal) to fix these to objects. You can even glue the words to index cards and fix them on things.

Labeling allows children to learn that everything has a couple of common icons that makes discovery easy. If your son or daughter is old enough to identify words, ask her what letter begins the word "lamb" and have her to get the label that starts off with "L." If she is still too young, explain different words and let her see them. Reinforce the idea daily, and as time passes, your child would be able to identify words independently.

#12 Introduce Organization

Promote organization skills in your kid early by keeping toys and games, clothes, food, and home items in specific places. Ensure they are properly kept and tagged so that kids can identify them as they see.

Ask kids where certain items belong such as "where are the toys kept? Where are your shoes stored? Or place a spoon where socks are normally stored or a toy in the refrigerator and task toddlers to correct your "mistakes." They'll be eager to reorganize for mom or Dad, who can't seem to remember where to keep the toys. These responsibilities offer you a way to get started teaching your child about responsibilities, aiding others, and being part of a family group."

#13 Arrange a Scavenger Hunt

Children are natural researchers, and they wish to explore. Scavenger hunts can be created beforehand or created at the spur of the moment. At supermarkets, seek out foods that are in one specific color (like crimson) or look for items of 1 form (just like a circle) throughout the house. If your son or daughter needs assistance, accumulate three objects on her behalf to choose from while requesting, "Which object is red? Which objects are circle shaped?" Ask her to find the bookshelves for a particular letter, term, or number. You can even pretend you can't find the orange drink carton or a set of socks. Send your son or daughter on a great mission to find the items inside your home.

#14 Explore the Town

Get acquainted with your town by going out to the supermarket, fire station, gas station, train station, and other areas of interest. As you move each place, discuss the facts of these areas. This consists of who works there, the goal of your visit, and what items you see inside. Then you could take pictures of those places, print them and hook them up to index cards with their details. Next time you're out with your son or daughter; refer to these "neighborhood" cards. For instance, if you drop by the dry cleaner, ask your son or daughter to

get the matching "neighborhood" card and ask questions about what service the dry cleaner renders.

#15 Limit their screen hours

You shouldn't expose your child to media before they're 18 months old, and if you do, then they need to be placed under strict supervision. Let them watch high-quality and entertaining programs made for their age group. Children between the ages of two to five years should not be allowed to watch the screen for more than an hour a day. Parents should spend time with kids to know what they're watching and teach them morals gleaned from the programs they watch. It's also a good occasion to spend quality time with your children.

#16 Introduce kids to safe video games

For instance, video gaming improves hand-eye coordination. Additionally, kid-friendly video games can train children on a great deal about mathematics, music, and other subjects while having fun on the run.

Playing games with your kids will help you monitor what they're participating in, and it'll offer you the opportunity to teach them something new. Video games like Minecraft have a complicated set of rules which you need to understand so you will be in tune with your kid's fantasy. Lego action video games also allow players solve puzzles together.

Sharing games also offer a safe, gratifying space to go over other things. If you are finding it difficult speaking with your son or daughter or teenager about their lives, gaming provides a place that works with their thought process

much better than the dining room table. Games are highly recommended as a way of socializing.

#17 Don't overload their schedule

One activity after another at a time can wreak havoc in their lives. Exactly like parents, kids need some silent occasions to revive themselves from within. Exactly like we can take food into our stomach, our head can only take a limited lot. So, don't overwhelm kids with activities. It could stunt their smartness.

#18 Teach them to save lots of money

While providing them with pocket money is a very important factor, educating them on the art of saving is a different thing entirely. Maybe, you could start a checking account in their name and keep 10% of this pocket money by depositing them into the savings account every month. Let them learn the worth of money. You can pay them money for doing home tasks since kids are more into instant gratification instead of saving things for future. In this manner, they'll realize the worth of hard-earned money.

#19 Teach them budgeting

Talk about the way you do family budgeting so that they get a practical understanding of budgeting. Get them involved so that they can learn how to invest money smartly when they grow up.

#20 Offer Incentives

An incentive system can aim for specific problems. A child who does his homework promptly and gets his tasks done may reap the benefits of a token,

food or anything your child may like. Compensation systems should be short-term.

#21 Pick a school that cares

You want your son or daughter to possess every advantage in life, especially when it involves his education. Children are always prepared to learn. Through the first couple of years of your child's life, his brain is similar to a sponge. When he's involved in enriching activities, he'll make significant strides in physical, sociable, psychological and cognitive development.

Education in early childhood is a recipe for success in school. It not only prepares your son or daughter for reading, writing and arithmetic, it also develops his self-confidence. Whether he's learning at home or in a formal daycare setting, the target should be on sparking interest and having a great time. Enroll them in good academic institutions that encourage the love of learning and imagination. Enroll them in preschool by age three. They might become smarter because of early enrollment.

#22 Set limits

Kids don't care to listen as much as they like to watch and learn. So, limit time spent before the TV set and tablets so that they develop the right patterns. After all, you'll hate to see them emulate incorrect practices. Such limits keep children safe. So it is helpful to learn how to set boundaries, how to enforce the limitations once they're in place, and what would be the repercussions if the restrictions are ignored. The punishment for disregarding the limits changes with regards to the age of the kids in question.

Limits enable you to help your kid learn what's acceptable and what's not. It also helps them to learn self-control. Small children tend to want what they need when they need it so that you might face some challenge in this aspect. Don't quit - you can certainly do this.

Be ready to tell your child "no" frequently through the process. Make an effort to describe why they can't take action rather than simply saying no, for example: "You can't do that today because it's raining, but you may do that instead." Provide them with a choice when you say no.

Why is setting limits important? Boundaries help your kid feel just like you care, especially when you tell them the key reason why the limit has been set. They'll also feel better even although the limit isn't pleasant. Give them good warning beforehand to prevent them from doing something since some children don't like abrupt changes.

When you set a limit, whatever the limit is, it is important to be steady when reinforcing the limit. Do not set way too many limits at a time. Your child must have the ability to become successful in pursuing one limit before shifting to another. You might repeat yourself through the training process; however, the results will be worthwhile in the foreseeable future.

#23 Feed them well

Feed them with a nutrient-rich balanced diet that's abundant with minerals, and vitamins. The many initial years of your kid's life will be the period to wire their brain for smartness. The food contains several nutrients that will contribute to a healthy body and mind. The kinds of food your child eat could go a long way to determine their intellectual capacity.

#24 Put them to bed early on

Kids who go to sleep early are believed to be better at reading and mathematics. A recent study on sleeping times found teenagers who go to sleep earlier are less inclined to be obese than those who stay up later. This is partially due to keeping up late on iPods, pcs and TV. Going to sleep early on when they're young will create a routine a kid can adhere to.

Good sleeping equals well-being. Soon enough your kids will be waking up early to go to school. Enough sleeping is vital to brain function, energy, and even their immune system.

In parents, late night out habits can, in fact, lead to insomnia. If your son or daughter gets used to staying up late at night in early stages, it could be hard to break the pattern, and this may lead to rest issues in adulthood.

There are always unexpected issues that pop-up in the night time that can rob your son or daughter of treasured sleep time, such as teething and health problems. That's why it's so important to keep your son or daughter's early bedtime steady and consistent. You may make an exception occasionally, of course.

#25 Please breastfeed

Few parents out there recognize that smartness commences with breastfeeding. Breast milk has all the basic nutrition for the proportional development of a child's brain. Breast milk is the safest and healthiest food for your child. It's easily digested and has all the nourishment your child needs for the development. Infants who breastfeed have better mental development and mental awareness. There is also better teeth and immune

system development. The more they are breastfed, the better the chance of them being truly a smarter person.

#26 Make sure they are disciplined

Smartness is not well worth much without discipline because self-discipline performs a significant role in deciding their educational and future success. When kids have self-discipline, they can delay gratification, withstand evil temptations, and work hard even though they don't feel just like carrying it out. Whether it means turning off their gadgets to allow them to get their research done or resisting an additional cookie when Mom isn't looking, self-discipline is the main element to aiding kids to become sensible adults.

- Self-discipline helps kids postpone gratification.

Create the same routine every day. Kids desire a morning routine which includes a breakfast time, comb time, “brush their pearly whites” time, and getting dressed time.

Create an after-school program that teaches your son or daughter how to separate his time taken between chores, homework, and fun activities. You'll want to have a bedtime program that teaches the value of settling down and getting a great deal of rest.

Keep your kid's exercises simple. And with repetition, he should understand how to use each step of his regimen by himself.

- Explain the real reason for Your Rules

With regards to helping kids understand how to make healthy choices, an authoritative methodology helps kids understand known reasons for the rules.

Instead of stating, "Do your homework immediately after you come from school," make clear the underlying reason behind the guideline. Say, "It's a great choice to do your homework first and then have leisure time later."

This can help them comprehend the known underlying reasons for your rules. Rather than saying, "My mommy said I must do that," a kid will understand the potential results of his options.

Of course, you do not want to kick off extended explanations or lectures that will bore your son or daughter. But an instant description about why you think certain alternatives are essential can help your son or daughter understand selections better.

- Use Appropriate Consequences

Sometimes, natural results can teach a few of life's very best lessons. A kid who constantly forgets his homework at home won't figure out how to pack his things if his mom brings the homework to the school for his teacher every time he forgets. Instead, he might need to face disciplinary action from his teacher before he learns to pack his things properly.

- Shape Habit One Step at a time

Self-discipline is an activity that needs years to hone and refine. Use age-appropriate self-discipline strategies to condition habits one step at a time. Instead of anticipating a 6-year-old to have the ability to completely complete

his whole morning routine, use an image on the wall that depicts someone combing her locks, brushing her teeth, and getting outfitted. You can also take pictures of your son or daughter doing these activities.

When necessary, provide reminders to your son or daughter to check out the picture until the guy can go through the image and do each job by himself. Eventually, he'll need fewer reminders and won't require the picture as his self-discipline elevates. Any time your son or daughter is learning a new skill or attaining more self-reliance, help him do it one small step at a time.

#27 Be a Model of Self-Discipline

Kids learn best by watching and learning from adults. If your son or daughter notices that you procrastinate or choose to view TV rather doing laundry, he'll also inculcate your habits. Make yourself an important model for self-discipline. Focus on areas where you may struggle with self-control.

Perchance you lose your temper if you are angry or you overeat. Focus on those areas and change your lifestyle to better.

#28 Avoid power battles

Trying to drive your son or daughter to take action won't train self-discipline. Instead, clarify what the particular negative implications will be if he makes an unhealthy choice. Say, "Unless you grab your toys and games right now, you will have to go to time-out." Continue with an outcome if he doesn't grab, but don't yell or make an effort to power him into conformity. Take into account that he must understand how to make healthy decisions by himself, by examining the efforts of his patterns.

#29 Set Family Guidelines for personal computers and gadgets

When possible, set computer rules before your kids start to use the computer. Children think it is simpler to allow and obey guidelines which have recently been established.

Once you've spelled out those standards as well as your kids know what's expected of them, you might create a set of clear guidelines that may be posted on your pc as a reminder. An example:

Using the computer is a privilege. For children to enjoy this privilege of using the computer, we consent to follow these guidelines:

- We get authorization before accessing the web. On a shared computer, we use our login.
- We set a solid password for every device that may be password-protected, and we do not reveal our passwords to anyone but our parents.
- The things we do use the pc and other devices aren't secret or private, and we do not cover everything we are doing.
- We visit internet sites that work for our time. We don't visit internet sites or gain access to information that is "off limits" for all of us.
- We get an agreement before mailing or posting photographs or private information.
- We get authorization before downloading programs or making acquisitions online.

- We notify our parents about anything we see online or a text which makes us uncomfortable.
- We only use email accounts our parents are aware of.
- Instant messaging is merely allowed with people we know.
- We don't reply text messages of people we don't know.
- "Friends" are people we tell about ourselves. People we only know online get limited gain access to us.
- We show our passwords to parents to allow them to keep an eye on our online activities.
- If we're using public Wi-Fi "spots," we only search online. We never enter passwords, or any other information when working with unsecured Access to the internet.
- We may use computer systems and other gadgets between the time of and .
- We may use pcs and other gadgets for _____hour(s) each day.

These rules connect with our family computer and all the computers and gadgets we use.

CHAPTER 2

EMOTIONAL ASPECT OF A CHILD'S DEVELOPMENT

#30 Support them at all times

Kids need a lot of support during their formative years; this support comes in various ways such as emotional, physical, mental, and any other forms of support. The amount of support a child gets while growing up will determine how smart the child would be. Support helps a kid develop into a better person in life.

#31 Show them, love

Exhibiting love helps a child's mental well-being. Passion and unconditional love can make children psychologically happier and free from stress. Insufficient parental love can make children more pressured since parents put too much pressure on it to achieve success without managing it with love. This then creates health threats for children, like high degrees of cholesterol, cardiovascular issues, and high blood circulation pressure. But children are less inclined to feel those health threats when there is love shown by parents.

Love accelerates a child's brain development and memory. Children whose parents cared for them with passion from a tender age frequently have better brain development. Love creates a better bond between the parent or guardian and child. Love makes your son or daughter less fearful and better-rounded.

#32 Nourish their creativity

Let kids participate in various activities that will appeal to their imagination and creativity. Introduce them to creative activities which encourage them to think outside the box. Engage them in arts, literature, and other creative activities that will help them make them the best version of themselves. A smart, creative kid may create something valuable for his/her generation down the road. Creative thinking helps develop problem-solving skills in children.

#33 Be an ideal role model for your kids

One of the best gifts a parent can offer their child is the gift of being a good role model. The first and most important teacher kids have are parents. They learn and imitate our way of life because they watch what we do daily. That's one more reason why we need to set good examples since we know they are watching. We need to be reliable, dependable and keep up with promises made. One of the important things to note is that we must not let our kids down in any way. Always strive to be the best you can be to them. Teach them good values, respect, and self-esteem. Teach them tolerance to cope with other people in their lives and also let them know about taking responsibility for actions.

Don't be scared to enforce good virtues and ensure you instill appropriate discipline when needed. Develop a good attitude and habit in your child; then you will be seen as a good role model.

#34 Get them enough sleep

Sleep is critical to the health and most important for children as it helps them support rapid growth and development. Ideally, children should sleep for

approximately 50% of the day. Sleep improves a child's memory, behavior, and social skills.

A child who is deprived of sleep may fail to develop to their full potential which could also affect their overall physical well-being. A child that doesn't enjoy adequate sleep often exhibit changes in behavior. If you want a happy child, then you need to ensure they get adequate sleep.

Inadequate sleep can significantly affect a child's development. Kids generally experience in a rapid learning process than most adults as they absorb skills and process information faster. The high amount of information learned especially before the age of ten is extraordinary, and thus it is important that children have a good sleep so they can learn effectively. Lack of sleep could also cause the child to have a low immunity which could predispose them to illness and diseases.

Consequently, it's vital to ensure adequate sleep for your child so they would be well equipped for the day's learning process.

#35 Do not expose them to a lot of stress

Stress can influence their health negatively. It shrinks area of the brain that is instrumental to their mental wellbeing. While it isn't always easy to identify when kids are consumed with stress, short-term behavioral changes such as ambience swings, performing out, changes in sleeping habits, or bedwetting. Some kids have physical results, including stomach aches and headache. Others have trouble focusing or doing schoolwork. Still, others become withdrawn or spend lots of time alone.

Youngsters may grab new patterns like thumb sucking, hair twirling, or picking their nose; more aged kids may start to rest, bully, or defy power. A child who's also pressured may overreact to trivial problems, have nightmares, become clingy, or have severe changes in educational performance.

#36 Discipline your children appropriately but do not abuse your children

One method to differentiate between self-control and maltreatment is to look at what role a parent's anger is playing in the process of disciplining the kid. It's normal for a parent or guardian to feel upset and frustrated. However, when a parent needs expressing his / her anger, as opposed to the need to instruct the kid, this is crossing the borderline which leads to abuse.

That is why we advise that before punishing a kid, the parent should try to cool off. Providing willpower in a peaceful, clear way that helps the kid understand that you can find good reasoning behind the consequence builds admiration for the parent's view.

Discipline doesn't need to be physical. There are plenty of ways to instruct children without hurting a kid. A few examples of non-physical willpower are removing privileges and time-outs. What's important to keep in mind is the fact that parents have to be mindful in choosing appropriate methods of discipline before they connect to their children, so that their activities aren't a "fly off the cope with" behavior.

Kids facing maltreatment are still left with emotional marks that might affect their mindset. They'll shy from doing smart things due to the negative experience in their life.

#37 Make sure they are staying optimistic all the time

There is something about optimism that gives life an entirely new meaning. Positive people take a look at things differently. It can help them tackle roadblocks more successfully than others, and get opportunities that others may not see. An optimist takes on the overall game of life smartly and makes most of the moment. Teach your child to be positive all the time even around upbeat friends.

If you'd like children to be optimistic, it is critical to be an exemplary role model. When you have a kid, being aware of your ideas becomes a clear goal as they commence to imitate your moods, conversation, and activities toward others.

Look for a positive point of view in your experience, and make clear why the decision you made is important. Parents know that the world isn't all sunshine and rainbows, but children can ignore this consciousness at how old they are. Be someone they can study from through both success and failure.

#38 Help them feel safe with the emotions

The old assumption that "boys shouldn't cry, and girls should be dainty" can impede a child's creative imagination and capacity to utilize their wellspring of love for themselves among others. Fostering psychological well-being among children has been proven to avoid "mental conditioning" later in life, along with a great many other health benefits.

Teach your son or daughter how to giggle, cry, and point out their pleasure, and that it is ok to take action. Let them feel secure enough to speak what they're sensing, and what they need in life.

#39 Go a step further and discuss future ideas

Discuss their goal and dreams in life. Kid's motivation and intellectual ability is improved when you discuss future goals as you encourage their ability to reason and plan. Keep a note of these things so you can easily check them to keep track of progress made on a regular basis.

#40 Celebrate their success

One of the better ways to keep your children determined is to rejoice in their success. They will feel pleased and good about themselves. Also, they will do everything on a higher note, which will enhance their performance in all aspects of life.

#41 Praise out of the box thinking

Acknowledging and appreciating kids for displaying creativity is a great way to teach the culture of creativity. Rather than focusing on the answer, ask your child to show you how he arrived at the answer and reward novel thinking. In the home, when your child is playing make-believe, participate with them and treat their imaginary characters as if they are real. Focus on end goals, not the procedure as you encourage kids to make use of their creativity. Eventually, every child can be creative. Everything hinges on them producing their 'skills toolkit' and fostering the right culture for the creative imagination to flourish. As parents, that's our responsibility.

#42 Do not dismiss positive behaviors

It's very much easier to get swept up with outbursts that parents might disregard a few of the positive manners of the kids. If you don't express your pleasure over their positive action, the probabilities are that a child won't know the difference. Smartness is built as a result of positive activities and positive thoughts. So, do not lose out on the possibility to reinforce positive actions.

#43 Make them the center of attraction

Make their needs the most important priority you will ever have. Neglected kids do not fare well in life. Also, they tend to get frustrated and furious when their needs are constantly disregarded. Over a period, their emphasis shifts towards negative things instead of cultivating smart patterns or behaviors.

#44 Help kids learn from mistakes

Teach them that mistakes are not the end but a momentary bump to check their will. As time passes, they will recognize that every setback is a set up for improved potential success. This smart intelligence can help them go quite a long distance in life.

#45 Coach your children to be self-driven

Drive not only gets one begun but also helps one continue when things get harsh. A drive is something that fuels itself. Smartness coupled with strong drive can be a killer blend. Coach your children to be always a self-driven person from an early age.

#46 Share memories from your youth

This can not only bring them closer to you but will also help them enhance their communication skills. Permitting them to learn some valuable lessons from your life story can make them a smarter person as well. Parents who don't stop talking with their children will have kids who remember memories in great detail. This implies encouraging participation of children in discussions about their day and adding in mental detail.

"How did you feel about the spider? Were you frightened!? That is why you ran? What does Mummy do! She screamed so loud!"

These tend to be powerful than emotionally-limited discussions: "Yes there is a spider, but it's removed now."

Adding in more than simply the bare facts means children will remember the knowledge for the longer term. Discussing our activities in conditions of who, what, when, where, and exactly how increases the number of words they know and helps children learn valuable life skills.

#47 Reward their results

It helps them feel great and happy about themselves. Even if they fail, motivate them to keep trying. Point out to them they are almost there, plus they need to keep hoping to boost their likelihood of victory.

#48 Find out their passions and encourage them

Focus on the actions they want to do in their leisure time. It will let you know a great deal about their natural gift ideas. They are destined to make wise choices.

Once you have got a good notion of the items your son or daughter is thinking about, you should encourage and nurture these hobbies. Here are a few examples:

- If your son or daughter loves puzzles, encourage her reasoning and reasoning skills with different types of puzzles and game titles. These range from memory games, untold stories, and developing a map she may use to discover a hidden treasure.
- If your son or daughter likes animals, they can help feed a dog or embark on a bird-watching walk along with you. Having open-ended conversations about pets, he sees on a regular basis can help him to make his observations about the patterns of wildlife.
- If your kid loves to run and climb, she might take to more movement-based or athletic pursuits. Encourage her to try more activities such as boogie, yoga, or age-appropriate athletics.
- If your son or daughter likes artwork, give him opportunities to bring, color, and create whenever you can. Encourage him to test different materials for arts and crafts, including shaded tissue newspaper, egg cartons, chalk, sponges, timber, and clay. Local artwork fairs, galleries, and celebrations are also great ways for your son or daughter to experience the artwork.
- If your son or daughter likes catalogs and reading, read literature together whenever you can. Trying your local library is also great and could offer story time or personal incidents for preschoolers. Expose

your son or daughter to some works of literature, but don't become frustrated if she likes reading about one theme over others.

- If your son or daughter likes blocks, he might have an all-natural curiosity about mathematics. Corresponding to a 2003 review, playing with blocks during preschool years was associated with higher mathematics achievements later on. Try requesting your child to generate structures in a specific order of colored blocks, or speak about the various figures of the toys and games he's building with. Understanding habits, sizes, and patterns will be the foundations of mathematics skills.

Encourage hands-on play and experimentation. Whatever your son or daughter is naturally attracted to, it is critical to respect her pursuits and discover creative ways to help her develop them. Aiding her to build on skills she already has will foster a long-term love of learning, and build self-confidence.

#49 Teach them the value of hard work

You aren't expecting your kid to be an investment banker by age 10; nevertheless, they should be smart enough to learn that money originates from hard work.

We're discussing building their self-confidence and self-image to follow their dreams, achieve the goals they attempt to achieve, also to have the opportunity to carry on to "stay the course" even though something is difficult. Teaching children effort and determination will give them the ability to try new things, stimulating them through their effort, aiding them

"troubleshoot" when they strike a bump, and offering specific and effort-oriented compliment rather than only results-oriented compliment. Effort and determination are essential values to instruct children and also have a lifelong effect on their future functions, confidence, and enjoyment. Teaching our children to persevere when things get hard and work hard to attain their goals and dreams is one of the main skills our kids can learn.

#50 Teach them business lessons early on in life

Introduce simple money facts. A spot easily relatable to kids is the idea of trading. For instance, describe how pioneers used bartering to cover goods and services. Teach how to recognize different denominations of cash and charges. And try supplying your child a little bit sum of money for a shopping trip. Teach them how to create a budget and use the money they need to spend.

Involve them in garage area sales or take them to auction sales or help them sell ice-cream cones. Functional business lessons can make an enormous difference in their lives later on. They are destined to learn some smart techniques of the trade. Practice investing with them by spending money on household stuff.

#51 Teach them how to handle emergencies

Teach them to dial 911 as they must be smart enough to take care of emergencies. Let them know what they should do in case of fire outbreak and other emergency cases. Emergency situations might arise later in life, and these lessons will train them on how to stay calm and take the right steps to get out of the situation.

#52 Teach them some negotiation skills

Shop with your kids to understand how they react or feel when they go shopping. Take them to a store where you can negotiate the price of goods and make sure they pay attention while you are negotiating the prices. Before leaving home to let them know how much you intend to spend on shopping. Telling them ahead of your shopping budget will curb your child from craving for unnecessary and expensive items while shopping, it will also teach them how to be wise and prudent in spending.

#53 Encourage them to share their emotions

One significant task of parenting is to understand a child's emotions. The best way to rightly understand these emotions is to always encourage them to share their emotions. Parents also need to be more approachable and accessible. Don't shout at your kids if you want them to confide in you and find solace with sharing their emotions with you. Also, you shouldn't feel irritated about their incessant emotional swings. Improve your communication and listening skills. Show empathy and a true sense of concern whenever they share their feelings with you. Paying attention to their mental and emotional needs can go quite a distance in raising a smart kid.

#54 Permit them to make mistakes

The risk is part of the ways to attain success in life; if one fears to take risk one cannot achieve great success. We all have this innate trait right from childhood, the fear of failure and making mistakes. As parents, we need to help them overcome this fear as soon as we can as this will help them develop into a smarter adult.

If you yell at them at every problem, they'll shy from taking risks. Because of this, they'll never have the ability to reach their full potential. As a father or mother, you ought to be in a position to control your temper and steer clear of yelling at your kids.

#55 Encourage them to ask questions

Children are naturally curious. They ask endless questions. Shunning their questions might not exactly be a good plan. Focus on them so that they learn something from the answers. At times they might ask a question that seems unintelligent, never dismiss such with the back of the hand. Rather, you should find a way to answer more politely and make them feel welcome asking questions some other time. After all, you won't know when such a child will ask the right and vital question.

#56 Tell them failure is not the end

Kids should know that being successful is not necessarily important; however, the effort to succeed is basically because one can't always win. They shouldn't let the concern with failure carry them back. You ought to be promoting risk-taking ability. Whenever they fail in a task, they should see it as a learning process as every failure makes one smarter on the way.

#57 Stop comparing them with others

Comparing them to other smarter kids is a surefire way to annoy kids and make them feel inferior. Within an inferiority mindset, they will underperform in every region of life.

Learning Capacity of each Child differs, and over time, teachers and experts have comprehended that each child has a new speed of learning. One bill fits all method of education cannot work anymore. Parents must recognize that the strength and weakness of each child varies and for that reason, the comparison metric is merely not logical.

When comparing the performance of your son or daughter with others, they cannot discover their ability. Because of this, she or he may have problems with low self-esteem. However, this is not very true. Every child has a distinctive talent, and as a parent, you ought to be sharp enough to choose it up at an early enough stage. Let your son or daughter identify his / her talent to be successful in that chosen field.

The evaluation can also lead to self-doubt. Because of this, your son or daughter may be reluctant to discuss or even not communicate his / her true emotions. Some kids also find it difficult to socialize with peers for fear of being judged.

#58 Brace yourself and control your mood swings because your unhappiness can pass on to the kid

Don't make the day-to-day stress visible on your face. Reflect good emotions even when you feel low. You might not exactly have the ability to please your children on a regular basis, but at least put up a broad smile. As a parent, we might have noticed our stress level in our children's eyes, or simply seen it in their behavior. Children are sponges, in the end - and everybody knows this intuitively. And there's a proof that beyond a child's disposition, a parent's stress level make a difference in a child, including his / her risk of ambience disorders, obsession, and even disorders like ADHD and autism.

CHAPTER 3

INTELLECTUAL ASPECT OF A CHILD'S DEVELOPMENT

#59 Sing Vocabulary Words

Develop this skill by creating funny music about rhyming words and keeping track of it to ten, or sing easy, popular songs including the Alphabet Tune and "The Itsy Bitsy Spider." "Through the pre-reader years, children learn typically nine new words each day.

Encourage singing while in the car, taking a bath, and as they undertake any activities in the home. If your kid attends preschool, ask the teacher for the class's favorite tunes and strengthen them at home. Teach melodies to grandparents and babysitters so that all those involved with the care of your child will be engaged in this lighthearted activity. Your son or daughter begins learning through tune as she recites characters, numbers, days and nights of the week, and areas of the body to melodic music.

#60 Number Your Mornings

On a bit of poster paper, develop a calendar grid with 31 bins and leave space at the very top to add indicators that represent every month. Write the times of the week over the top and number 31 cards with quantities 1 to 31. Attach Velcro to the trunk of each card also to each one of the 31 containers on the poster. Suspend the calendar at your son or daughter's eye level and on the first day of every month, put in monthly indication cards under the right day of the week. The very next day, challenge her to get the card and find out your day of the week. Performing the times of the Week songs can also help. You

child will commence comprehending the calendar and numerical system. Routines provide comfort to children in ways adults often neglect.

#61 Pin Up Pictures

Keep pictures of relatives and buddies on the wall in your son or daughter's room to build up word relationship and improve child's memory. Write people's titles on sticky records (include headings such as "aunt," "uncle," and "cousin") and put them in the bottom of each picture. Refer to what often, especially at a family group gathering. Take away the sticky records from the images as your son or daughter becomes more acquainted with everyone. Also, read literature about siblings or aunt and uncles, and have your child recognize each mentioned relative. As your son or daughter grows, extend the experience by creating a family group tree with titles and pictures. Get this to an ever-changing little bit of artwork in your house.

#62 Setup a weather house windows wall

Your child may become a junior meteorologist by building a weather window. Have a piece of empty white newspaper (8" x 11") and also have your child attract an image of the day's weather by using any skill medium (crayons, markers, watercolors). Then lower three long strips (11" x 1") from darkish paper and three brief strips (8" x 1") to symbolize a window shape and panes.

Help your son or daughter glue two long and two brief pieces across the paper edges to build borders of a window. The very last two strips (one long and one brief) should be located in a cross condition and glued in the center of the paper to make a four-pane window. Put in an expression to the window's

frame that explains the elements (wintry, snowy, and sunlit) and a particular date to compare the elements patterns as time passes. Select a "weather nook" to hold the "windows" in place and change them on a monthly basis!

#63 Lego blocks

Lego blocks have been around for decades, and children of most ages wish to play with them. However, Legos offer a lot more than a simple toy; they can help develop some useful skills. For instance, Lego blocks include instructions, so kids can practice how to learn and how to check out instructions.

Another benefit is in the calculation because you desire a particular assembly of pieces to create something; therefore mathematics is involved to some extent as well. Also, Legos are incredible for boosting imagination and spatial brains. When possible, get your children hooked on using Lego blocks!

#64 Minecraft

Minecraft is similar to a more complex and advanced version of Legos. It's one of the most popular video games, and people of most ages love it. In Minecraft, you can build, create, re-shape, and disassemble things. But, additionally, you need to find resources, accumulate materials, and strategize on how to boost your base.

Much like using Legos, Minecraft encourages the introduction of the same skills but on a far more advanced level. Also, your child will probably continue playing the game as they get older, exploring several other features the game provides. Minecraft may also help your child grasp coding, which can be an extremely useful skill to acquire in the 21st century.

#65 Treasure Hunting

This is an extremely fun parent-child activity, and additionally, it may benefit your son or daughter to a great magnitude. Of course, it might take lots of time to arrange it, but the final result is certainly worthwhile. You get something for your child and conceal it. For the object to be found, the kid must solve puzzles and riddles.

This can be an activity that is a little bit more complex, but it requires critical thinking and problem-solving skills. Otherwise, you can play scavenger hunt if your son or daughter is somewhat younger. You can certainly do this at the supermarket or at home, which is also really simple. Inform your youngster to find all the things that are round-shaped or that are crimson, but ensure you provide an exemplary case of the item she or he should be looking for.

After that, you can see whether she or he recognizes figures and items regularly, and test his / her color perception.

#66 Puzzles

Puzzles are brilliant; all you have to keep in mind is to slowly but surely increase their difficulty. Youngsters often solve 50-70 puzzle portions independently, but with bigger ones, it's good to help or even to get a set of children to interact. Puzzles are excellent for structure and form identification, memory boosting, and then for teaching collaboration. Also, you will conclude with a lovely picture that you can structure and hold on the wall later on.

#67 Coloring books

Coloring literature is another plaything that kids love which helps their progress. They are excellent, specifically for kids who can't read yet. Coloring catalogs help children develop their imaginative side, plus they also help them develop some skills. These skills help children understand how to write. Coloring books are soothing and calming, so it's smart to allow your son or daughter to relax with one after having a stressful activity.

#68 Using marbles

Marbles are just like a miniature version of your pool deck since a kid needs accuracy and visualization to become successful at it. It's somewhat of an old-fashioned game, but people who have been kids through the 80s and 90s are incredibly familiar with the idea. You will need to launch a tiny marble from your palm and strike the other marble strong enough to expel it from the group.

#69 Let them take risks

Nothing ventured, little or nothing gained, isn't it? So, let them pass on their wings a bit to learn some valuable lessons independently. There are things that only experience can instruct. By not permitting them to take measured risks, we're depriving them of imagination, learning, and smartness.

#70 Reward them into mental growth

Sometimes, we must use incentives as part of the parenting tool to stimulate kids to learn some skills or even to understand their studies. So long as rewarding (with a gift) makes them an improved person than last night, it's a satisfactory trade-off. However, one must be wary of this tactic as you shouldn't do it all the time because it might backfire and affect your kids in the

long run. They might always expect such incentives to do the right thing which is not the right way. Kids need to be responsible enough to do the right things at all times regardless of the reward.

#71 Encourage them to participate in debates

Debating helps children develop their capacity to express their thoughts and views evidently before a broad audience, which develops a feeling of self-confidence and courage in them.

Debates offer great potential to help develop a child's self-esteem and independence of thought. Since children are permitted to share their viewpoints, the experience is highly validating for them. Perhaps, they get a feeling that their voices and thoughts matter to the world at large judging from the audience response.

Debate helps a whole lot in improving the children's research skills. Whenever a child must add details to his/her debate, he automatically starts off researching the issue and learns to find research for his/her area of the argument. However, whenever a subject is a much familiar one, children can be impulsive enough to think and introduce ideas without research. This is another important skill necessary for children to stand out appropriately in their later phases of life. Additionally, these researching talents allow children to understand the world around them and explore even beyond your world of academics.

Taking part in debates can help children broaden their horizons as they commence checking out wider information along with examining the honest aspects involved. Since debates help them see things from various

perspectives, it allows children to investigate everything deeply. The expected final result of taking part in a debate is the fact that the child gets a multifaceted evaluation and understanding of the topic. Debates also help children learn new things and keep them up to date about current incidents, politics, clear improvement, and new vocabulary.

#72 Make an effort to make mathematics fun and possible for your kids

Math is a topic almost all of us fret about. However, it's an important subject. Kids who are good in mathematics generally prosper down the road. It also starts up more job avenues later on. Mathematics helps develop a child's problem-solving skills and reasoning ability which will help him cope in difficult situations. Kids well-grounded in mathematics from their childhood stage turns out to be smarter than their contemporaries later in life. As a parent, you should not leave the teaching of mathematics to your child's teacher alone. As part of parenting, you should be able to teach your kids basics and rudiments of mathematics as a foundation of what will be taught in school.

#73 Teach Problem-Solving Skills

Teach problem-solving skills and interact with them to solve specific issues related to self-discipline. Sometimes, requesting kids what they think would be helpful is an experience that can result in creative solutions.

There could be a reasonably simple answer to a problem. A kid who often experiences difficulty getting dressed up in time for school may benefit from having her cloth picked out the night before.

More technical problems may necessitate some learning from your errors and interventions. An adolescent who isn't getting his research done might need several changes before he becomes more enthusiastic to get his work done by himself.

#74 Don't answer almost all their questions immediately

If you feel that there surely is a possibility to help them learn something and promote problem fixing ability, keep these things and use different resources to learn the answer independently. Teach them how to use the encyclopedia and other learning tools. With time your kid will learn how to solve critical issues independently and only call you for the difficult ones.

#75 Ask them to think outside the box

Thinking about alternatives from different sides encourages kids to work with their brains to create ingenious answers. It can help them to be creative and smart. Ask open-ended questions. Requesting open-ended questions help kids to think outside the box. Thinking outside the box improves creativity and ingenuity making them smarter than their peers.

#76 Hone their decision-making skills

Smartness would mean nothing without good decision-making skills. Children should be trained in decision-making skills from an early age. They ought to know steps to make healthy and safe alternatives. They ought to trust their gut when met with uncomfortable choices, plus they should stay strong when required. It's highly recommended to plan for situations that your youngster might bump into sooner or later in their lives. This way, they'll be prepared to cope with the situations smartly. Children's decision making is highly inspired

by the goals and ideals they study from those around them. This occurs through observing others (especially those near them), reading about and talking about prices, and having opportunities to make decisions and experience their outcomes. Though small children need some skills to make decisions, they don't yet know how to comprehend and make a decision about the difficult situations that parents can handle.

Expanding skills for rational thinking and problem-solving helps children's growing talents for effective decision-making. As children develop skills for handling their thinking as well as their emotions, they become better at placing decisions into practice that keep them on the right track. For instance, children who've learned to utilize thinking to control their behavior can tell themselves, "Stop, I would take a better look at this first."

The capability to think before operating helps children control impulsive behavior and make smarter decisions. Having the ability to think and plan offers a basis for children to judge options by considering long-term goals, not merely immediate circumstances.

They will respond at a straightforward level to choices such as tastes or what sort of food appears. Parents can guide children's decision-making by restricting the options they provide. They are able also to make clear the worth that guides their decisions. For instance, a father or mother could say, "Let's buy this cereal since it has tons of healthy things in it."

Explaining the reason behind your decisions provides a clear choice between two appropriate options and guide children's alternatives, for example: "It isn't a good notion to get started on that game right now because your good

friend will be heading home soon. You may play a card game or go outdoors and play ball."

By explaining the reasons for your decisions will help children learn the sorts of ideals you want them to use as they are more in a position to make decisions for themselves.

#77 Don't expect too much from them

Set realistic targets for your child. By setting unrealistic expectations, you will be pushing them off their limits. The pressure might be too much for kids to handle at their tender age. The consequences of educational stress can backfire. It could compel them to do unethical things.

#78 Get them educational toys

Get them educational playthings like puzzle video games, word queries, and blocks so that so they spend their playtime constructively.

Introduce them to use applications that will help them grow emotionally.

Today, there are plenty of programs out there that will help kids overcome several emotional challenges such as:

1. ADHD Trainer

ADHD Trainer is a cognitive tool for children with Attention Deficit Hyperactivity Disorder. It had been intended to help them focus better by playing "games."

2. Breathe, Think, Do with Sesame

With parts for both parents and children, this Sesame application teaches small children how to their cool and keep on. It facilitates children in handling anxieties and anger issues.

3. Meditation

The software helps children learn and develop meditation skills. Their "Sleep Tales" function instructs stories to help users drift off easier.

4. Daniel Tiger's Grr-ific Feelings

Children frequently have difficulty expressing their thoughts. PBS's Daniel Tiger demonstrates to children how to relax when upset, celebrate proud occasions, and relax with music and activities.

5. Headspace

This popular meditation software has five designs: Calm, Emphasis, Kindness, Rest, and Awaken, and the software is custom-made for three age group groups--under 5, 6-8, and 9-12. Additionally, there is a grown-up version to apply mindfulness alongside your son or daughter.

6. HelloMind

This application helps to change negative thought habits. Children can make treatments predicated on whatever is bothering them. For example low self-esteem, requiring courage, or being worried to stay calm.

7. Mindfulness for Children

This software helps children learn tools to help take care of anxiousness such as respiration exercises they can use at school, during sports activities, or anytime they are feeling restless or overwhelmed.

#79 Teach them always to take responsibility for their actions and also show commitment at whatever task they are doing.

Kids should appreciate the worthiness of work to reach their goals in life. Clear evidence can be found which show that liable and devoted people prosper in life. Let kids know that no one is responsible for their failures and they should always look inwards when they fail to reach their goals instead of looking for who to blame. Let them know that they can't achieve greatness without fully committing to what they are doing. Taking responsibility for actions is a sign of maturity which you are teaching your kid earlier in life.

CHAPTER 4

SOCIAL ASPECT OF A CHILD'S DEVELOPMENT

#80 Play chess with them

Everybody knows that chess is an excellent game for your brain. Chess helps kids improve their critical reasoning skill and develops their brains. It can help them become smart and sensible.

#81 Don't limit them to studies

Studying could be boring and monotonous for kids, and they need to spice up their day with other self-fulfilling activities. There is a favorite saying that all work but no play makes your kid a dull child. Inculcate tons of extracurricular activities in their lives to improve their intelligence.

#82 Never let them feel isolated

The feeling of loneliness could dampen your child's mood and affect the brain in so many ways. Isolated kids often perform poorly in school, especially in verbal and reasoning aspects. If such trends continue for a long time, it will affect the overall development of your child and stunt their mental growth. The sensation of loneliness can be considered a smartness killer. So, always be there by their side to provide them shoulders to rest on.

#83 Don't allow technology to be the kid's babysitter

An excessive amount of exposure to technology can make them dumb in real life. Spend adequate time with them. They have to learn practical and valuable lessons to be a better person. Don't allow technology to replace parental care and attention.

#84 Have confidence in them and their ambitions

That's the very best gift that you can provide them. Your full assistance and advice can transform their lives permanently. They will do better in life if indeed they have a great amount of self-belief. Students with self-belief are also found to be academically above-average and smarter than their peers.

#85 Permit competitions inside your home

The competitive environment will draw out the best in them. Children learn kindness, value, and empathy which are innate traits that connect them to others. You can't just speak about these thoughts and expect to understand; kids need to see them. Many programs like scouts, cathedral organizations, and service golf clubs are places children learn and experience these positive principles. But these ideas also have to be strengthened at home.

Personality education in the first years help build traits like credibility, responsibility, fairness, and compassion-- inside resources that lead to joy and well-being. They are the sorts of human characteristics that make them responsible children. When such children grow up, they will have the passion for contributing to food drives and helping people in crisis.

#86 Don't be biased with your children

Cause them to bond together. They ought to avoid rivalry and jealousy because those are strong emotions that make a difference in their overall mental wellbeing. Be smart and take proper care of your entire kids and be fair to them all.

#87 Educate them well

The greater the instruction, the smarter they'll get. Certainly, we do not want them to be yet another bookworm. So, it must be considered a nice balance of study and play. When parents help educate their child, it translates into:

- Better grades
- Better self-esteem
- Less violent behavior
- Better attendance
- Less drug and alcohol use
- Higher graduation rates

Christiana Amo-Kyereme
A Family Life Coach

#88 Spend some playtime with them juggling

Juggling the ball is similar to a lightweight workout that sharpens one's concentration and awareness levels. Also, it reduces stress and improves the flexibility of the hands and shoulders. The very best part is the fact it can make one smarter. Studies show that juggling escalates the amount of grey matter inside our brain. Therefore, they are a great exercise for the mind.

#89 Let them be kids

Kids don't need the frequent nagging and pestering. Way too many rules can act as a mental blockade. Never forget the simple fact they can be made miserable by being made to pursue rigid and out-of-date rules. So long as they are really happy, it's fine if indeed they aren't the smartest youngster in the neighborhood.

#90 Reward Good Behavior

Provide positive attention and compliment whenever your son or daughter shows self-discipline. Sometimes good action goes undetected and praising kids when they make good choices escalates the likelihood that they can repeat those tendencies. Even stating, "Congrats" when they place their dish in the kitchen sink when they were done eating," can encourage a duplicate performance. Here are some benefits of good behavior:

- Encourages and Reinforces Behavior

When you reward a positive behavior from your child, they will be more encouraged to repeat the same behavior. The child will always strive to perform such behaviors that will earn him rewards.

- Develops Positive Habits

Positive habits and routine are developed from rewarding positive behavior. Most of the good habits displayed later in life are those learned in childhood. Politely interacting with others, personal hygiene, hard work, and respect are all good habits learned from childhood which helps influence their well-being as adults.

- Changes Negative Behavior

Rewarding positive behavior can influence a child's behavioral choices. Children always pick up bad behaviors as they are being influenced by those around them and at times receive positive praise for doing the wrong things. Consequently, as a parent, you need to re-teach your child positive behavior by re-emphasizing positive choices and limiting the damage caused by the positive feedback your child receives from negative behaviors.

- Creates a Positive Atmosphere

Rewarding your kid's positive behavior creates a lively environment for children and parents. Your child feels more secure emotionally in an environment filled with good behavior than those ruled by punishment for bad behavior, is a home that provides children with an emotionally secure environment. Children feel more happy and confident in an environment filled with positivity.

#91 Don't always answer them as soon as they call you

When you quickly answer them when they need you to help them fix something you are depriving them of the chance to think for themselves. Teach them to think through a few of the issues themselves also to create a solution for the issues.

#92 Teach them to be independent in life

Permit them to speak and act independently. That said, they ought to know their limits. Provide them with little tasks with a deadline. Independent children have got a higher level of self-confidence

Children, who are self-reliant can execute a great deal in their life both for themselves, as well as for others without seeking extra help from individuals. Independent children can offer their alternatives and solutions to solve problems independently and face issues when they appear. With a good group of strategies and techniques, they can stand independently and take appropriate actions. Quite simply, self-reliant and independent children have more self-esteem and self-confidence.

Independent children can form better and strong skills. Children, who are self-reliant and impartial, will develop many other academics and social skills. They can certainly perform a lot more additional tasks that may be difficult and challenging. For instance, communication and business skills will be the two skills that may boost a child's capability to lead an improved life.

Parents may lead an improved and comfortable life when they help their children learn and lead an independent life. If you train a child who can perform daily duties/routines independently, you should have more time for yourself and achieve your own goals.

#93 Model Creativity

You can ask your child to become more creative, but what's that in reality? As parents, we must model our very own creative imagination to children. Getting involved in open-ended conversations, creative building with Lego or role playing all model creative imagination to students. Additionally, it is beneficial to explain when others model creative thinking.

#94 Expose them to some volunteer work of their capacity

Speak to them about the value of helping other people who are less lucky in life. Teach them to put smiles on people's faces. Let them know the value of helping out people in need.

#95 Travel with them

In fact, heading on to vacations with your kids is without question one of the most significant parenting activities that you can ever do. There is merely no replacement for travel. It's a massive teaching avenue for your kids in an array

of ways. Not merely is traveling with your children the perfect method for parents and children to bond with one another, it inevitably offers several teachable occasions that you couldn't possibly have forecasted or well prepared for beforehand.

The first significant value that travel offers your children is the fact that it educates them how vital they can be to you. Undoubtedly, when you take your children with you on a journey, it is a straightforward yet immediate way of connecting their importance in your daily life. As you know, children learn one thousand times more through activities than they certainly in words. Informing them that you love them, that they are essential in your daily life is all well and good (and undoubtedly you must get it done). But there is no replacement for the note that is communicated to them in their minds by the fact that you've chosen to invest one of the very most valuable things you possess -- your time and effort -- with them. They learn not by what you say, but by things that you choose to do with them. It simply shows how important you are to them for you to invest your time in them.

Children watch their parents every day to learn from wrong and valuable from value-less. Way too many kids believe that they have got little value because their parents disregard them, leave them at home. Another important benefit that traveling with your kids teaches is the worthiness of learning to get along with diverse sorts of people.

#96 Take them to a museum visit

Museum trips can be a great learning experience for youngsters. Since they can touch and have the displays at the museum, the training experience will be increased. Art offers us an opportunity to hook up, understand, and explore perceptions, emotions, and groundbreaking thoughts. Museums give space for representation, experimentation, inspiration, ingenuity, enjoyment and invite them to real learning activities and play. Museums give a dynamic possibility to expose children to activities and explore new things in a serene educational environment. Through interactive displays and hands-on play, children will be capable of taking possession of their learning to develop and explore their curiosities. This initial exposure supplies the foundation for ingenuity, critical thinking, and link with the entire world around them.

#97 Teach them how to approach bullies

Bullies can stunt your son or daughter's growth, especially when your kid does not have enough courage to confront the bully. You must give them a short idea about coping with bullies anywhere they find them.

Parents can help kids understand how to cope with bullying if it happens. For a few parents, it can be tempting to tell kids to fight back. You might worry that your son or daughter will steadily continue to suffer as a result of the bully, and feel that fighting back again is the only path to place a bully in his / her place.

Coping with bullying can erode a child's assurance. To help re-establish it, encourage your children to invest time with friends who've got a positive impact. Give a listening ear to difficult situations, but encourage your children also to inform you of the good elements of their day, and be equally attentive.

Make certain they know you genuinely believe in them and that you will do what you can to handle any bullying occurring.

#98 Praise their initiatives, not their smartness

You do not want them to build up an ego. Also, they ought to know that effort and persistence are important to success. Here are a few ways to help your kid develop their initiative skills.

- Model it

The best ways to teach a kid is to show them how to do it and don't just go about telling them. Kids need help connecting between what they see and their ability to take action. When we discuss innovative action then our kids can learn how to take the initiative in their own life.

- Let them do it

Kids can outperform our expectations. Parents should give kids a task to do though they might complete it slower than you would. If they need assistance in the course of doing the task, help them brainstorm on solving the problem.

Then, let them do it. They might not do it perfectly, but they should take it as a part of learning. Give your kids all they need to succeed and get the job done. Once they can show the willingness to do the task, then they can achieve it.

- Praise the effort not the result

Kids might not do a complete task, but we shouldn't get frustrated at them as it might kill their self-confidence and they might not use their initiative next time. Celebrate them for taking out time to try something new.

Studies show that kids who use their initiatives become more successful in the future. Such kids perform better in school and develop a strong work ethic and resilience to cope with difficult situations.

#99 Let them have healthy peer relationships

Friends will impact your kid's life positively. Honestly, they can make an environment of difference. Incorrect companionship can affect them negatively. It could make them less smart, less disciplined, plus more ambitious and unruly. Friends likewise have a powerful effect on the child's negative and positive school performance and could also help encourage or discourage wrong actions. Friendships add significantly to the introduction of interpersonal skills, such to be hypersensitive to another's viewpoints, learning the guidelines of dialog, and age-appropriate conducts.

#100 Teach your child that people are important

A parent needs to ensure their kids are taught how to show consideration and regard for others. A model such as your child early in life, helps your child in the thinking process to solve others' problems. Watch your child closely, and don't condone any form of disrespect either intentionally or unintentionally to others.

In the case of such happenings ensure you don't embarrass your child while correcting such actions. As your child gets older, you also need to be stricter about insisting on respecting adults and their peers. Teach them the value of respect early in life, and you will raise a smarter child for the future. Most people prefer to associate socially with humble and smart kids, and this could

help them achieve their goals in life. Teach them how to take care of interactions or situations that feel awkward to them.

#101 Don't Label Shy Kids

If you have a child that appears to be naturally shy or insecure, don't tag them as such rather employ an empathic problem-solving approach and not a dynamic approach.

Acknowledge your child's feelings and assure them that such fears can be overcome and teach them ways to overcome shyness. Tell your child to focus less on themselves and more on others as a strategy to overcome shyness. Teach your child to develop a good communication and listening skills. Discuss how certain nervous situations can be handled effectively.

CONCLUSION

Raising smart kids is no mean feat as it entails a lot of details which have been extensively discussed in this book. I sincerely hope that this book will serve its purpose in helping parents improve their parenting skill. It's not enough to read all these steps; you need to take action. This book has pointed out some common mistakes you've been making in the course of raising your kids. If you are still single or an expecting mother then you have the chance to start your parenting care on a good note. Lastly, the lessons in this book are sufficient for you to attend to all the aspects of your child's development and raise them to be the best version of themselves. Your child will appreciate you later in life for a good job done raising them in the right and smart way.