

303: Optimize Your Child's Brain

10 Point Checklist

Janet Doman

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“One of the most important things that parents do when they raise their babies is create their grandchildren's parents.”

JANET DOMAN

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Make learning a fun and safe experience for children. Prepare visual aids and interactive activities. Kids are more likely to respond positively if they are enjoying what they're doing.
- Start children in their learning journey at a young age. Babies have the ability to learn to read. The earlier they begin, the better they can develop their skills over time.
- Continuously nurture a positive relationship with my child. Show them love and respect every step of the way and always look out for their best interest.
- Observe symptoms and delays in my child's development. Pay attention to their mobility and how they interact with their environment. If something feels off, best to consult with an expert and acquire an early diagnosis.
- Keep stimulating my child's brain. Don't allow them to watch too much TV. Vary their activities and level up their learning program by providing visual, auditory, tactile, gustatory, and olfactory stimulation.
- Impart knowledge to my children so they can carry it to their own children in the future. One of the most important things parents can do when raising their babies is realize they're creating their grandchildren's parents.
- Don't lose hope if a child has experienced brain trauma or is having symptoms of injury. Brain Injuries in kids can be cured or managed and there are many resources available nowadays that can help.
- Encourage children to read as much as they can. Provide them with books and materials that spark their interest in reading. Spend time teaching them the basics.
- Communicate with your child constantly. Ask them how they feel and what they want especially when they are struggling with something.
- Visit The Institutes' website to learn more about their workshops for children.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/optimize-your-childs-brain-with-janet-doman/>