Get Moving!

Top 10 Ways to Develop Your Child’s Brain

Cognitive tools such as language and math activities or logic puzzles are not the most effective ways to increase brain function. These ‘thinking games’ are useful, but the most powerful way to build the brain is through physical movement. Learn 10 fun and simple things you can do to boost your child’s brain power, health and happiness.

Learn indepth, easy-to-do rhythmic and reflex integration movements in the BRAIN AND SENSORY FOUNDATIONS learning course. These beneficial movements help children develop optimal sensory processing, learning, social-emotional skills and physical strength.

For more information: www.moveplaythrive.com/training-events

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Movement is the most fundamental fuel for brain growth: Human brains initiate, respond to and grow from movement. An innate neurodevelopmental movement template ensures a developing infant has the greatest chance for survival, proper growth, emotional development and learning. This template is a set of special movements that all healthy human infants perform beginning in the womb. These innate neurodevelopmental movements grow and mature the brain, body and sensory systems.

It is never too late to experience the benefits of neurodevelopmental movements: You can employ them at any age to calm, organize and mature the brain and body. Children may miss the full amount of these special movements in infancy, but doing neurodevelopmental movements develops the brain and ‘reboots’ the neural and sensory processing systems.

Neurodevelopmental movements promote optimal brain function for all children and adults. For those who struggle with sensory, learning, speech, emotional-social and physical challenges, the neurodevelopmental movements are essential. Enroll in the online training course BRAIN AND SENSORY FOUNDATIONS for step-by-step, video-based instruction and learn rhythmic and reflex integration movements that calm the brainstem and ‘switch on’ the higher brain centers responsible for attention, impulse control, learning and emotional regulation.

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Here are 10 simple things you can do right now to boost your child’s brain power, health and happiness.

1 RHYTHMIC ROCKING » Have your child lie on the floor on their side, with a pillow for the head. Place your hands on the child’s shoulder and hip area. Gently rock the child in a small side-to-side motion using the rhythm and speed the child prefers. You can sing to the beat or say a rhyme while rocking.
Do these life-changing activities at home with your child! You will see a difference in strength, happiness, emotional regulation, sensory processing and calm.

2 ROLLING BALLS ON THE BELLY » Partners lie on the belly across the room from each other and roll balls back and forth.

3 BALLOON CRAWLING » Partners crawl on hands and knees across the room going side by side while passing a balloon to one another. Then turn around and go back the other way. Rule: Always keep one arm on the floor while the other arm is available for passing.

4 ANIMAL PLAY » Choose an animal and move like that animal moves. You can also make the sound that animal makes while moving. Then choose another animal and repeat.

5 WALK IN NATURE » Experiencing nature and wild places is excellent for healthy stimulation of the brain and body. Time spent outdoors playing in the sunshine is ideal.

6 ROLLING ACROSS THE FLOOR » Solo or in partners. Partners can roll while holding each other’s arms, or have one partner use the arms to hold the other’s ankles.

7 DO ORIGINAL PLAY » O. Fred Donaldson, PhD, author of *Playing By Heart*, developed Original Play to promote healthy bonding and provide excellent sensory-motor stimulation for the brain. Rules: Clear the space for safety. No pinning down, grabbing or holding. No tickling at any time. Adults are watchful at all times for the safety of all involved. Watch this 8-minute video and have fun playing on the floor with your children. www.youtube.com/watch?v=R6XibZiiB-w&feature=youtu.be

8 MAKE ORGANIC GREEN SMOOTHIES » Good nutrition and micronutrients are essential for brain growth!

9 KEEP YOUR CHILD AWAY FROM ELECTRONIC DEVICES AND WIFI RADIATION » Electromagnetic radiation hinders brain function and can get in the way of brain development. For more information: www.electronicsilentspring.com and www.parentsforsafetechnology.org

10 ENROLL IN THE BRAIN AND SENSORY FOUNDATIONS COURSE » Give your child the gift of a calm, organized brain and sensory system and the foundation for lifelong health and well-being.