

# RAISE A SMARTER CHILD

10 STEPS BACKED  
BY SCIENCE



# HELLO PARENTS

**Over many years, scientists have done multiple studies to understand factors which impact intelligence.**

**These studies have determined that good parenting practices can increase the intelligence levels of children.**

**This e-book enlists key findings of these studies and gives you 10 practices you can follow to raise a smarter child.**

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# 1. BELIEVE IN THEM



Believing your kid is smarter than average makes a difference.

**“In a study conducted in a classroom, elementary school teachers were informed that they had certain students in their class who were “academic achievers” In fact, these students were selected at random.**

**Absolutely nothing else was done by the researchers to single out these children. Yet by the end of the school year, 30 percent of the the children arbitrarily named as achievers had gained an average of 22 IQ points, and almost all had gained at least 10 IQ points.”**

## 2. SLEEP IS VERY IMPORTANT

Missing an hour of sleep turns a sixth grader's brain into that of a fourth grader.



“Research shows, there is a correlation between grades and average amount of sleep. A loss of one hour of sleep is equivalent to (the loss of) two years of cognitive maturation and development.”

### 3. DON'T READ TO YOUR KIDS, READ WITH THEM



Don't let kids just stare at the pictures in a book while you do all the reading. Call attention to the words. Read with them, not to them.

**“Research shows, shared book reading is an effective vehicle for promoting the early literacy ability of kids when reading is enriched with explicit attention to the development of children’s reading skills and strategies.”**

## 4. CONTROL THEIR USE OF TECHNOLOGY

Research has shown that the right amount of technology use can give your child an all-rounded exposure to ensure multiple skill development.



“Parents have an important role to play in helping their children develop safe, healthy habits for technology use. Generally screens should be avoided till the age of 2. However, good quality children’s programming and interactive educational games can be powerful learning tools.”

## 5. REGULAR EXERCISING BOOSTS BRAIN POWER



Being in good shape increases your ability to learn.

“In a 2007 study of humans, German researchers found that people learn vocabulary words 20 percent faster following exercise than they did before exercise, and that the rate of learning correlated directly with levels of BDNF (Brain-derived neurotrophic factor).”



## 6. PEER GROUP MATTERS

Peer group has an enormous affect on your children's behaviour



“Research says, most of the character traits that make us who we are – friendliness, extroversion, nervousness, openness, and so on – are about half determined by our genes and half determined by our peer groups both inside and outside of the house.”

## 7. HAPPY KIDS = SUCCESSFUL KIDS



Happier kids are more likely to turn into successful, accomplished adults.

“Research shows, the more satisfied the child, the better their verbal skills and the lower his or her socio-emotional problems.”

## 8. LEARNING IS AN ACTIVE PROCESS

Children learn faster by doing things, not by hearing about them.



**“Our brains evolved to learn by doing things, not by hearing about them. This is one of the reasons that, for a lot of skills, it’s much better to spend about two thirds of your time testing yourself on it rather than absorbing it.”**

## 9. MUSIC LESSONS



Research shows children who undertake music lessons exhibited greater increases in IQ compared to children who don't.

**“A growing body of research finds musical training gives students learning advantages in the classroom.”**

# 10. SUPPORTIVE SURROUNDINGS

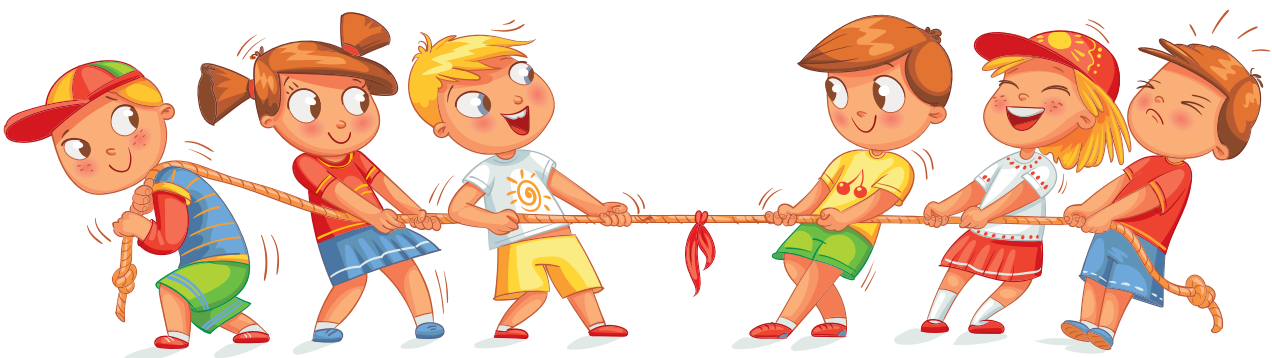
Several studies have shown that children who are in loving, supportive environments fared better than children that grew up in high-conflict households.



“It’s important for members of the home to avoid quarreling in the child’s presence. But should it happen, the parents should make it a point to resolve it as well in front of their child. This creates a sort of impression in the minds of the children that even when there is a misunderstanding, their parents always resolve it.”

# A SUMMARY

1. Believe in them
2. Sleep deprivation affects brain growth
3. Don't read to your kids, read with them
4. Control their use of technology
5. Regular exercising boosts brain power
6. Peer group matters
7. Happy kids = successful kids
8. Learning is an active process
9. Music lessons
10. Supportive surroundings



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