

Smart Movements for Smarter brain

While many spend large amounts of time, money and energy on developing their physical strength, few realize that their mental capacity can be similarly developed and strengthened. We often feel like we are simply stuck with what we're given mentally, but that is not the case. While we all are born with certain innate cognitive abilities, there are a number of exercises you can engage in to increase your mental faculties just as you would your physical ones. Think of it as brain gym training.

People of all ages, types of employment, student or professional are optimizing their mind brain and thought power today. Here's a look at specific exercises and activities that will aid brain improvements when practiced regular and are no cost.

Memory
Memory is a pivotal component of all cognitive activities, from reading to calculation and reasoning. There are many different types of memory at work in the brain. You need to train if you want to maintain a good memory. Luckily this is not difficult as it may seem at first. Acetylcholine, a chemical that helps build the brain, is enhanced every time you memorize the lyrics to a new song. This helps increase memory capacity. Other challenges that can help include using the non-dominant hand to perform mundane activities and performing daily tasks without the aid of light.

Concentration
Focus is essential to all cognitive tasks. The ability to sustain attention amidst external distractions aids greatly in the ability of the brain to take on new mental challenges. By simply

changing up your routine, you can improve your attention. Simple changes such as taking a new route to work or reorganizing your workspace can wake your brain up to stay attentive. As we age it can become easier to get distracted. By combining activities such as running while listening to podcasts or doing math in your head can push your brain to maintain optimal levels of concentrative ability.

Linguistic
Language activities can train up our ability to recognize patterns in speech and remember and understand words. They also can boost your fluency,

grammatical skills and vocabulary. With sustained effort, you can broaden your knowledge of new words and increase the time

can do to immediately begin developing and strengthening your brain. Brain gym training can be just as effective as a regular exercise or training at the



of retrieval for familiar ones. Change up your reading so that you are exposed to new language patterns and words. This will increase your mental flexibility and word use, making language more fun and expressible.

Stay Sharp
These are a few things you

gym, as your mind is just as necessary a tool in your daily functioning in life as your physical capacities. Keep your mind sharp so that you will be on top of your game and ahead of your peers even in old age. You can maintain your cognitive abilities longer than your physical ones, and in the long run your mind will be your greater asset.

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Q and A About Kid's Mental Growth

Q. What type of jigsaw should my 18-month-old toddler be able to name colors or even to solve?

A. Although her learning and cognition skills have improved, she still finds jigsaws and similar puzzles very challenging.

Q. The typical child of this age successfully tackles wooden board games (inset boards) with around four or five wooden pieces. However, she'll probably need practice before she is able to place all the pieces in the right place.

Q. My toddler is impatient with learning development. If she can't solve the puzzle, she has a temper tantrum. What should I do?

A. Her desire to learn is so strong that she can't wait, and hence her rage when the solution isn't immediately available.

Calm her first and then sit with her and teach her how to solve the problem.

Finally, ask her to complete the activity under your supervision.

Q. Do children of age 19 - 21 months understand about colors?

A. Color awareness is present at birth, and develops from

that moment on. At this age,

though, your child won't be able to name colors or even to sort different colors into groups. Yet he appreciates the different visual characteristics of different colors. Help this process along by naming the color of his clothes as you dress him.

Q. Is there an optimum amount of time my child should spend watching television daily?

A. There's no ideal amount of television because much depends on the type of program he watches. Whatever the amount of time your growing child spends watching television, make sure the programs are suitable for that age group.

He shouldn't just watch the same program over and over again. Also, television shouldn't crowd out other activities. You can use television programs to enhance cognition and language by talking to him about what he has watched.

Q. Why is it that my 2-year-old remembers some things from

months ago but not others?

A. Long term memory are easier to retrieve when they are vivid, meaningful and exciting. That's why your child remembers her friend's party that she went to several months ago and yet can't recall what she watched on television yesterday.

The more stimulating the experience, the more likely it is that her memory alpha of it will endure.

Q. Is it true that humor and intelligence are connected?

A. Every child is capable of humor and laughter, irrespective of her learning development. The fact that one child laughs more than another is due to personality differences, not intellectual differences.

However, some verbal jokes involve a sophisticated understanding of language and cognition; therefore a child has to have achieved that level of child brain development in order to appreciate the humor.

Q. Is it true that the youngest child in a family usually possesses more creative

thought processes than the oldest?

A. There is evidence that second-born children and youngest children are often more creative thinkers than their first-born sibling. Whatever the explanation for this, you may find that your youngest thinks more flexibly and develops more innovative solutions to problems than his older brother or sister.

Q. Does the fact that my child needs regular reminders about behavior mean that he doesn't understand the rules or that he chooses to ignore them?

A. He certainly knows the meaning of NO and probably understands more rules than you think.

But his ability to use the information he has learned is affected by many factors, including his level of excitement and child development attention span. He easily forgets what he has learned if he becomes overwhelmed by other distractions.

Q. Does progress in learning slow down as she approaches

the age of 3?

A. No. Your child's rate of learning development actually increases because she can think about concepts that were meaningless to her before.

For instance, she starts to grasp the meaning of numbers and the significance of size and time.

She may also recognize that letters and words have shapes, which is an early stage of learning to read.

Q. When my 3-year-old saw me roll a small ball of clay into a long thin piece, she insisted it now contained more clay. Why does she think in this way?

A. Your child doesn't understand that the amount of clay remains the same no matter what its shape.

She does notice that the thin shape is longer, however, and she mistakenly concludes that it must therefore have more

clay in it.

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has come to play an important role in one's educational career. It is said that child is the father of nation. Today's child may be the leader of tomorrow. Every country must have mechanism start from school to select good student to become a leader in every walk of life of the country. So who will be that leader is a question. For this reason a selection criteria is needed which ends up in the form of an examination and it must exist in order to do what we want to do. Govt. sponsored and private sector agencies to offer jobs, chooses students with this view in their mind and set up criteria of selection

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who do not take much interest in studies or are not able to study, need not worry as in today's India we have lots of career options for the kids. Many vistas have opened up in last few years with regards to career. With so many options now available, children can easily choose the one they are inclined to. If children chose a career under some pressure then they will not be able to give their 100 percent. Often parents whose children show little or no inclination towards studies, despair. This despair is worsened if the parents are not very wealthy or if they do not have a flourishing business to hand over to their child. But instead of putting pressure on kids to just study and excel they should understand children's psychology and talk to them frequently regarding what they aspire to become in life. Parents should try to give them guidelines and support and understand their kids strength and weaknesses.

3. Examinations teaches also a lot of things and give training to various things like punctuality, writing skills timing sense and above all expressing their thoughts and opinions. Without Examination it is very hard to find out the real knowledge of individual students as well as student will lose their motivation with their studies. With this examination method, student will get fear about their exams and study their lesson properly to increase their knowledge as well as getting highest marks in their class.

4. So we can say that exams are an important phase of life as they test a person's abilities and help them in achieving what they deserve but surely, they are not life itself. Life has many many more options than just the jobs we get after clearing exams with good marks. One should be an honestly hard working person and you can have a very good life for yourself.

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If You Don't Want Your Kids To Be ill Mannered, You Have To Stop Making These 5 ERRORS

Suman Mittal

Something that happens to almost every parent are children having temper tantrums and misbehaving, without them even recognizing the issue. Luckily, for you, here, we're going to present you 5 errors that every parent makes and should stop making them right now!

their children or to expect more from them and involve them in their endeavors and difficulties. To give them less, in order to force them to get themselves going. To challenge them.

Here Are The Five Errors Parents Nowadays Repeatedly Make:

1. You're afraid of your children

Example: If a child wants to drink milk from a different cup, and not their usual one, parents immediately start looking for another cup instead of ignoring the request. They fear that their child will cry or refuse to drink. This to be a huge mistake. Your child shouldn't command you. You have to let them cry if they want to and go someplace else if you don't want to hear it, but

never raise your children indulging every single one of their wishes along the way. You must think about what message you're sending them when you give them all they want just because they are crying. Are you going to do something about it?

2. Making excuses ("That's how children are")

If you justify their misbehaviour and outbursts in public by using this phrase, you're motivating your children to continue misbehaving and be irresponsible. Children are actually capable of doing much more than their parents can expect. This goes for respect, manners, everyday domestic work, generosity and self-control. You should raise the expectations you have

for your children, that way you'll teach them how to behave properly.

3. You don't let others scold them

Back in the day, teachers and professors could scold our children when they behaved improperly. They were our eyes and ears when the children were out of our sight. Nowadays this is almost impossible, because if a teacher or an employee gives a piece of their mind to a child, parents tend to get mad. They don't even try to find out what happened to cause this kind of a reaction from a superior. If you act like this, you're basically telling your children to misbehave and that neither you, nor the employer, would do anything to stop them.

4. Children come in the first place

Parents nowadays are taking it to another level, subjecting their own obligations and mental health to children, to satisfying all their needs and requests. You can't give them everything they want, when they want. You can't also burst out running for everything they ask for. This will take your peace and your health away, it will stress you out, but above all, it will show your children they are the ones that are in control.

One of the big errors is this one. Parents tend to look after their children too much. It's good for the evolution, but we should also create a timetable adaptable to children's needs, such as food, clothes, nursing and others.

Nothing will happen to your child just because you've taken some time for yourself (unless there's an emergency of some kind), neither will anything happen if you say "No..."

5. They use to take advantage of the shortcuts

Parents today often resort to a series of shortcuts to avoid their children getting bored and thus start misbehaving. They only burden them with electronic devices whenever they're waiting for a doctor's appointment, boarding a plane, waiting for a bus, or just cooking and cleaning at their homes. You have to teach your children how to be patient when they should learn how to amuse themselves on their own. They should also learn that food won't be ready

and served whenever they want it to be. Above all, you should teach your children they need to help in the kitchen, but not with actual cooking, but with doing the dishes. This will help them become stronger. Try not to make these 5 errors and be a better parent for your child.



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If you don't react to these little behavior and actions in time, you will bring about certain repercussions in your children's lives.

That was also confirmed by Mrs. Emma Jenner, a very famous woman known for her show on TLC "Take Home Nanny". There, she revealed 5 errors parents make that sooner or later would suffer the consequences. According to Emma, it is vital that parents start demanding more from

Benefits of Brain Gym Exercises

Simple series of exercises could help your brain function better, making you sharper, smarter – and far more confident. Brain Gym comprises very easy body movements which have been designed to coax the two hemispheres of the brain to work in synchronisation.

Apparently when our brains become balanced, our whole bodies respond, revitalising our natural healing mechanisms, restoring health and harmony. Brain Gym can do everything from speeding up your reading to boosting self-esteem. It can improve your eyesight and even increase your creativity. It gives you a cutting edge both in the office and in your personal life, improving communication skills, helping you make better decisions and even giving you a boost when you're facing rejection or disappointment.

Brain Gym is the practical self-help side of Educational Kinesiology, a system which developed out of work with dyslexia and learning disabilities in children. Researcher Dr Paul Dennison found that very simple body movements could help to

improve brain function. Kay McCarroll, whose dyslexia ruined her school days, now teaches and promotes the system in the UK. She says, "It changed my life, quite literally; I can't put it strongly enough. At school I was always being told to "try harder" but I literally couldn't work any harder. I was trying my level best. Educational Kinesiology changed everything. Now I have even written a book."

However Kay stresses that Brain Gym is not just for children with learning difficulties; it can help everyone. Even those who think they have perfectly normal brain function will find the exercises will help them perform even better. Brain Gym can help everyone get more out of their brains – and more out of life.

The following are examples of key Brain Gym exercises.

BELLY BREATHING:

Place your hands on your abdomen.

Exhale through your mouth in short little puffs, as if you are keeping a feather in the air, until your lungs feel empty. Now inhale deeply, filling

yourself like a balloon beneath your hand. (By arching your back slightly you can take in even more air.)

Then slowly and fully exhale. Repeat this inhalation and exhalation, establishing a natural rhythm, during the course of three or more breaths.

****** This improves the supply of oxygen to the entire body. It relaxes the central nervous system while increasing your energy levels. It can help improve both reading and speaking abilities.

BRAIN BUTTONS:

Rest one hand over your navel. With the thumb and fingers of the other hand, feel for the two hollow areas under the collarbone, about one inch out from the centre of the chest. Rub these areas vigorously for 30 seconds to one minutes, as you look from left to right.

****** This stimulates the carotid arteries which supply freshly oxygenated blood to the brain. They help re-establish directional messages from parts of the body to the brain, improving reading, writing, speaking and the ability to follow directions.

THE CALF PUMP:

Stand arm's length away from a wall and place your hands shoulder-width apart against it. Extend your left leg straight out behind you, so the ball of your

foot is on the floor and your heel is off the floor. Your body is slanted at a 45 degree angle.

Exhale, leaning forward against the wall, while also bending your right knee and pressing your left heel against the floor. Inhale and raise yourself back up, while relaxing and raising the left heel. Repeat three or more times. Then alternate to the other leg and repeat.

****** Improves concentration, attention, comprehension and allows you to join in activities more fully.

CROSS-CRAWL:

Standing up, "march" in place, alternately touching each hand to the opposite knee.

Continue during the course of four to eight complete, relaxed breaths.

****** This exercise is wonderful for improving reading, listening, writing and memory. It coordinates the whole brain.

Brain gym exercises are very helpful in improving various cognitive and behavioural abilities of the brain in kids and adults.



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Benefits of Brain Gym Exercises

A healthy and sharp mind is the root mantra of a successful and happy life. A series of simple exercises can boost your brain function in a better way which makes you sharper, smarter and more confident. These exercises are known as brain gym exercises. It comprises of some really easy body movements which helps to coax the two hemispheres of the brain while m a k i n g t h e m w o r k i n s y n c h r o n i z a t i o n .

These exercises are really simple and can be done by people of all age groups. Mostly children and young adults actively practice brain gym exercises. But currently, even adults and aged people too practice these exercises. There are various benefits associated with brain gym exercises. The major benefits associated with brain gym exercises are as follows:

1. It makes you smarter and sharper
2. It boosts your confidence level
3. It improves your self-esteem
4. Revitalizes your natural healing mechanisms
5. Restores health and harmony
6. Improves eye-sight
7. Increases creativity and communication skills
8. Gives you a boost when you face disappointment or rejection

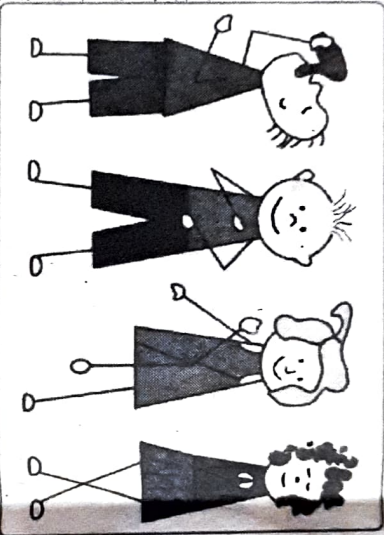
So these are some of the major

benefits of brain gym exercises. Here is the list of the top 10 brain gym exercises which are easy yet very effective for your overall health and fitness.

The top 10 brain gym exercises are as follows:

1. Cross Crawl

Sit or stand and with your right hand elbow touch your left knee diagonally across your body. In the same way, repeat this exercise with your left hand touching your right knee. Alternate the directions as in a march-past. Ensure that you touch the knee with your elbow completely and properly. Repeat this for 2-3 minutes.



4. Neck Rolls

Extend your arm straight out in front of you. It should be equal to your shoulder level. With your thumb pointing toward the ceiling, slowly and smoothly trace the shape of a large figure 8. While drawing the 8, try to focus your eyes on the thumb.

2. Think of An X
Close your eyes. Think of the letter X and visualize it. Notice how your eyes co-ordinate to connect right, left, upper and lower visual fields around a point of focus. Notice the X-like organization and symmetry in your body as each side of your hip co-ordinates with the shoulders.

Drop your head forward and relax your shoulders. While breathing, close your eyes and easily roll your head from side to side. Try to make small circles while you breathe deeply. Do 4 to 5 complete side to side motions!

5. Belly Breathing

Put your hands on the abdomen. Exhale in short little puffs through your mouth. Imagine that you are trying to keep a feather float in the air. Do this process until you feel

your lungs empty. Now inhale deeply filling yourself totally like a balloon. Now slowly exhale. Repeat this 3 to 4 times.

6. Brain Buttons

There are two hollow areas under your collarbone which is about 1 inch out from the centre of your chest. Using your thumbs and fingers of one hand, rub these areas vigorously for 50 seconds while rest your other hand over your navel as you look from left to right.

7. The Energy Yawn

As you start to yawn, using your fingertips of both the hands, press lightly the tight spots near your cheeks where cheeks cover the upper and lower molars. Make a relaxed and deep yawning sound while you gently stroke away the tension and stress. Repeat this for four or more times.

8. The Thinking Cap

Using one hand at the top of your each ear, try to unroll the curved parts gently of the outer edges of both ears together. Continue till you reach the bottom of the ears. Repeat it 3-4 times.

9. The Elephant

You need to place your left ear on

your left shoulder. Extend you left arm like an elephant's trunk and draw the infinity sign in front of you, which crosses up in the middle. Make sure that your knees are relaxed. You can switch arms after 4-5 complete signs.

10. Positive Points

Gently touch the points above the eye halfway in between the eyebrow and the hairline using your fingertips of each hand. Close your eyes. Breathe deeply and slowly for few seconds. Now release, relax and repeat this for 3 times.

By performing these simple brain-gym exercises daily in the morning or during the time of the day when you feel stressed or exhausted, you will surely re-gain that positive energy and your brain functions in a very proper way.



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Ways to Improve Reading Skills of your kids

Nothing is more important to academic achievement than being a good reader.

Parents know their children best and can provide the one-on-one time and attention that will lead them to success in reading. Here is a list of ways to help your children become more effective readers.

Set aside a regular time to read to your children every day

Studies show that regularly reading out loud to children will produce significant gains in reading comprehension, Vocabulary

and the decoding of words. Whether your children are preschoolers or preteens, it will increase their desire to read independently.

Surround your children with reading material

Children with a large array of reading materials in their homes score higher on standardized tests. Tempt your kids to read by having a large supply of appealing books and magazines at their reading level. Put the reading materials in cars, bathrooms, bedrooms, family rooms, and even by the TV.

***Have a family reading**

time*

Establish a daily 15 to 30 minute time when everyone in the family reads together silently. Seeing you read will inspire your children to read. Just 15 minutes of daily practice is sufficient to increase their reading fluency.

Encourage a wide variety of reading activities

Make reading an integral part of your children's lives. Have them read menus, roadside signs, game directions, weather reports, movie time listings, and other practical everyday information.

Also, make sure they always have something to read in their spare time when they could be waiting for appointments or riding in a car.

Look for reading problems

Teachers do not always detect children's reading problems until they've become serious. Find out if your children can sound out words, know sight words, use context to identify unknown words, and clearly understand what they read.

***Use a variety of aids to**



from teachers, tutors, or learning centers as soon as you discover a problem.

Show enthusiasm for your children's reading

Your reaction has a great influence on how hard they will try to become good readers. Be sure to give them genuine praise for their efforts.

help your children*

To help your children improve their reading, use textbooks, computer programs, books-on-tape, and other materials available in stores. Games are especially good choices because they let children have fun as they work on their skills.

Get help promptly for reading problems Reading problems do not magically disappear with time. The earlier children receive help, the more likely they will become good readers. Make sure your children receive necessary help



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What Your Kid Will Learn in Preschool

Find out the key learning milestones of the preschool years and how you can help your child achieve them outside of preschool.

Your child's first years of school are filled with many wonderful moments. It's a time of tremendous social, emotional, physical, and intellectual development, and it can come and go before you know it. The skills learned at this stage — knowing what sounds in letter & makes or adding 1 + 1 — may seem simple but they will set your child up for a lifetime of learning. Pre-K may look like all fun and games: music, storytime, dancing, and but there's an immense amount of groundwork going on. Young children learn through play and creative activity, so your preschooler's building blocks and train tracks aren't just entertaining; they're teaching problem solving and physics. Preschool is also a time for developing good learning habits and positive self-esteem.

Here are the important learning milestones children will typically achieve in preschool, with tips for keeping your child on track at home.

Letters and Sounds

At School: Kids will learn to recognize and name all 26 uppercase letters and some lowercase letters (lowercase letters are harder to learn at this age). They will recognize their own first name and be able to print it, along with other letters and meaningful words like Mom, Dad, and Jose. Preschool children will also develop a connection between letters and sounds and know some of the sounds that letters make.

At Home: Reinforce letter-learning by having your child play with letter refrigerator magnets. Sing the "ABC song" together and look at the beginning sounds of words in your everyday lives. A love of language,



reading, and books starts early, and it starts at home, so encourage this by talking with your child and reading to him regularly.

One of the most amazing things parents can do is read to their children every day. Even 10 minutes each night makes a difference; make it a warm, cozy experience by looking at pictures together, pointing out words, and talking about what's happening in the book. Ask questions ("What is this?" "What is she doing?") and discuss your child's observations and thoughts. Songs, nursery rhymes, and tongue twisters also teach your child about how sounds work and get plenty of giggles.

Colors, Shapes, and Objects

At School: Preschoolers will learn or continue to learn the names of many colors, basic shapes, and body parts.

At Home: As you read through books together, ask questions about color: "What color is that car?" and "Which hat is yellow?" Point out shapes of household objects and ask questions like "Does that picture look like a square or a triangle?" When

your child is getting dressed, talk about the colors of her shirt, pants,



shoes, and socks. Turn everything into a game. Play a "Where Is?" game to learn body parts, for example: "Where is Mommy's nose? Where is Mommy's chin? Where are your elbows?" In the car or on bus rides, play a game where you ask about an object and your child has to figure out the shape and color.

Numbers and Counting

At School: Teachers will help kids learn to recognize and identify the numbers one through 10 and correctly count 10 or more objects. Learning what numerals 0 to 9 look



like and being able to name them

correctly is one of the first math skills preschoolers learn. Counting is a separate skill that usually starts with memorization; kids will memorize the order of numbers and say them proudly as they "count" objects. As they advance, they will learn that the numbers and objects actually correspond.

At Home: When you see numbers in everyday life — in books, on food cans, even on TV — ask your child to identify them, and count everyday things together: the stairs you walk up, the crayons in a box, and the blocks on the floor. "Ask your children, 'How many cereal boxes are in the cupboard?' and 'How many oranges are left in the bag?'"

Socializing and Sharing

At School: Developing important social skills is necessary before starting kindergarten; preschoolers will learn how to share and cooperate, to work together and take turns, to participate in group activities and follow simple directions, and to communicate wants and needs.

At Home: Develop your child's social skills by arranging playdates and going to play groups and to the playground. At home, be consistent about simple rules your child must follow, such as making the bed or putting toys away. Let your child take responsibility for cleaning up, but remember to model appropriate social interaction and politeness.



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Your child's first years of school are filled with many wondrous moments. It's a time of tremendous social, emotional, physical, and intellectual development, and it can come and go before you know it. The skills learned at this stage -- knowing what sounds the letter A makes or adding $2 + 2$ -- may seem simple but they will set your child up for a lifetime of learning. Pre-K may look like all fun and games (music, storytime, dancing, art) but there's an intense amount of brainwork going on. Young children learn through play and creative activity, so your preschooler's building blocks and train tracks aren't just entertaining; they're teaching problem solving and physics. Preschool is also a time for developing good learning habits and positive self-esteem.

Here are the important learning milestones children will typically achieve in preschool, with tips for helping your child stay on track at home.

Letters and Sounds

At School: Kids will learn to recognize and name all 26 uppercase letters and some lowercase letters (lowercase letters are harder to learn at this age). They will recognize their own first name and be able to print it, along with other letters and meaningful words like Mom, Dad, and love. Preschool children will also develop a connection between letters and sounds and know some of the sounds that letters make.

At Home: Reinforce letter-learning by having your child play with letter refrigerator magnets. Sing the "ABC song" together and look at the beginning sounds of words in your everyday lives. A love of language,



reading, and books starts early, and it starts at home, so encourage this by talking with your child and reading to him regularly.

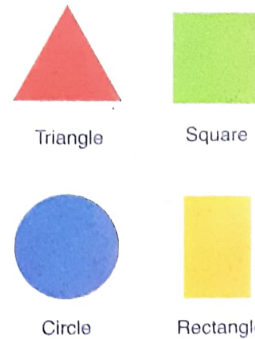
One of the most amazing things parents can do is read to their children every day. Even 10 minutes each night makes a difference; make it a warm, cozy experience by looking at pictures together, pointing out words, and talking about what's happening in the book. Ask questions ("What is this?" "What is she doing?") and discuss your child's observations and thoughts. Songs, nursery rhymes, and tongue twisters also teach your child about how sounds work and get plenty of giggles.

Colors, Shapes, and Objects

At School: Preschoolers will learn or continue to learn the names of many colors, basic shapes, and body parts.

At Home: As you read through books together, ask questions about color: "What color is that car?" and "Which hat is yellow?" Point out shapes of household objects and ask questions like "Does that picture look like a square or a triangle?" When

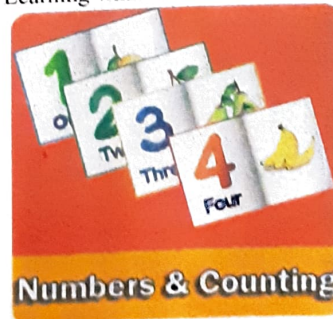
your child is getting dressed, talk about the colors of her shirt, pants,



shoes, and socks. Turn everything into a game. Play a "Where Is?" game to learn body parts, for example: "Where is Mommy's nose? Where is Mommy's chin? Where are your elbows?" In the car or on bus rides, play a game where you ask about an object and your child has to figure out the shape and color.

Numbers and Counting

At School: Teachers will help kids learn to recognize and identify the numbers one through 10 and correctly count 10 or more objects. Learning what numerals 0 to 9 look



like and being able to name them

correctly is one of the first math skills preschoolers learn. Counting is a separate skill that usually starts with memorization; kids will memorize the order of numbers and say them proudly as they "count" objects. As they advance, they will learn that the numbers and objects actually correspond.

At Home: When you see numbers in everyday life -- in books, on food cans, even on TV -- ask your child to identify them, and count everyday things together: the stairs you walk up, the crayons in a box, and the blocks on the floor. "Ask your children, 'How many cereal boxes are in the cupboard?' and 'How many oranges are left in the bag?'"

Socializing and Sharing

At School: Developing important social skills is necessary before starting kindergarten; preschoolers will learn how to share and cooperate, to work together and take turns, to participate in group activities and follow simple directions, and to communicate wants and needs.

At Home: Develop your child's social skills by arranging playdates and going to play groups and to the playground. At home, be consistent about simple rules your child must follow, such as making the bed or putting toys away. Let your child take responsibility for cleaning up, but remember to model appropriate social interaction and politeness.



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Smart Movements for Smarter brain

While many spend large

amounts of time, money and energy on developing their physical strength, few realize that their mental capacity can be similarly developed and strengthened. We often feel like we are simply stuck with what we're given mentally, but that is not the case. While we all are born with certain innate cognitive abilities, there are a number of exercises you can engage in to increase your mental faculties just as you would your physical ones. Think of it as brain gym training.

Memory

Memory is a pivotal component of all cognitive activities, from reading to calculation and reasoning. There are many different types of memory at work in the brain. You need to train if you want to maintain a good memory. Luckily this is not difficult as it may seem at first. Acetylcholine, a chemical that helps build the brain, is enhanced every time you memorize the lyrics to a new song. This helps increase memory capacity. Other challenges that can help include using the non-dominant hand to perform mundane activities and performing daily tasks without the aid of flight.

Concentration

Focus is essential to all cognitive tasks. The ability to sustain attention amidst external distractions aids greatly in the ability of the brain to take on new mental challenges. By simply

changing up your routine, you can improve attention. Simple changes such as taking a new route to work or reorganizing your workspace can wake your brain up to stay attentive. As we age it can become easier to get distracted. By combining activities such as running while listening to podcasts or doing math in

your head can push your brain to maintain optimal levels of concentrative ability.

Linguistic

Language activities can train up our ability to recognize patterns in speech and remember and understand words. They also can boost your fluency.



grammatical skills and vocabulary. With sustained effort, you can broaden your knowledge of new words and increase the time

can do to immediately begin developing and strengthening your brain. Brain gym training can be just as effective as a regular exercise or training at the

of retrieval for familiar ones. Change up your reading so that you are exposed to new language patterns and words. This will increase your mental flexibility and word use, making language more fun and expressible.

Stay Sharp

These are a few things you

gym, as your mind is just as necessary a tool in your daily functioning in life as your physical capacities. Keep your mind sharp so that you will be on top of your game and ahead of your peers even in old age. You can maintain your cognitive abilities longer than your physical ones, and in the long run your mind will be your greater asset.

People of all ages, types of employment, student or professional are optimizing their mind brain and thought power today. Here's a look at specific exercises and activities that will aid brain improvements when practiced regular and are no cost.