



Brain Building Play Ideas

How to raise a smart child

What do young children need in their play and how does their play affect their development? How can the adults in their lives maximize their brain development?

Presentation outline is based on CPA (Canadian Pediatric Society), Growing Miracles (Three Cheers for the Early Years), Parent Effectiveness Training, and Invest In Kids Recommendations.

Presentation Objectives

- Participants will outline the development of young children's brains and explain the importance of stimulation in the early years.
- Participants will name four outcomes that children learn and process from toys
- Participants will distinguish between structured and unstructured play toys
- Participants will name two reasons why screen time can hinder development in young children.
- Participants will plan play centers that encompass children's 5 senses.
- Participants will state 3 kinds of stress and their impact on play

Target Audience

Parents, caregivers and professionals.

Presented by

Judy Arnall teaches parenting at The University of Calgary, Continuing Education, Chinook Learning, and Alberta Health Services. Judy is the author of the Canadian bestseller, *Discipline Without Distress: 135 Tools for raising caring, responsible children without time-out, spanking, punishment or bribery* and *The Last Word on Parenting Advice* and the newly released DVD, *Plugged-In Parenting: Connecting with the Digital Generation for Health, Safety and Love*.

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