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# **Promoting Healthy Cognitive Development in Your Child**

Children`s incredible mind has been growing and changing since the moment they were born. They are on a path to developing complex thoughts. They are eager to learn, question, and make sense of the world around them. They are developing cognitively.

Children's cognitive skills are improved when they form questions and find solutions by themselves or along with another person. Knowing how to go through the process of questioning, discovery, reflection, evaluation and finding solutions helps children become life-long learners. The steps of problem-solving, not just the answer, are the key to a child’s learning.

Here are some ideas that may be used to help your child develop strong learning and thinking skills:

* Let your children know that what they think and question is valued. Listen to their questions very carefully. Your children will have a stronger sense of self-worth and approach challenges with confidence.
* Ask questions and set up opportunities to provoke your children to think for themselves. Encourage them to come up with original ideas. Wait and listen to them. Show an authentic respect for their ideas.
* Encourage your children to try various methods for problem solving. Some examples could be talking, drawing, acting out a skit, painting, or making a model of clay. Help your children keep trying until they find a solution that works for them.
* Take trips to interesting places such as a museum, library, or local business to stimulate your children’s curiosity and sense of wonder. Offer hands-on experiences during these trips to allow for further exploration. Bring along paper, writing utensils, a camera, or recorder to capture any thoughts or questions.
* Play a variety of games. For younger children: build with blocks, roll balls, and play Peek-a-Boo. As your children mature: play board games, play memory games, work on puzzles, and play Hide and Seek.
* Choose toys for your children that encourage a variety of ways to play. Toys that can only be played with in one way limit children’s creativity and opportunities for problem-solving. Some suggestions would be: blocks, connecting toys, cardboard boxes, tracks and cars, paints, pencils, paper, homemade clay, instruments, etc.

Source: <https://www.childtime.com/parent-resource-center/parenting-articles/promoting-healthy-cognitive-development-in-your-child/>