

## POINTS & STRATEGIES TO CONSIDER WHEN HELPING YOUR CHILD TO STUDY

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- ▶ **Learner must feel physically safe and emotionally secure.**
- ▶ **Learner must TALK about learning WHILE learning.  
Whoever explains, learns!**
- ▶ **Activities involving TALKING & MOVING increase retention.**
- ▶ **STAND! We think better on our feet (15% more blood in brain).**
- ▶ **Try to connect PAST experiences to NEW learning.**
- ▶ **Working Memory has a CAPACITY limit, averaging 2 items in preschoolers, 5 items in preadolescents, 7 items in adolescents and adults.**
- ▶ **Working Memory has a TIME limit of 5 to 20 mins. Tell short stories or take short break to refresh Working Memory. Three 20-min. sessions more learning efficient than one 1-hr. session.**
- ▶ **Help learners find MEANING/RELEVANCE in new learning.**
- ▶ **Learner's SELF-CONCEPT can help or hinder new learning.**
- ▶ **Get enough SLEEP! (8-9 hours recommended)**
- ▶ **People have their own UNIQUE learning style. Parent's and child's styles might align or clash.**
- ▶ **No TV for toddlers. For others, limit TV time, and TALK to your children.**
- ▶ **Be aware of their diet, especially, caffeine, aspartame (artificial sweetener), and food preservatives.**