

7 New Learning Discoveries To Raise A Smarter Child

If you're serious about wanting a smarter child in brain, body and spirit, here are 7 new learning discoveries to give your child an advantage in school, home and life.

1. **There Is More To Smart Than A High I.Q.**

I.Q. scores are very limited and frequently used to measure a gap between learning potential and actual performance in school, so I.Q. cannot possibly be the only hallmark of your child's learning ability.

I show kids how to learn and succeed in school, but never advise that you pressure your child for A's so much that they become anxious and unhappy.

Your child has many talents that make him or her very unique. Nourish each of these if you want a smarter, more well rounded child, and you just may find you have the next Pavarotti on your hands.

2. **Give Your Child's Brain A Big Boost With These Fats**

The World Health Organization and respected medical journals have proven that omega 3 fats like DHA and ARA (such as those found in fish oil) can give your child's brain just the boost it needs for learning, faster thinking and better memory. One study even shows that Omega 3's can reduce or eliminate ADD/ADHD symptoms.

Omega 3's have close to a thousand other health benefits so many doctors now recommend taking them in supplement form. (Ask your doctor before taking any supplements).

Check the quality of omega 3 supplements because some are contaminated with toxins like mercury. Toxins can be safely removed but not all brands do this.

One Omega 3 supplement my family takes comes from Norway and is on our site at HowToLearn.com/omega3.html. It is certified number one in safety and quality by the organization with the most stringent safety standards in the world.

3. **Music Can Make Your Child Smarter**

Controversy aside, new research on "The Mozart Effect", says it has a molecular basis in the brain and improves spatial abilities. Your child uses spatial abilities in subjects like math and science. Several studies show higher I.Q. scores after listening to certain Mozart selections too. Do yourself a favor and type in "The Mozart Effect" in Google for more information.

4. **Nature Does Not Always Have The Last Word In Your Child's Learning and Brain Power**

The nature vs. nurture debate. Some think that nature and genetics are the most important factors in how "smart" your child is, but newer research says nurture and environment can actually play a bigger role.

Did you know that hugging and kissing your child can actually enhance learning by increasing a fatty substance covering the nerves? Medically, this translates into faster thinking and better motor control.

I have a personal confession that shows you can nurture your child into learning to be smarter in a certain subject area.

My high school math teacher told me I was "dumb" and would never understand math. I was determined that my own children would never have to suffer over math the way I did.

From birth on, I told them how brilliant they were in math. My son graduated from college and doesn't need math in his profession; however, my

daughter actually used her advanced math skills in medical school, and fulfilled her lifelong dream of becoming a pediatrician.

Even though she was born very prematurely, which normally affects the brain and those quirky I.Q. scores, my daughter won advanced placement math contests with her high school classmates. So much for genetics. I'll opt for nurture and learning every time.

5. Parents Influence Their Child's Character, Attitude and Behavior

During the first five years of your child's life, doctors, parent experts and child psychologists say that you are the primary person who helps shape your child's character, attitude and behavior.

However, unless you find out all you can about good parenting, you're likely to recreate your own childhood. This does not mean your childhood was bad, it simply means you have the ability to give your child better than the best and make your child smarter with a little extra effort.

Children model what they see, so giving them unconditional love, advice, instruction and specific ways to make tough choices when they need to, will do more for their character, behavior and attitude than any other thing you can do. My favorite book on this subject is *Have A New Kid By Friday* by Dr. Kevin Leman.

6. Brain-Body Connection: Smarter Foods Equals Smarter Kids

In 1997, I wrote a book called, *What's Food Got To Do With It? 101 Natural Remedies For Learning Disabilities*. Medical science has proven beyond a doubt that there is a strong connection between food and learning.

As you're grocery shopping, consider some of these facts:

The CDC states we have an obesity and Type II diabetes epidemic. Diet can often prevent both of these. The smarter child tip: keep your home filled with healthy foods, fruits, veggies and as many organic proteins as you can.

Want a smarter test taker? Eat protein before the test, not snacks to get a sugar high. Protein will stabilize blood sugar levels and improve learning, focus and memory.

The bottom line – food impacts your child's learning ability and behavior. Show that you care for your child's health and learning by reading more and asking your doctor what is healthy and what is not.

7. Belief In A Higher Power Can Make A Child Smarter Too

Kids who believe strongly in a higher power are more likely to make smarter choices. Their belief in a 'higher power' can be the conscience that helps them understand every action has a consequence. You may want to look into programs that instruct your child about God, spirituality or a higher power because it can help them behave with more integrity and act in a kinder, more loving way.

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