

- Child development / Child psychology

## Four findings every parent should know

The Manila Times · 21 May 2021 · B11

EXPERTS say that 90 percent of a child's brain is developed by the age of five, making this a crucial time to provide the best support possible.



Here are four neuroscience findings every parent should know to enhance their child's brain development throughout early childhood, especially during the first five years:

**Repetitive and constant experiences raise a smart kid**

Repetition and constant experiences help children practice and master a skill as it exhibits speed and advanced mental capabilities for his age. Encourage kids to do simple tasks, such as getting dressed, putting on shoes, brushing teeth, and washing their hands. Repetition and being intentional is key to helping them build confidence as they become smart and sharp.

**Positive experiences and relationships bring out the best in kids**

According to a Harvard study, "Children who develop warm, positive relationships with their kindergarten teachers are more excited about learning, more positive about coming to school, more self-confident, and achieve more in class." Positive experiences go a long way, so try to avoid stressful situations.

**Experts highlight that the right nutrition is crucial for better brain function**

During childhood, lack of nutrition can impact the learning process of a child and may result in them being less interested in learning. Children need the right nutrients to help support the critical brain process. Without the right nutrition, this can also affect physical growth and maturation.

**Phospholipids are key nutrients for a healthy brain**

Phospholipids are the critical fats in the brain called "intelligent fats". Certain phospholipids play an essential role in myelination as it supports brain connections which are critical for learning and development. Promil Gold Four has breakthrough Alpha-Lipids, which contain the five major phospholipids crucial for brain development. It also contains DHA, AA, Choline, Lutein, Zinc and Iron.