

# NEURODIDACTIC TIPS

## for parents



**Cultivate self-esteem** to boost learning. If your children believe they are capable, they will maintain the motivation to strive and learn.



When you help your child with their homework, show them how the knowledge they are acquiring **is applicable in real life.**



**Physical exercise** helps to activate and oxygenate the brain. In addition to relaxing us, it promotes neuroplasticity and neurogenesis in the hippocampus.



**Do not put limits on your children's creativity** and avoid watching them when they are playing, as this can restrict their freedom to experiment.



**Good quality sleep** is the basis for optimal performance. When we take rest, we are also consolidating everything we have learned.

Source: CogniFit.