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.

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.

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

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

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

Source: CogniFit.