

Title One

Title One Schools



Very Interesting

Raising Smarter Children



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We all want our children to be smart. Dr. Linda Karges-Bone shared her ten tips for raising smarter children when she spoke with parents at each of our Title 1 schools. Follow these tips and watch your child grow:

1. Early bedtime helps the brain grow;
2. Water keeps the brain working. Avoid soda and sugared drinks;
3. Eating fish three or more times a week feeds the brain;
4. Reading books everyday grows brain connections;
5. Classical music in the car and home is good for the brain;
6. Toys like blocks and puzzles make the brain happy;
7. Lots of outdoor play and exercise make children smarter;
8. Talk to your children and answer their questions with enthusiasm;
9. Make meal time colorful, with as many fruits and vegies as possible; and
10. Make your home a calm, neat, happy place to keep stress away from the brain.

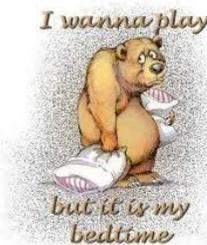
Brain Food Shopping List

- * Apples
- * Beans
- * Berries
- * Cinnamon
- * Eggs
- * Fish
- * Greens
- * Green Tea
- * Oatmeal
- * Yogurt
- * Pumpkin
- * Walnuts
- * Lentils
- * Dark Chocolate



Dr. Linda Karges-Bone
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Bedtime: Helpful Strategies for Parents



Research has shown that lack of sleep can affect a child's temperature, behavior, alertness and ability to learn. So what can you do to make sure your child sleeps enough to function at his best? Try these tips to help your child sleep well and build good school-night sleep habits:

- ⇒ Stick to a routine consistently so your child knows what to expect, bath, pajamas, brushing teeth, few pages from a book, etc. Children ten years and under should be in bed by 8 PM;
- ⇒ Limit the electronic stimulants. Do not let your child use the computer or watch TV at least an hour before bedtime;
- ⇒ Keep the bedroom comfortable for sleeping, quiet, dark and cool; and
- ⇒ Curb the caffeine. Caffeine can lurk in foods and drinks you may not suspect, such as chocolate and sodas.

Katherine Lee, About.com guide

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