

### Frontal Lobe—Concrete Thinking (3 to 12 years)

Have your child sort and categorize objects.  
Encourage problem-solving. Let your child be frustrated sometimes as they figure something out.  
Help your child notice patterns. (“When you do X, this always happens.” “After we do Y, we always...”)  
In your child’s elementary school years (age 5—12) teach reading and writing (not essential to start earlier)

### Prefrontal Cortex—Judgment (12—22 yrs)

Give choices (when your child is calm... they can’t make choices when stressed or upset).  
Talk to your child about plans. Let them make plans.  
Help your child break down big tasks into little steps.  
Give your child some freedom to try out their ideas, and learn from their mistakes.

### Limbic System - Emotions (8 mos to 2 yrs)

Show unconditional love.  
Experience joy with your child.  
Respond in consistent ways.  
Talk to your child about emotions. Teach vocabulary to understand how they feel.

Thought, memory and behaviour

Hearing, learning and emotions

### Temporal Lobe—Hearing (Birth to 6 years)

Expose your child to a wide variety of sounds. Also, be sure there are quiet times when this system can rest.  
Listen to music, play music, let your child experiment with instruments / noisemaking.  
Play games where you practice being loud/quiet, echo tunes back and forth, etc.

### Parietal Lobe—Language (Birth to 6 years)

Talk, sing, and read to your child.  
Listen to your child and respond.  
Read the same stories or sing the same songs over and over so your child learns to memorize.  
Follow your child’s attention and talk about what they are looking at or doing.

### Parietal Lobe—Touch (Birth to 6 years)

Carry your baby, touch your child, hold hands, hug, massage  
Give your child lots of objects to hold and manipulate.  
Let them touch soft things, rough things, slimy things, etc.  
Let your child explore the world hands-on—pulling, pushing, pouring, stroking, picking up, dropping, turning, twisting, opening, and closing.

Language and touch

Visual processing

Balance and coordination

Breathing, heart rate and temperature

### Occipital Lobe—Vision (Birth to 2 years)

Provide interesting things to look at.  
Play games where the child follows things with his/her eyes. Roll the ball, throw the ball.  
Look at pictures and small items up close.  
Play “I spy” and “where’s waldo” and games where they search for visual differences.  
Make sure your child has plenty of outdoor time to develop distance vision.

### Cerebellum—Balance & Coordination (Birth to 1 yr)

First 6 months: carry your baby in your arms or a sling to let them experience more variety of movement than in a stroller. Dance with them. Sing songs and move their arms and legs for them.

### Brain Stem—Survival Mechanisms (Developed at Birth)

During pregnancy: reduce stress, minimize alcohol and tobacco. Maximize healthy diet, including omega-3 fats  
After birth: Help your child feel safe, emotionally and physically. If a child is frightened or stressed, the brain goes into survival mode (brain stem function), and the rest of the brain can’t grow and develop.

