

# 9 Ways to Boost Toddler Brain Development And Raise An Exceptional Child

TODDLER

ARTICLE

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Doing activities together like reading, writing, and singing can help to stimulate your child's curiosity. This boosts your child's cognitive development and nurtures their love for lifelong learning. Additionally, it strengthens the bond between parent and child, creating lasting memories and fostering a supportive relationship.

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*Make the most of the toddler years to nurture a love of lifelong learning in your little one.*

A toddler's brain is like a sponge, absorbing an incredible amount of information. Make the most of the toddler years to nurture a love of lifelong learning in your little one, and raise a truly exceptional child. In addition to giving your toddler a balanced diet with brain-enriching nutrients, you can try these tips, too, mums and dads!



### **Read together:**

Engage your child's brain by reading to him/her for at least 20 minutes every day and encourage him/her love for lifelong learning. To make storytime more dynamic, ask your child to point things out in the pictures!

### **Sing action songs together:**

Music is a great way to teach language and improve your child's coordination. Sing the songs your child responds to the most, and pretty soon, your child will join you.

### **Play around with art:**

Don't stop at crayons. Let your child play with play-doh, finger paints and more. Creativity is an important part of brain development.

### **Narrate your day:**

Build your child's language skills by narrating your actions and pointing things out.

E.g. "Look at how shiny this red apple is!" "Your shoes are small, while mummy's shoes are big."

**Feed your child a balanced diet:**

During the toddler years, your child's brain is like a sponge, absorbing an incredible amount of information and creating vital connections. Nourish this cognitive development with a balanced diet that includes key nutrients like DHA, Choline, Lutein, and Phospholipids including Sphingomyelin.

**Give your child choices:**

Let your child choose between two things (e.g., blue or yellow PJs? Milk or water?). This lets your child practise their decision-making skills and boosts their self-confidence.

**Stimulate your child's curiosity:**

Toddlers learn so much through asking questions. Answer these questions and stimulate their innate curiosity, knowing that you're setting them firmly on a path of learning, for life.

**Practice writing the ABCs:**

Help your child write the alphabet through sensory stimulation. Guide your child to write ABCs in a sandbox, or create the letters together using buttons!

**Take in the sights:**

Nothing beats experiencing new things first-hand, so bring your toddler on regular trips to zoos, parks, or even the mall to point out things they'd only previously seen in storybooks.

