



A Parent's Pyramid: Promoting Your Child's Development



Explore

Passion

Training

Success

"You made a mistake so what are you going to do about it?"

"Well done. You should be proud of yourself"

"it's up to you"

"if you're not pleased, what can you do?"

Reduce



- T.V. watching
- Computer games
- Electronic device
- Sitting 30-minutes or more at a time

"what do you think?"

"you have really improved"

"I like how much you really enjoy doing this"

"I like how you handled that"

"I'm sure you can do it"

2-3 times a week

Playtime & Leisure

- Swimming
- Tumbling
- Biking
- Roller blading
- Hiking

Muscles & Stretching

- Jumping jacks
- Push-ups/pull-ups
- Rope climbing
- Dancing
- Skating

4-5 times a week

Aerobic Activity

20 minutes minimum

- Dance
- Biking
- Skateboarding
- Running

Training classes

- Riding
- Music
- Drawing/painting
- Ice skating
- Dance

Everyday

- Play outside
- Running with your dog
- Play games with friends
- Drawing, coloring, painting
- Crafts, building, modeling
- Practice music or activities

- Climb with friends
- Pick up toys/clean room
- Walk to the store instead of in car
- Ride your bike with your pet or friends
- Play hide-n-seek or make a new game with friends
- Relay races

- ✓ Children will learn on their own by their environment
- ✓ Allow them to explore their interests
- ✓ Parents-encourage them, validate (support) them
- ✓ And allow opportunities by providing lessons to support their interests
- ✓ Complex play will improve brain development, learning and promote success
- ✓ Validate your child's interests, they will develop a passion, master and learn

Supportive Parent

Successful Teen



Visit "Parent Central" at www.procarseatsafety.com

