



# The 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"

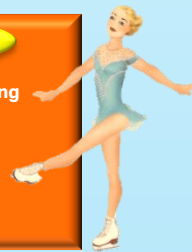
## 2-3 times a week

### 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

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Successful Teen

Pro Consumer Safety  
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