The Parent’s Pyramid: Promoting Your Child’s Development

**Explore**

“you made a mistake so what are you going to do about it?”

“if you’re not pleased, what can you do?”

“well done. You should be proud of yourself”

“it’s up to you”

**Passion**

“what do you think?”

“I like how much you really enjoy doing this”

“I’m sure you can do it”

**Reduce**

“...at a time”

T.V. watching

Computer games

Electronic device

Sitting 30-minutes or more at a time

**Training**

“you have really improved”

“I like how you handled that”

**Success**

**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

- Supportive Parent

- Successful Teen

- 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

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