Multiply Your Baby's Intelligence

10 Point Checklist

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Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

"There's no deeper respect you can show a child than to help them realize their purpose on this earth."

JANET DOMAN

10 STEPS YOU CAN TAKE TODAY

Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.

- ☐ Encourage your child to read at a very early stage. Then, start communicating with them and introducing everyday things when they show signs of awareness of their environment.

- ☐ Pay close attention to your child's interests and whatever it is they gravitate to. Make sure you provide the necessary resources for them to thrive.

- ☐ Hone your child's visual learning capabilities. Prepare visual aids with huge and clear text for them to recognize and remember easily. Flashcards are a great way to connect with your child.

- ☐ Never test your children and mistake that as a way for them to learn. Instead, be patient with them and keep creating an environment where they can constantly learn and discover new things.

- ☐ Create a safe place for your baby, both physically and emotionally. Evaluate the home you're in, the community you belong to, and the people you introduce to your child.

- ☐ Don't hesitate to let your kid run free. Never confine them to small spaces or buckle them up in chairs or strollers. Instead, help them develop their motor skills by taking them to parks and out in nature.

- ☐ Start them young. It's never too early to start honing your child's knowledge and skills. Enroll them in classes or Mommy and Me play dates.

- ☐ Invest in time above all things. A child's development requires a parent who makes them feel they are fully supported and a priority.

- ☐ Impart essential life skills to your child. Some examples are reading, social skills, swimming, cooking, and more.

- ☐ Visit The Institutes for the Achievement of Human Potential's website to learn more about child development.