

STELLAR *Life*

Hosted by *Orion*

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!

STELLAR *Conversations*



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 the earliest stages of development. Communicate with them about what they've read and introduce them to everyday situations and objects when they show awareness of their environment.
- Pay close attention to your child's interests and whatever interests they gravitate toward. Make sure you provide the necessary resources for your children 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 testing as a way for them to learn. Instead, be patient with your children and create an environment where they can constantly learn and discover new things and new ideas.
- 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 teaching your children at a young age. 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 shared with your children. A child's development requires a parent who makes them feel they are fully supported and prioritized.
- Impart essential life skills to your child. Some life skill examples include reading, social skills, swimming, and cooking.
- Visit The Institutes for the Achievement of Human Potential's [website](#) to learn more about child development.