



UNDERSTANDING CHILD DEVELOPMENT



la fabrique à bonheurs
Académie de la Psychopédagogie Positive

Allagi

 genially

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the European Union

TIPS AND RECOMMENDATIONS

**STIMULATE YOUR
CHILD'S PHYSICAL
ACTIVITY**

01

**OFFER
VARIED
STIMULATION**

02

**CREATE A SAFE
ENVIRONMENT**

06

**ORGANIZE
GROUP ACTIVITIES**

03

To create a stimulating environment
for your child's cognitive development,
here are our tips.

**PRACTICE
MEDITATION AND
RELAXATION**

05

**ENCOURAGE
LANGUAGE AND
COMMUNICATION**

04



**ENCOURAGE
LANGUAGE AND
COMMUNICATION**

using simple and standard
words,
by reading books
and encouraging
conversations
with the child.



04

PRACTICE MEDITATION AND RELAXATION

to help regulate
emotions
and improve
concentration.

05



CREATE A SAFE ENVIRONMENT

06

by establishing clear rules and providing emotional support to help the child feel safe and to develop harmoniously.



ORGANIZE GROUP ACTIVITIES

Board games and activities with others to encourage social development and empathy. Promote healthy competition by encouraging children to push each other and learn from their mistakes.

03



02

OFFER HIM VARIED STIMULI

Like books, images,
sounds, and music, to
stimulate perception and
attention.



01

STIMULATE YOUR CHILD'S PHYSICAL ACTIVITY

like movement games,
gymnastics exercises, or
sports activities, to
stimulate cognitive and
motor development.





Official website
of Daniel Siegel



"The Power of
Adolescent Brain" by
Daniel Siegel



Mindful.org -
Mindfulness for
parents



Parenting Science -
Parenting Research and
Science-Based Tips





PARENTING SCIENCE - PARENTING RESEARCH AND SCIENCE-BASED TIPS

Parenting Science provides evidence-based information on child development, behavior, and parenting strategies. The site includes articles on brain development, cognitive growth, and practical parenting tips based on scientific research.





WEBSITE: MINDFUL.ORG - MINDFULNESS FOR PARENTS

This site offers articles and videos on mindfulness for parents. Mindfulness helps to support children's emotional and cerebral development by creating a calm and empathetic environment.



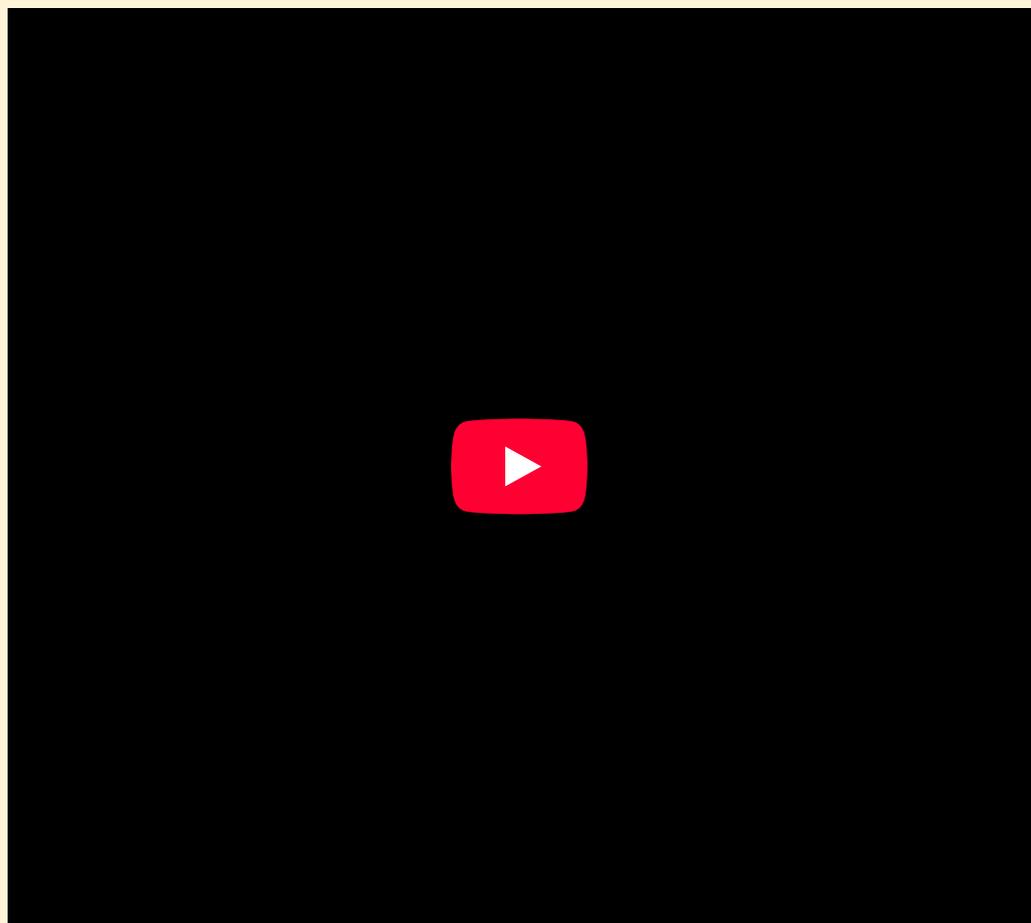


OFFICIAL WEBSITE OF DANIEL SIEGEL

Daniel Siegel, neuroscientifique et auteur, propose des articles, vidéos, et webinaires sur le développement du cerveau de l'enfant et de l'adolescent. Ses ouvrages, comme *Le cerveau de votre enfant* et *Le cerveau de votre ado*, sont particulièrement recommandés.

Daniel Siegel, neuroscientist and author, offers articles, videos and webinars on child and adolescent brain development. His books, such as *The Whole Brain Child*, are particularly highly recommended.





VIDÉO TEDx - "THE POWER OF ADOLESCENT BRAIN" BY DANIEL SIEGEL

In this TEDx video, Daniel Siegel explores the power of the adolescent brain, its peculiarities, and how parents can better understand this crucial period of development.

