



The Institutes
for the Achievement
of Human Potential

— THE PATHWAY TO WELLNESS —

25 things you need to know

TO HELP Your Child

MOBILITY



1

Crawling, creeping, walking, and running enhance respiration and increase oxygen to the brain, **resulting in improved brain function.**



2

Do not keep your child in any device that **restricts or inhibits movement** - baby seat, playpen, walker, swing, or braces, etc. Use the car seat, backpack, stroller, or wheelchair only when you are transporting your child.



3

Whatever physical activity your child can do, allow your child to do it **completely independently, and as often as possible.**



INTELLIGENCE

4

Your child is in the best hands when he is with you because mothers and fathers are the best teachers for their children.

5

It is commonly assumed that children who are slow or behind other children are less intelligent. A child may be behind in many areas and in many ways but still be incredibly intelligent.

6

Do not allow your child to be in an environment that is **noisy, chaotic, or unpredictable**.

7

Children who are not succeeding in school often **learn better at home**.



COMMUNICATION

8

Explain everything you are doing and why you are doing it to your child.

9

If your child's speech is not perfect, remember - if your child could speak perfectly, your child would speak perfectly. **Accept your child's speech** as the best your child can do at this moment.

10

Many children have trouble speaking due to **breathing problems**.





SOCIAL GROWTH

11

Civilized behavior is learned at home from mother and father, so this is the best place for your child to learn proper conduct.

12

Give your child ever-increasing **responsibility in the household** so that your child is a contributing member of your family.

13

Unpredictable, erratic, or poor behavior may be a result of visual, auditory, tactile, or nutritional problems, or allergies.



NUTRITION

- 14 What we eat, drink, and breathe significantly **affects brain function.**
- 15 **Poor nutrition** may slow down or stop brain growth and development.
- 16 **Pure water** is the healthiest liquid to give your child.



ENVIRONMENT



- 17 **Tap water** may contain too much chlorine, fluoride, copper, bacteria and heavy metals.
- 18 **Clean the air in your home** with air filters, ionizers or purifiers.



MEDICATION



19

The inappropriate use of antibiotics is harmful, and can cause an increase in allergies and decreased immune function.

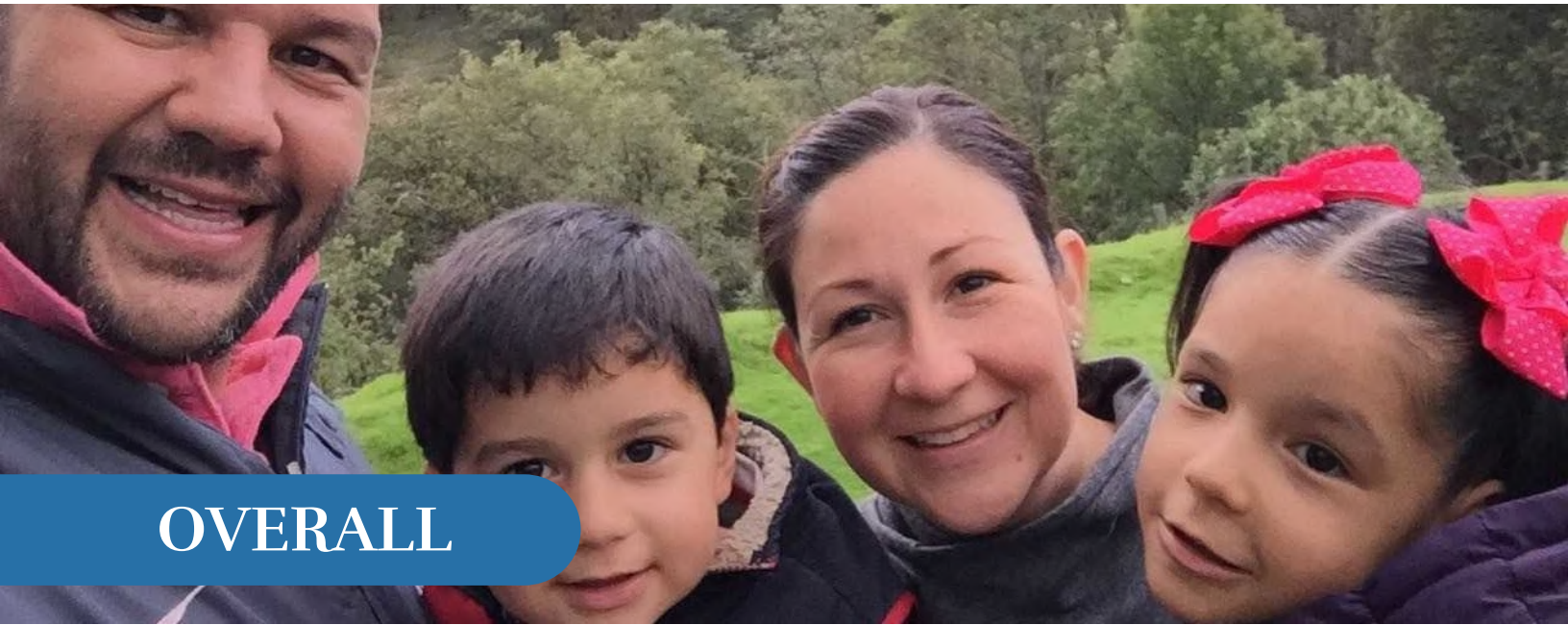
20

Consider all the options available to directly treat and enhance the growth of the brain before using medications or surgery to treat the symptoms.

21

If a child has problems in the central nervous system, surgeries such as tendon or muscle surgery of the eyes, ears, hips, knees, and ankles **are directed at the symptoms of the problem, not the cause.**





OVERALL

22

Joyousness is the key to successful teaching and real learning.

23

Neurologically disorganized children are disorganized, they are not lazy, crazy, or stupid.

24

Believe in your child – you have everything to gain and nothing to lose, if you do.

25

Never do anything with your child that you do not understand or agree with completely.





25 Things you need to know to help your child

Excerpted from “The Pathway to Wellness” 240 essential points - What parents need to **know**, what parents need to **do**, and what parents should **never do** for their child who needs help.

To learn more about the Institutes for the Achievement of Human Potential, visit our website: <https://iahp.org>

Please Note

These points are strictly informational and educational they are not intended as medical advice or to replace the advice of your health care provider.

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