



The Institutes  
for the Achievement  
of Human Potential

— THE PATHWAY TO EXCELLENCE —

25 Ways to  
**ENRICH**  
Your Child's Life

# MOVEMENT



1

To move properly a baby must be **on his belly, not on his back.**

2

Any device that **restricts or inhibits** movement can be harmful to a child.

3

**Mobility develops in an orderly sequence**, crawling on the belly results in creeping on hands and knees, creeping results in walking, walking results in running.

4

Do not skip or short change any of the four stages of mobility, because **each stage prepares the child for the next stage**, in coordination, balance, breathing and vision.



# INTELLIGENCE

5

The **younger** the child, the **easier** it is to learn.

6

**Mothers are the best and most important teachers** their children will ever have in their lives.

7

Provide a **stimulating intellectual environment** so that your baby can learn something new every day.



# COMMUNICATION

8

Your baby is **trying to communicate** with you right from birth.

9

When the baby knows you are **listening**, the baby will communicate **as often as possible**.

10

**All babies are geniuses** at learning language.

11

Speak to your baby **in all the languages** that you speak.





## SOCIAL GROWTH

12

**Civilized behavior** is learned at home from mother and father.

13

Keep your baby or young child **with you as much as possible every day**, so that your child can learn proper manners and appropriate conduct from you.

14

**Do not assume** that your child needs other children to develop socially.

15

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



# NUTRITION

16

**Breastfeed** your infant for as long as possible.

17

Serve daily a **variety of fresh fruits and vegetables** if your child is six months or older.



18

**Provide a wide variety food daily**, avoid feeding your child the same food every day this decreases the chance of creating intolerances.





## WATER AND LIQUID BALANCE

19

**Pure water** is the healthiest liquid to give your child and is essential for a healthy life.

20

**Purify or filter all tap water** to ensure pure water for drinking, cooking, and bathing.

21

**Too little liquid** is harmful to the body and brain.  
**Too much liquid** is harmful to the body and brain.





## SLEEP

22

Babies need to nap for **3 hours daily** and sleep **10 to 12 hours at night**.

23

Mothers of newborn babies should **nap one hour daily** and sleep at least **8 hours at night**.

24

**A lack of sleep** is stressful to the body and can affect overall health.

25

**When your newborn awakens to nurse**, feed the baby quietly and then put the baby back to sleep.





## 25 Things to Enrich Your Child's Life

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

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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