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4-year-old children would love spot the difference activities because at this age, they are already aware of their surroundings. You are encouraging such awareness through spot the difference as it improves the memory. You can expect your child to struggle at first but with plenty of exposure, he/she will be breezing through these pages while throwing out answers. Secure a copy now!

Nature didn't finish your child's brain at birth. It's up to you to maximize your child's mental skills without causing additional stress. Acclaimed neurologist and bestselling author of *Grain Brain*, David Perlmutter, MD, offers these valuable tools: Simple games to reinforce memory pathways in the brain Information on common household products and children's toys that contain brain-damaging neurotoxins The right foods and supplements to boost intelligence and turn on your child's smart genes How to turn the television, the computer, and video games into educational tools Proven ways to reduce the risk of your child developing ADD and ADHD Between birth and age five, your child has up to thirty IQ points at stake. Scientists now know that the human brain is undergoing a constant and dramatic transformation in the first years of life. During this peak time of development, every activity and experience leaves an indelible mark on your baby's brain, for better or worse. The right kind of stimulation and nutrition will create connections in the brain that promote intelligence and raise IQ. The wrong kinds of activities and foods can stifle intellectual development, destroy brain cells, and leave your child

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more vulnerable to learning or behavior problems down the road. So, what can you do during the first five years to ensure that your child is primed to excel? The good news is that raising a smarter child is easier than you think. It doesn't require making an investment in expensive equipment or high priced tutors. It's as simple as playing the right games, serving the right foods, and maintaining a brain-enhancing environment in your home by eliminating common household toxins. In *Raise a Smarter Child by Kindergarten* by Dr. David Perlmutter, you'll learn easy and highly effective strategies that can vastly improve your child's brain power and reduce his or her chances of developing ADD and ADHD. For example, you can:

- Stimulate Memory: Changing a component on the over-the-crib mobile every week makes the baby compare what was there before to what's there now, reinforcing memory pathways in the brain that are critical for learning.
- Spread out those shots: Schedule more frequent trips to the pediatrician for vaccinations, so that fewer shots are administered at once. Flooding the immune system with a cocktail of different vaccines can damage the nervous system.
- Get rid of toxins: Protecting a child from neurotoxins found in foods, toys and even baby bottles can help preserve precious IQ points. Inside, Dr. Perlmutter provides a scientifically backed food and supplement plan for children and nursing mothers and details the many brain-building activities that you can do with your child.

In addition, he reveals the numerous toys and household products that contain harmful, brain-damaging toxins and shows how to identify and combat common childhood problems like ADD and food allergies that may affect your child's development. Your job over the first five years is to help your child build the best brain possible. With Dr. Perlmutter's help, you can mine the countless opportunities you have each day to make your child smarter, happier and better prepared to excel.

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A fun and fascinating look the human body - from the inside out! Take an incredible journey through the body with the Body Quest board game. Build a glow-in-the-dark skeleton Warning: Choking Hazard - Small parts. Not intended for children under 3 yrs.

This fascinating resource can help the curious test their intelligence quotient in a fun and simple way. Covering a wide range of skills, 11 IQ tests feature 60 questions each. Complete answers are included.

Family Word Search and Sudoku Puzzles Large Print: 100 games Activity Book - WordSearch - Sudoku - Easy - Medium and Hard for Beginner to Expert Level - Perfect Gift for family Senior, adult, mom and Dad - Made in USA Vol.7Sharpen your mind and have fun with this collection of Word Search and Sudoku puzzles! Benefit of Puzzles: Improved Your Memory Solving puzzles helps reinforce existing connections between your brain cells. It also increases the generation of new relationships. This could help improving your mental speed and thought processes. Better Problem-Solving Skills The ability to creatively solve problems and think critically is greatly valued in the workforce. Puzzles help you develop all of those important skills. More Education Opportunities Word games provide great educational opportunities. They help us improve your vocabulary, as well as our language, research, and spelling skills. Increased IQ Puzzles provide improvements to your vocabulary, memory, and overall reasoning. So one of the other benefits of puzzles is that they help raise your IQ (intelligence quotient). Delay Dementia and Alzheimer Even if you don't care about raising your IQ, keeping



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your brain active with puzzles can help delay the symptoms of dementia and Alzheimer disease. Improved Mood Another one of the benefits of puzzles is that they increase our brains production of dopamine. Dopamine is a neurotransmitter that regulates mood and feelings of optimism. It also affects memory, concentration, and motivation. Dopamine is released every time we successfully solve a puzzle -- or even just get one piece in the right place. This encourages us to continue working on solving them and challenging ourselves. Lower Stress Levels At the same time that puzzles challenge us, they also help us to relax. Increased Productivity When we're happier and less stressed out, it's easier for us to concentrate. When our concentration improves, our productivity naturally skyrockets. If you're struggling to stay on task at work or school, consider taking a short break to solve a puzzle and reset your brain. Perfect Gift for your kids, mom, dad, senior, friends and family This Book Contains: SUDOKU Puzzles with solutions - 24 Easy - 24 Medium - 24 Hard Level 30 Word Search Puzzles with Solution Great for all levels: beginner to expert A great gift for any occasion! Premium matte cover design Large Printed on high quality Paper Perfectly Large sized at 8.5" x 11" Paperback Add To Cart Today! and Enjoy playing Our Family Puzzle

Mrs. Furber brings I.Q., a rat, to be the classroom pet, but he has hopes of becoming Student of the Week.

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and other activities and exercises. Reprint. 20,000 first printing.

100 Plus Enjoyable Large Print Easy Sudoku Puzzles guaranteed to provide hours, days, weeks and Months of improving your kids brain. Answers at the end: This is perfect for any kid who is not sure of their numbers. One puzzle per page - provides enough room for kids to work on. Large Font are Easy for kids to read. These brain activities Help develops the brain within hours making your kid"s brain younger and active, thus helping them to stand out amongst Peers. A great gift for kids: For kids sudoku lovers, this book makes a great gift. No mathematic skill required even though it involves numbers.Makes your child excel in Mathematics and other subjects.

A 1st grader would already know colors and numbers, so why not merge those concepts into an amazing activity that benefits learning? This activity book requires your children to follow instructions and to color only those defined by their numbers. To complete this would be a challenge in their memory, understanding of colors and numbers, as well as in their control. Buy a copy today!

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