



ARTICLE

## Tips for ensuring proper cognitive development

**Cognitive development is important for thought processing, problem-solving and decision making.**

**2 mins read**

Cognitive development is an important aspect of your child's growth and development . Cognitive development is important for thought processing, problem-solving and decision making. It impacts factors like attention, memory, and thinking.

Here are some important ways to foster cognitive development for your toddler.

**1. Stimulating Environment:** A toddler's brain development is happening at a rapid rate. S/he has sharp observational skills and is observing and grasping their surroundings on an ongoing basis. Providing a healthy and stimulating environment is perhaps the most important factor in fostering your child's cognitive skills. Provide them with age-appropriate books, building blocks(for sorting based on color, shape) and get them to solve visual and number puzzles. Toddlers are sensory learners and love to touch, smell, and taste to understand the world around them. Hence it's important to engage them through games, involving textured items, colorful play material, and puzzles.



**2. Communication:** Social interactions and problem-solving help in cognitive development. How do you communicate with your child? Are you engaged? Are you actively listening? Create a “we-time” with them, and make sure that it's only you and your child. Avoid any distractions, taking phone calls, or watching TV during the “we-time”. Choose a variety of play activities, which foster your child's problem solving and decision-making skills.

**3. Nurturing and experiential learning-** How do you express love? As your child's brain is developing specific experiences affect specific brain connections during key stages—referred to as sensitive periods. It is important for parents to take advantage of these early years. Take your toddler out to places like the

library or a park and help him/her learn by observing the surroundings.

**4. Providing the right nutrition:** During the early years, poor nutrition can cause the child to have less energy and less interest in learning. This will negatively impact cognitive development. Give your child a balanced diet with micro and macronutrients to ensure his/her proper development.

A parent's role is crucial in supporting cognitive development in toddlers. A child needs a nurturing environment, an encouraging vibe, and age-appropriate nutrition to meet the needs for their growing brains and bodies. We understand your worries about [nurturing healthy development for your growing toddler](#). Making these choices will help your child solve problems and make better decisions throughout his/her life