

Home Strategies

Computer and television time is putting students at risk of classroom problems.

1. Stress inducer: The body reacts to changes in light as danger signals. Program and commercial producers build many light changes into the programming. It sets up a fight or flight response in the body. Our reaction is to stare. Lack of eye movement is not a foundation to classroom skills like reading.

2. Social interaction substitution: Decreases ability and time to establish first person social ties. It creates second hand experiences that do not require accountability for actions.

Decrease indoor computer and television time. Some experts say that until the age of 8, children can't fully understand the fantasy aspect of television programs. Until age 8 the eyes don't have the ability to fully differentiate between the 3 D and 2 D world.

Carla Hannaford, Wakening the Child Heart.

Encourage some form of gross motor activity daily and weekly as a life time habit.

1. Floor play in the form of animal walks, big puzzles, block building
2. Structured wrestling
3. Cross lateral marching before school for 1 minute
4. Ping pong

5. Walks with a parent, hiking is even better 1 x week
6. Swimming, organized sports, unstructured outdoor sports
7. Stretching activities.
8. Musical instrument

Organized sports that require coordination of all body and emphasize crossing the midlines of the body:

1. Gymnastics or mini gyms
2. Karate or martial arts training
3. Swimming with feet off of the ground
4. Soccer
5. Golf

Bowling, volleyball, basketball, baseball, football all are good for older students.

A thorough calsthetic program to develop strong core muscles is important for all athletics and can be as asset to memory.

