

How To Boost Your Child's IQ

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The school year has begun and the time of homework and class projects are among us. The time has come to refocus on your kid's schoolwork and how they are excelling in the classroom. We spoke to CEO of MindSpree, Keith Rezendes to get quick tips on boosting your child's IQ and when to know your child is struggling in school.

AF: What are some signs parents should look out for that indicates a tutor is needed in a specific subject for their child?

KR: First, when kids are struggling in school, they either ignore talking about that class; it could be the subject, the teacher, the assignments or the classmates. And many times kids that show too much dependency by always asking for help without trying it themselves is a sign they don't know where to start.

AF: What are fun ways to get your children involved in their schoolwork?

KR: Parents should bring in the creativity and make a game out of it. Whether it is math, science, history etc., kids love games. Art, computers, almost every subject have a great history of how they came about and you can be hands on with subjects by visiting with professionals that use those skills to help your children become more excited.

AF: How can parents get more involved in their children's success inside the classroom?

KR: Begin by engaging in as many activities as you can with your child. Take field trips, excursions; basically, every opportunity is a learning opportunity. Trips to the zoo, museum, park, places, learn about the city, historical landmark, people, time of places you visit. Even a simple trip to the bank or the grocery store can be an opportunity to learn something new and have an impact on your child's learning success. And remember, you don't have to be the expert. Try learning something together.

AF: What are the top five tips of boosting your child's IQ for any grade (K-12)?

KR:

Tip 1: Proper diet, exercise and sleep. Having a balanced breakfast, lunch and dinner along with healthy snacks. Having your child exercise regularly and make sure they are getting plenty of sleep and rest.

Tip 2: Read, read and read. Read anything, books, magazines, articles, websites, read widely broadly as well as in depth on variety of subjects. Read books that challenge your child's thinking. Be an engaged reader.

Tip 3: Play strategy games that are mentally challenging such as chess, crossword puzzles, jigsaws, role-playing board games, and puzzles.

Tip 4: Try new activities and sports or take a class with a structured environment to learn a new skill.

Tip 5: Study in groups as well as individually. Social learning is important and in groups you can find a mentor or tutor that challenges your child.

Mindspree offers tutoring and class on subjects such as computer programming, photography and test prep. Mindspree allows for all children to get the help in any subject they need. They have instructors in both academic and non-academic subjects. Click here (www.mindspree.com) for more information on Mindspree and to discover what a tutor could do for you