

**INTRODUCTION - SECTION 4**  
**HOW CAN HUMANIST PARENTS TEACH**  
**THEIR CHILDREN TO LOVE THEIR BRAINS?**  
**12-20-18**

This website is designed to help parents develop a balanced approach to making sure that their children learn healthy brain habits. It *teaches thinking skills* that provide a *modern humanistic philosophy of life*. You can use it to provide reliable brain knowledge for dealing with family life relationship issues. It includes brain information related to good parenting practices.

The bonus for using this information is that what is *good for the brains of children* is also good for the hearts of children! Children need to exercise regularly, eat nutritious foods, get enough sleep, and challenge their brains on a daily basis to solve difficult problems by using modern critical thinking skills and critical reading strategies.

To be a humanist parent is to be able to use your *intellectual intelligence (IQ)* and your *emotional intelligence (EQ)* to reason effectively with your children for the purpose of creating a fulfilling philosophy of life for yourself and for your children based upon *modern principles of neuroscience within a secular context of history*.

As a humanist parent (or any adult) responsible for teaching children, you need to create balance and challenge in your own life, so you and the children under your guidance can *create more cognitive reserve (more resilience)* and less *cognitive dissonance (less confusion)*. This goal can prepare you for emergencies and also provide the basis for fulfilling family interactions.

The idea of ***increasing cognitive reserve*** means that you can ***increase*** the variety and the density of the neuronal connections throughout your brain and nervous system by doing a ***variety of interesting and challenging new activities on a daily basis***. And you can teach your children to do the same.

Kids must be trained to satisfy their own ***age-related developmental needs of physical, intellectual, and emotional growth*** through the ***predictable developmental stages and teachable moments*** of their young lives. This task is much easier for kids when they see their parents and teachers modeling good healthy responsible adult behavior within their family or classroom.

Conversely, ***parents with emotional problems***, such as bipolar disorder or borderline personality disorder, who are responsible for childcare can give children bad role models. They can have lifelong adverse impacts on the mental and emotional development of a child because of the importance of imitative behavior for children and the bad effect on a child's immune system.

The idea of ***reducing cognitive dissonance*** in your own life, and in the lives of your children, refers to the need to conscientiously cope with negative emotional and social problems, including such things as disruptive online and TV advertisements and cable and network program content. The mind-numbing assault on the brains of children by the ubiquitous mass media and the addictive social media with their omnipresent advertisements and commercials can seriously damage young brains.

Unfortunately, the attention demanding commercials compete with educational programs for the limited precious awake time that children have during childhood.

The time children have for educational pursuits and deeper thinking can be seriously jeopardized by the bombardment of advertisements and the lack of face to face human contacts. This task is much easier for kids when they see their parents and teachers modeling good healthy responsible adult behavior within their family or classroom.

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Kids could become more enthusiastic about gaining an understanding of science, history, politics, art, and even their own health, if they were not constantly pressured to waste so much time paying attention to noisy commercials.

When children's brains are distracted so much of the time, their *lives can be reduced to simplistic habits* despite the fact that they need to be developing an appreciation for the complexity of reality as they grow up.

The fundamental **Humanist Parenting Principle** is that *parents need to give their children the instruction and the reinforcements* they need to keep their brains, minds, and bodies healthy for a lifetime of changes and challenges. To achieve this important humanist family objective, the new brain ideas should be discussed within the family context continuously at all ages.

All family members can participate and contribute to the quality of family life by *being encouraged to communicate and share brain facts to optimize their brain functions* during the *sequence of predictable "ages and stages"* concerning childhood growth factors.

Now it is possible to *teach introductory parts of the new brain vocabulary* even to toddlers and young children by the time they enter nursery school or kindergarten. When started early and in the family setting it is easy to identify the brain with the head and the expression of feelings with words that name parts of the brain.

More details about the need to provide early learning about brain functions to children are at the following link:

### **LINK TO “FAMILY BRAIN MINDFULNESS”**

The *new brain knowledge* can help children learn to control their thoughts and feelings better by using the most important brain ideas ever discovered. In addition, parents and teachers can teach children *progressive mindfulness skills*, which involve expressing loving kindness to their children every day. Their behavior should always reflect the *rational humanistic liberal values* of respect for diversity, including gender, racial and ethnic inclusion.

Also, the *use of checklists can empower your children* to keep track of their activities and responsibilities in the context of weekly family meetings where the achievements and plans and expectations of everyone in the family can be discussed in constructive ways. Then kids can *learn to manage their free time better* by doing more effective studying and playing.

Also, they can *learn to be responsible for their decisions and actions* as they imagine the consequences of their decisions and also learn from mistakes.

This *frame of reference* can give you a reliable way to evaluate the results of your parenting practices. For example, you can *teach children not to be distracted* by the mass media and social media advertisements and online shopping choices, which their young brains are exposed to every day on their computers, TVs, podcasts, radios, and phones with their unlimited online options for music and video games.

Today, when children's success in life depends more than ever before on *independent thinking skills* and *emotionally intelligent reasoning skills*, it is vitally important to teach them how to determine the rational benefits and the possible risks of their decisions.

It is the *primary function of humanist parents* to teach their children how to make good choices based upon reasoning rather than blind obedience.

**WHY THIS MATTERS:** This website can help humanist parents teach their children the new whole brain thinking approach to the scientific understanding of brain structures and mental functions. It is the best way to integrate the new brain knowledge into humanist family living in order to produce responsible and resilient family members.