



# Help Your Preschooler Build a Better Brain: Early Learning Activities for 2-6 Year Old Children

By John Bowman

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If an expensive preschool is not an option, create one at home! Written by an experienced Montessori Teacher, this unique guide has years of fun activities and the information you need to help your child develop strong brain architecture, a positive self-image, and advanced skills in math, reading, and writing – a perfect preparation for success in school. You can do this! From 3-6, a child's brain is fully engaged in opening new nerve pathways and developing the executive functions like working memory, planning, and multi-tasking ability. We build most of our brain nerve architecture for life by age 6. The early years are when we can make the most powerfully positive difference in a human being's life. All the activities you need are here: Practical Life, Sensorial, Art & Music, Science, Language, and Mathematics. Hundreds of links to the best videos, sites, blogs, and free materials are integrated into the text to support your home early learning efforts and save you untold hours of searching. Most activities use common, inexpensive items parents may already have. Recommendations are also given for affordable Montessori and other quality early learning materials; and over 225 of the best educational tablet apps, as well as a guide to how and when to introduce preschoolers to digital media, so you won't always have to say no to screen time. No other resource offers parents of preschoolers so much at such a reasonable price.

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#### **About the Author**

John Bowman's most rewarding work was being a Montessori primary teacher and center Director. He opened three new Montessori preschool programs and was the first Director of the Garfield Montessori School in Denver, Colorado. His goals now are to encourage parents to do early learning activities with their children and to show them how.

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