

HOW TO RAISE Smart and Healthy Children

培育聰明、健康的孩子



Dr. David Phan
潘光明博士

The term “time flies” is a cliché, yet it is so true. Our children grow up so fast. In a blink, they grow from a crawler to a walker, from pre-school to high school. With a few more blinks, they are in college. Can we afford to miss any blinks?

I remember vividly carrying my little daughter home from the hospital. It seemed like yesterday, but she is already almost eight years old now. Since time goes by so fast, how can we influence our next generation and leave a legacy in their lives? We the parents need to seal the opportunity and try our best to influence our children positively. If we don't, someone else will. We cannot afford to let our media, our public school system nor the internet become our children's mentor and role model.

I would like to share with you a method to raise smart and healthy kids, which is slightly unorthodox, but at the same time makes perfect sense. As a typical Asian family, the main focus would be academic development. But learning is not merely reading or doing arithmetic. True learning comes from all senses. All of the sensory inputs combine to create a picture, a word or a concept in our children's brain. For example, this is the way to learn about an APPLE with all five senses.

- 1st - **Smell (Olfactory):** Ask your child smell and enjoy the aroma.

- 2nd - **Touch (tactile):** Ask your child to feel the texture, inside and outside.

- 3rd - **Taste (gustation):** This is the best part! The actual eating and tasting of an apple.
- 4th - **Hearing (Auditory):** Ask your child to tap on the apple. Does it sound hollow or solid?
- 5th - **See (visual):** Ask your child to observe the apple before taking a bite.

All of the above sensory inputs play a role in the stimulation of the brain cells. Each sense affects a different part of the brain. All five senses together enhance learning and brain development.

孩子們成長得很快。一轉眼爬行的寶寶開始走路，一轉眼孩子又從幼兒園進入小學，再轉眼他們又要升讀大學了。作為父母，這些轉瞬即逝的時刻你能否錯過呢？還記得當天把女兒從醫院抱回家，她現在已快八歲了，但那情景就猶如昨日發生一樣。「時光飛逝」在人生中確是如此真實。那麼為人父母該怎樣影響下一代？我們絕對不能放棄這個角色而讓傳媒、公立學校以至互聯網成為孩子成長的導師。

坊間有很多關於兒女管教的書籍，但我在這裡希望分享一套不甚傳統的方法，有助培育聰明、健康的孩子。一般亞裔的家庭，焦點總放在學業的成就上，因此孩子日常大多數的時間都花在閱讀和數學上。這無疑也是一種學習的模式，但對孩子們整全的發展來說，就並非最為理想。真正的學習從不同感官而來。從不同感官輸入大腦的訊息，可把一幅圖畫、一個字或一個概念存於腦海中。例如，我們可盡用五官來學習“蘋果”

1. **嗅覺：**要求孩子嗅嗅蘋果的香味。
2. **觸覺：**要求孩子觸摸蘋果裡外的質地。
3. **味覺：**這是最佳部分，實際嚐嚐蘋果的味道。
4. **聽覺：**要求孩子敲敲蘋果，辨別一下這是空心還是實心所發出的聲音。
5. **視覺：**要求孩子在吃蘋果前先仔細觀察一下。

真正的
學習
從不同感官
而來

TRUE
LEARNING
COMES FROM
ALL
SENSES

Beside the five basic senses, I would like to introduce the sixth sense our body uses to integrate with learning. This is the most powerful stimulation among all. The sixth sense has to do with mechanical stimulation.

There are mechanical receptors located in our joints. These receptors provide a sense of proprioception. It is the unconscious perception of movement and spatial orientation arising from stimuli within the body itself.

So how do we go about activating these stimuli? EXERCISE! Yes, exercises will activate these receptors. So besides being a bookworm, it is also important that your child can get some types of gross movement exercises. Proper brain stimulation can cure many brain diseases, including ADD and ADHD. It can also slow down aging and increase longevity.

So the one question concerned parents always ask is, "Why is stimulation important in my child's development?" Brain cells develop from stimulation. The more stimulation the brain cells get, the more they multiply. The more they multiply the more axonal connections they make and this sets the fundamental foundation for brain function and intelligence. You might not notice that, but your brain uses your physical body to express itself. When you are sad and depressed, your body will exhibit it. When you are happy, your smiles cannot be hidden. If the brain is using the body to express its state, then the health of our brain can be affected by how we develop our body physically. The above six senses are our way to control and activate our brain. Through this pathway, we can help our children develop from inside out.

Another question I frequently encounter is, "When should I start this Stimulation Program?" The answer is the sooner the better! The longer you wait the less stimulation your child will receive for early development. Thus, it is extremely important for your child to start receiving at least some proper and constructive stimulation before the age of 5. During the first five years of their lives, the brain develops most rapidly.

That's why I like to tell other fathers that they can always make more money, but they can never make up lost time. We only have a relatively short period of time to provide positive influences to our children. Once the window of opportunity is past, there is no turning back. So remember to enjoy your children every moment of the day, and cherish your time with them. Childhood is only a few blinks away.

這些感官訊息在刺激大腦細胞上扮演很重要角色。每樣感官都會影響到大腦不同的部分，五官同時運用，能有效促進學習和大腦的發展。

除了基本五官之外，我要向你們介紹第六感官，用以結合在學習之中。第六感官與機械式刺激有關，這亦是刺激大腦最有力的感官。人體中有關機械式的神經接受體位於關節間，這些接受體提供人體內由刺激而生的無意識知覺運動和空間定位。我們可怎樣啟動這些刺激呢？答案就是運動！因此我們當鼓勵孩子除了作書蟲外，也該好好做運動。

大腦細胞是非常選擇性的，只可從以下兩方面原素來發展和維持。

1. 氧氣和葡萄糖（維持生命的食物）
2. 外來刺激（加強發展）

假如以上原素任缺其一或者嚴重不足，人體的大腦將無法正常運作。相反，正確的大腦刺激不但可治療大腦疾病，如 ADD（注意力不足症）和 ADHD（注意力不足過動症）；更可延緩衰老及增加壽命。

父母會問「大腦刺激何以對孩童發展重要？」原因是腦細胞從刺激而得到發展。大腦得到越多刺激，腦細胞就越發得到增新。腦細胞越多增新，就能與神經細胞有更多接觸，這為促進大腦功能與智慧提供了重要的基礎。你可能沒有注意，但你的腦是用你的身體來表達自己的。當你憂愁、情緒低落時，你的身體語言會將這情緒流露出來；當你快樂時，你臉上會有遮掩不住的笑容。如果身體能把腦部狀況表達出來，那麼建立強壯的體格對腦部健康就息息相關了。第六感官有助控制和啟動腦部，通過這個途徑，我們能幫助孩子從裡到外得到建立。

另一個我經常接觸到的問題是，「我該在甚麼時候開始刺激計劃？」答案是越快越好。越遲開始，你的孩子在早期發展所能得的刺激就越少。因此，孩子在五歲前能接受適當而具建設性的刺激極為重要，因五歲前腦部的發展最為迅速。所以我常對父親們說，金錢很多機會賺回來，溜走了的時間卻不能補償。我們能積極影響孩子的時間很短，機會過了就無法彌補。因此享受、珍惜與孩子一起的時間，孩童階段瞬間即逝。

Author's Bios:



Dr. David Phan has a Doctorate in Chiropractic specializing in advanced brain base chiropractic neurology. His extensive experiences include ADHD and autism treatment of children, exercise physiology with emphasis in nutrition, sports medicine and other child development related issues. More importantly, he is a hands-on dad to his 2 children. Visit his website at www.myonlylife.com. Dr. Phan is available to speak to parents and youth. Please contact Presence for scheduling.

講員簡介：

潘光明醫生擁有脊椎神經科的博士學位，專精先進腦脊椎神經科。對於注意力不足過動症和自閉症孩童的治療、著重營養方面的運動生理學、運動醫學，及其餘有關兒童發展的議題，他都有廣泛的經驗。更重要，他亦是位親力親為的父親，育有兩名子女。詳細資料請到網站www.myonlylife.com。潘醫生可出任青少年及父母管教的講員，安排請與活現事工聯絡。