

Videos for Parents for Brain Training



Learning about brain training in children is incredibly beneficial for parents. While a child can practice brain training in multiple ways, sometimes it is necessary for a child to have extra guidance to improve their skills. There are many resources available online, and collected below are some of the best videos designed to teach parents and children about brain training. They include videos designed to inform and various activities to help improve brain function in your child. Check out the links below, which are update regularly by our team at South County Child and Family Consultants.

Videos

[Exercise and Memory](#): A video that discusses how exercise promotes the growth of dendrites that connect brain cells and improves memory. For parents and teachers.

[How to Feed Your Children the Top Brain Foods](#): A video that explains the top foods to feed your child for increased brain power. For parents.

[Video Gaming May Improve Brain Power](#): A video on how video games may improve brain power. For parents and teachers.

[Seven Ways to Increase Your Brain Power](#): A video on how to increase your brainpower! For parents and teachers.

[Neurogenesis](#): A video about the hippocampus and how new neurons are efficient for improving mood and memory and what adults can do to brain train. For adults.

[The Heart-Brain Connection](#): A lengthy video on how the brain is affected by social and emotional learning. For parents and

teachers.

Visit the [South County Child & Family Consultants](#) website for more great articles!

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