

Based on Dr. Phil's primetime tv special which aired on September 21, 2004, practicing yoga can increase your child's IQ. The following excerpts explain the relationship between cognitive development and activities that promote intellectual performance. Yoga Tales incorporates these activities in every child's yoga class. More yoga, anyone?

Increasing Your Child's Intellectual Performance

From the show: [Family First: A Dr. Phil Primetime Special](#)

Is it possible to raise your child's intelligence? Some experts say you can't because it's fixed at birth, while others believe that intelligence is changeable. Neither side of the intelligence debate disputes that you can at least increase your child's intellectual *performance*.

Following is a brief look at strategies for improving your child's intellectual and cognitive functioning. For more, go to Chapter 6 of *Family First: Your Step-by-Step Plan for Creating a Phenomenal Family*.

Create an Empowering Internal Dialogue

An internal dialogue that is negative promotes failure. Simply put, children can and do think themselves into poor intellectual outcomes. There is also a strong mind-body connection. Depressed thoughts depress energy, action and the ability to think clearly. They shake your child's faith and create doubts about what he can really achieve.

A positive internal dialogue can dramatically enhance intellectual performance. As a way to eliminate negative self-talk and build self-confidence, teach your child how to practice positive responses. For example:

I'll do the best I can, and that will be the best I can do.

I studied hard for the test, so I should do well.

I worked hard on my homework.

I'll be OK; I can do this.

Practice Controlled Breathing Exercises with Your Child

One of the most efficient and effective methods for stimulating a child's mental processes and performance is controlled breathing. Research shows that schoolchildren can increase their grades if they do breathing exercises prior to tests or assignments; these exercises also reduce test anxiety. Controlled breathing increases oxygen flow to the brain, which in turn boosts memory, concentration and problem-solving abilities.

Teach your child to count to five when breathing in, and then to five again when breathing out. Repeat this breathing cycle about six times; the entire routine will take only a minute. Instruct your child to use this breathing exercise before a test, exam or other assignment in which problem-solving or recall comes into play. Breathing patterns cannot be taught just once. They need to be practiced so that they become a positive habit. Remember — matching inhalation and exhalation time is the key.

Encourage Repetitive Reading

It's no big news flash that reading to your children helps nurture a love of language and promotes bonding — both of which optimize a child's intellectual potential. It also helps toddlers enhance memory, improve attention span and build vocabulary.

- **Active Body, Active Mind**

Physical activity, including playing sports, boosts blood flow to all parts of the body, including the brain. When the brain is supplied with freshly oxygenated blood, concentration, thinking speed and complex reasoning are all enhanced. Children who are physically active perform better in school — a finding that has been confirmed by more than 50 years of research. Physical activity in children:

- Promotes clear thinking
- Boosts creativity
- Stimulates the brain and learning
- Increases energy and mental concentration
- Produces positive changes in the body that enhance self-esteem (which in turn supports better cognitive learning)
- Helps develop motor skills and coordination
- Reduces depression by increasing levels of important brain chemicals (which are often depleted in depression)

The following article can be read in it's entirety by visiting the Dr. Phil website:

http://www.drphil.com/advice/advice.jhtml?contentId=cbsspecial_IQ.xml§ion=Parenting&subsection=Raising+Kids