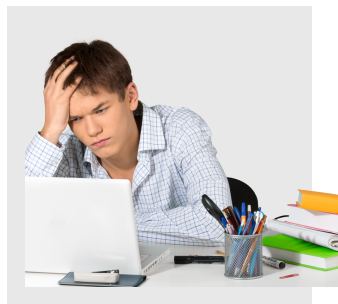




What Are Cognitive Skills ?

Cognitive skills are the skills our brain uses to think, learn, read, remember, and attend. Working together, they take incoming information and move it into the bank of knowledge you use every day at school, at work, and in life



Why are they important?

Academic and social success depends upon a solid foundation of cognitive learning skills. Most learning struggles are caused by one or more weak cognitive skills. Each of our cognitive skills play an important part in processing new information. Our brain has to work harder when these skills are weak.



JUST THINK!

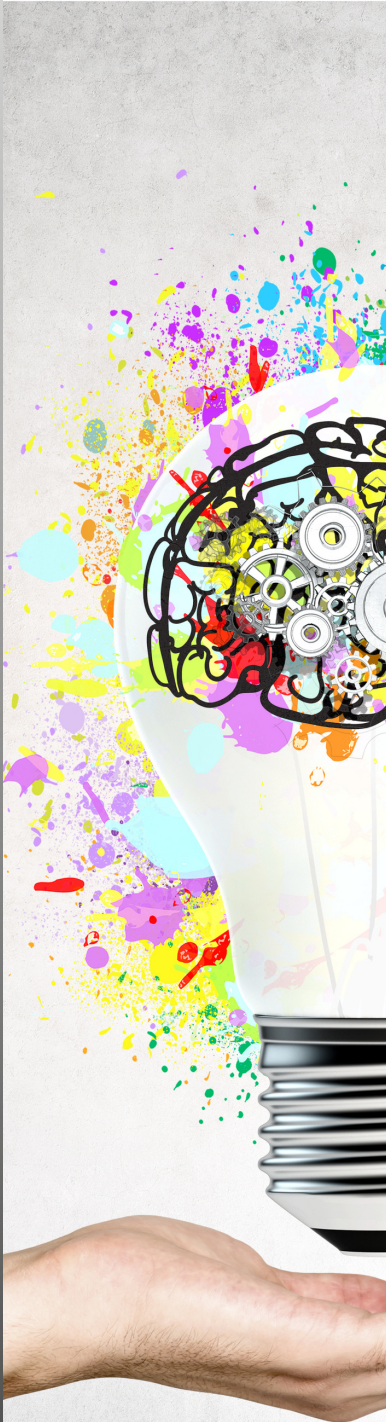
What if there was a reason you:

- Have trouble paying attention
- Forget to turn in assignments
- Do well on daily work, but struggle taking tests.
- Really struggle understand higher level math
- Spend hours on homework
- Forget what you read and have to reread the paragraph before it sinks in
- Feel pressure whenever assignments are timed.

And what if the reason has to do with one or more of these cognitive skills?

- Working Memory
- Long Term & Short Term Memory
- Sustained Attention
- Selective Attention
- Divided Attention
- Processing Speed
- Visual Processing
- Auditory Processing
- Logic & Reasoning

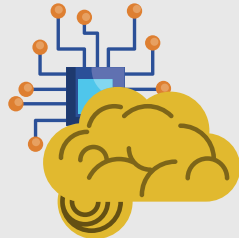
Once you figure out which skills are weak and find a way to create a more balanced profile, things start to change.





Attention

The ability to sustain focus, even for tasks that aren't interesting, and a skill that can have a huge impact on learning. Attention has four subtypes: Selective, Divided, Sustained, and Executive.



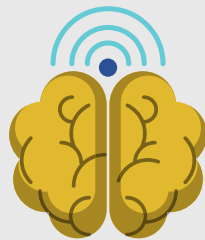
Working Memory

The ability to hold information in immediate awareness while performing a mental operation on it.



Long Term Memory

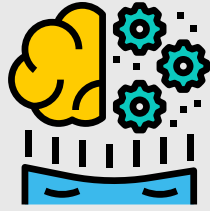
The ability to store information and fluently retrieve it later in the process of thinking



Processing Speed

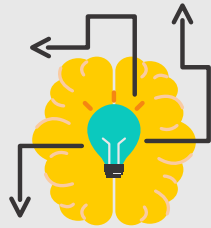
The ability to process and respond to new information.





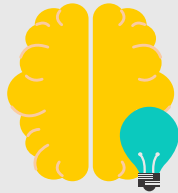
Visual Processing

The ability to perceive, analyze, and put together visual patterns, including the ability to store and recall visual images..



Logic & Reasoning

The ability to reason, form concepts, and solve problems using unfamiliar information. Some people call this "Higher Order thinking"



Auditory Processing

The ability to analyze and manipulate speech sound and is crucial for reading and spelling.



Flexible Thinking

The ability to adapt and be open to feedback.





Can you change your brain?

Yes! Now more than ever, people need to take advantage of the opportunities that exist. A person's I.Q. represents an average score but does not show the underlying weaknesses. You can be a highly intelligent person, but struggle in life. That's because a person's high skills can offset their lows, masking the cause of underperformance. Think of your brain as a great car, with a high performance engine. Now imagine that your car won't start. What do you do? You look for the cause? Once you identify the issue, you fix the problem and the high performance car is once again performing at its peak performance, just like it was created to do.



Get this!

Neuroscientists have proven that our learning capabilities can and do change over time based on experiences and effort. It requires trained experts, research based intervention tools, intensity, duration, and frequency. We call this: cognitive intervention, our clients tell us that it is transformational.



Ways to Enhance Cognitive Skills AT HOME

Cognitive Development shows up in all of us as we acquire knowledge and interact in our environment. As a parent or teacher, you can encourage cognitive development by incorporating simple activities into your everyday routine.

1.) OFFER CHOICES

Offering choices to a child helps them gain confidence in decision making skills and independence. Once you get in the routine of this, it becomes a daily habit. Here is an example: Would you like a peanut butter or turkey sandwich in your lunchbox?

2.) PLAY MUSIC

One way to promote memory is by making a playlist of your favorite songs and play that list consistently in the house or the car. Your child will more than likely start to sing along, but if they don't, encourage them to try. Its a good way to see just how good their memory is and to see if songs make it easier for them to remember.

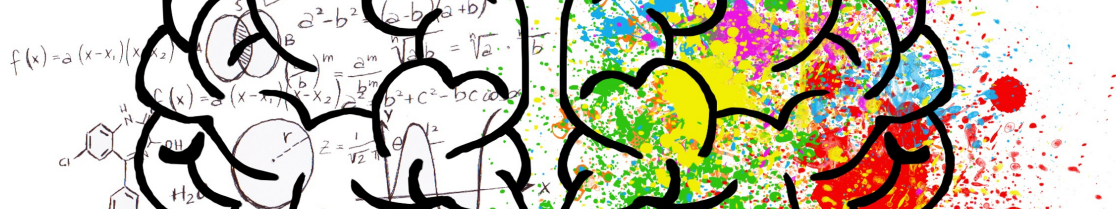


3.) USE A CALENDAR

Have a calendar visible where the family hangs out. Make it a habit to write activities on the calendar and go over each days agenda. This helps with orientation and time management. You can use the calendar as the visual and ask questions like, "If you have a project due on Thursday and a soccer game Wednesday night, when would be the best day to work on your project?"

4.) HOST A FAMILY GAME NIGHT

Create an event, weekly, bi-weekly, or monthly, but set this up as an ongoing occurrence. There are so many skills that can be enhanced playing games. Make sure that you choose a variety, and not just the ones that your child "likes" or prefers. Most likely the ones that they think are "boring" are the ones that will challenge them and that they need most.



How Can I help you?

Are you ready for a plan to help stop the struggle, find calm in the chaos, and regain joy in parenting? I offer a combination of training and coaching to create a system customized to your family. I help you gain the clarity you need and make the change you want by educating, equipping, and empowering you with tangible resources and solutions specific to your current situation.

As your guide, I understand learning differences, their related challenges, and the overwhelming issues you face in parenting your unique, complex child. My goal is to help you develop resilience, problem-solve, and overcome the obstacles that are standing in your way.

My approach will help you to:

- Communicate effectively and ease conflicts.
- Give your kids support and structure.
- Identify their strengths and motivations.
- Help them accept personal responsibility and independence.
- Teach them to ask for help.
- Improve problem-solving and flexibility.
- Move from judgment to understanding.
- Enhance family time management, planning, and organization.

I believe that when we know better, we do better. That is why I know that when parents gain insight into their child's learning style, find solutions to the problems, and find a specific system, transformation begins.



Parent Coaching/Consultation

1. THE CONSULTATION

The consultation appointment provides parents with a seamless and structured system equips them with tangible and tactile tools necessary for them to create an environment that allows their child to rise.

Kyra will meet with you (in person or via zoom) to review the history you provide, analyze the current medical and educational services in place, and develop an action plan to accomplish short and long-term goals fast and efficiently.

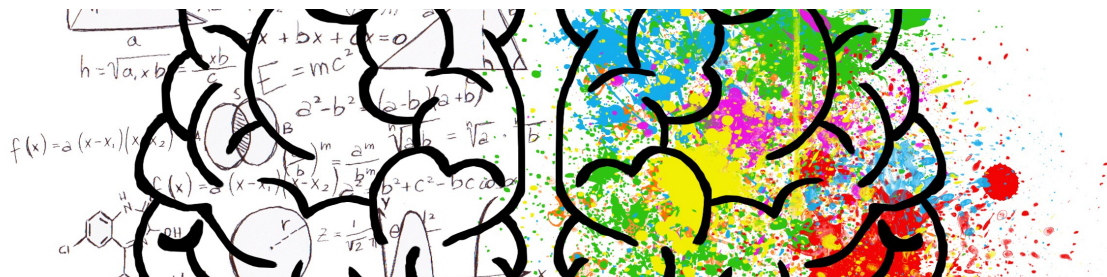
The initial appointment is an hour and a half .

2. THE COST AND SCHEDULE

The cost for the initial consultation and treatment plan is \$299.00
Any additional appointments after that are \$99.00

To schedule an appointment, email:
kyraminichan@thecognitiveemporium.com

Once the appointment is booked you will receive a confirmation email and an invoice to pay the day of the visit.



I would like to have my kids evaluated, where do I start?

1. FILL OUT THE PAPERWORK AND EMAIL IT BACK

The consultation appointment provides parents with a seamless and structured system, equips them with tangible and tactile tools, necessary for them to create an environment that allows their child to rise.

Kyra will meet with you (in person or via zoom) to review the history you provide, analyze the current medical and educational services in place, and develop an action plan to accomplish short and long-term goals fast and efficiently.

The initial appointment is an hour and a half with a written treatment plan following within two weeks.

2. THE COST AND SCHEDULE

The cost for the assessment of cognitive skills is \$799
Any additional appointments after that are \$99.00

To schedule an appointment, email:
kyraminichan@thecognitiveemporium.com

Once the appointment is booked you will receive a confirmation email and an invoice to pay the day of the visit.

