

## Puzzles are Good for Your Brain

From toddlerhood to adulthood, puzzles are fun and good for your brain. Toddlers can begin with wooden puzzles that are easy for little fingers to use. Puzzle pieces with knobs help develop fine motor skills. Placing puzzle pieces on a board improves eye-hand coordination.

Working puzzles encourages thinking and reasoning skills. Kids learn to develop a strategy for completing the puzzle. The trial and error that comes with placing puzzle pieces improves problem-solving skills and memory.

It takes patience to find puzzle pieces that fit. Laying that last puzzle piece gives everyone a sense of achievement. It boosts self-confidence.

Whether you have a toddler or teenager, break out a puzzle and have fun working together.



*Brought to you by Parent Help Line at HSHS St. John's Children's Hospital  
to help keep kids safe, healthy and happy.*