How To Create The “Best” Child

(The word “Best” is controversial)

Everything starts with you first. You and your sperm quality are what almost determine the traits your child will have. Beyond that, there are things you need to pay attention to in your daily activities, such as the area you especially want your child to gravitate toward (which field would you want them to be the best in).

Let’s start first with sperm health and quality.

- The age range in which sperm quality is at its “peak” is 30–40. Of course, there is no absolute peak, but the best possibility you can have is within this age range.
- Quitting alcohol, cigarettes, and tobacco products as early as possible directly affects the seminiferous tubules where sperm are produced. The earlier you quit, the more quality will increase over time.
- Obesity and metabolic problems also have a major effect. They have disadvantages that directly affect sperm DNA. Therefore, eat as optimally and healthily as possible. Neither too overweight nor too underweight; you can find your optimal weight according to your body mass index.
- I already touched on nutrition just now. You should consume microplastics, processed products, various chemicals, etc. as little as possible and focus mainly on meat and natural products.
- Sleep routine and psychology are equally important for sperm quality. Factors such as excessive stress, insufficient sleep, and psychological disorders directly affect sperm. Try as much as possible to sleep 7 hours or more, avoid stress, and stay psychologically natural.
- Also, if you are involved in sports such as bodybuilding, avoid steroids and hormone drugs as much as possible. Over time, you will harm not only your sperm but also your own DNA.
- Heat control: frequently entering hamams and saunas (including excessively hot showers) causes serious problems in sperm production.

- Radiation directly harms both your own genes and sperm genes. It is important to stay away from radiation.
- Various medications, if you use them, can also affect sperm quality. Antidepressants, ADHD medications, and the like.
- When it comes to masturbation, rather unclear situations can arise. Although once to three times a week is generally suggested, your mood, energy, and feelings the day after masturbating determine the actual time frame. That is, although masturbation is beneficial contrary to what is believed, when you cannot maintain balance it can turn into harm.

Although sperm quality plays a major role, the mother also has things she needs to do and responsibilities she needs to assume in this process.

- The optimal reproductive age for the mother is 25–35. (That is, the age at which you will reproduce should be between 30 and 35.)

- The mother, just like the father, must not have alcohol, cigarettes, or excessive stress. This part is separately important for both father and mother.

Let's accept that sperm quality and the reproductive sequence went successfully and that we were a little lucky. When the child is born healthy after 9 months, the things you need to do are just beginning. The period in which you can make the "greatest" contribution to the child is 0–2 years of age (24 months). During this period, the things you have your child do and the things you do together with them directly affect the child's development.

- 0–6 month period: In this period, the child slowly begins to open their eyes and develop. In this sequence, I would like to list the best things you can do as follows:

1. Singing lullabies to your child in different languages or speaking in different languages within the home in a way the child can hear.

2. Feeding with breast milk as much as possible during the first 6 months, definitely avoiding food and powdered milk.

- Since the baby will hear different languages during this period, it will be easier for them to understand other languages (the languages you spoke during that period), and the possibility of speaking several languages at a young age will be provided.
- 6–12 month period: This period is of serious importance, and the things you do in this period are a period in which you can increase the child's capacity both mentally and physically.
- After the first 6 months are over, feeding the child frequently with pureed meat and natural foods will provide them with a great deal of development in every respect. (If they do not want to eat vegetables, do not give them. Provide more meat.)
- For physical development, after the child has grasped motor skills, ensure that they learn and do as many different sports as possible. Try to place importance on sports such as baseball, table tennis, martial arts, swimming, and chess. In particular, table tennis and swimming enable the child to experience a very great improvement in both reflexes and physical terms.
- When you finish physical activities, do not neglect mental activities either. You can provide education in many areas such as reading-writing, mathematics, pattern recognition, and patterns. This also includes board games. You can both teach and support their development by playing chess, Riichi Mahjong, Go, Shogi (optional), and especially strategy board games that include soldiers.
- For social intelligence, before sending them to a nursery or school, contribute to their social and emotional intelligence by having them communicate a lot with neighboring children or slightly older relatives (it can also be with adults, as long as you ensure they do not use alcohol or cigarettes around the child).

That was all for today; I will try to add to it when there are new developments. Since this is only a theoretical document, whether or not to take it seriously is entirely up to you. Do not forget to comment for advice or criticism.