

The NeuroCraft Method

*How To Raise A Child Who Is 10 Times Better Than Their Peers
Without Shouting, Medication, or Extra Lessons*

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A Word Before We Begin

If you are reading this, you are not a passive parent.

You are the kind of parent who looks at their child and sees something. A spark. A potential. Something that the school system has not figured out how to unlock. And something deep inside you knows that if that spark is nurtured correctly, your child could be extraordinary.

You are right. And this book is going to show you how.

But first I want to say something that most people in education will never say to you.

The problem is not your child.

Your child is not slow. Not difficult. Not less than. Their brain is perfectly capable of extraordinary things. The problem is that nobody has been teaching the brain itself. They have only been feeding it information without ever strengthening the machine that processes the information.

That changes today.

The NeuroCraft Method is a brain training and character development system. It builds your child's focus, discipline, and confidence through five simple daily practices that rewire the three most important centres of the brain.

No shouting. No extra medication. No expensive tutors.

Just a system. Applied consistently. That produces extraordinary results.

Let us begin.

CHAPTER ONE

Your Child's Real Competition

Here is the first mindset shift this book requires of you.

Your child's competition is not the child sitting next to them in class.

Think about that for a moment. While your child is being compared to the thirty other children in their classroom, there is a child in Singapore already building apps. A child in China using the latest technology to design systems. The children of the world's most powerful people being trained not in basic curriculum but in governance, diplomacy, decision making, and leadership.

Those are your child's real competitors.

And the gap between your child and those children is not talent. It is training.

The curriculum being taught in most Nigerian schools was designed to produce workers. People who can follow

instructions, pass examinations, and fill positions in systems that others have built. It was never designed to produce the builders themselves.

Private coaching helps. Extra lessons help. But if they are built on the same curriculum, they are rehearsing the same limitations. Your child is still learning inside the same box.

The NeuroCraft Method is not more of the same. It trains the brain directly. It develops the same neural capacities that the most successful people on earth possess.

Your child has that same brain. The question is whether it has been trained to use it.

YOUR ACTION STEP

- ◆ Write down the name of one successful person your child admires.
- ◆ Ask yourself: is the gap between them and your child talent, or training?
- ◆ Keep that answer in your mind as you read this book.

CHAPTER TWO

The Three Brain Centres That Create World Class Leaders

Before we get into the system itself, you need to understand what we are building.

There are three neural centres that determine whether a child grows up to be ordinary or extraordinary. Everything the NeuroCraft Method does is designed to develop these three centres and protect them from the things that are quietly destroying them.

Centre One: The Prefrontal Cortex

This is the front part of the brain. Responsible for focused thinking, problem solving, and the ability to plan ahead.

What destroys it: Excessive screen time. Sugar. When a child spends hours scrolling and consuming passive content, this part of the brain weakens.

What develops it: Reading. Writing. The sustained, disciplined act of processing information and producing something from it.

Centre Two: The Parietal Lobe

Responsible for strategic thinking, logical reasoning, and the ability to adapt to situations.

What destroys it: Passive social media consumption. When a child scrolls endlessly without analysing or questioning, the parietal lobe weakens.

What develops it: Summarising and reflecting. Taking what has been learned and condensing it into a clear, organised form.

Centre Three: The Frontal Limbic System

Responsible for emotional intelligence, confidence, and the ability to express and communicate clearly.

What destroys it: Fear of being seen. Never being given the opportunity to speak in front of others.

What develops it: Recording on camera and presenting to a live audience. Two of the five steps are dedicated entirely to this centre.

Now you understand what we are building. Let us look at how.

CHAPTER THREE

The Five Step NeuroCraft System

The NeuroCraft Method has five steps. They build on each other in a specific order. Each step activates a different part of the brain. Together they create a complete rewiring cycle that, done consistently, produces children who are focused, disciplined, confident, and capable of competing at the highest level.

*“Read. Summarise. Type or Write. Record.
Present.”*

The Five Steps of the NeuroCraft Method

Step One: Read

Not skimming. Not scrolling. Sustained, focused reading of one chapter from a real physical book every weekday. When a child reads, the prefrontal cortex is activated. The brain concentrates, processes language, builds mental images, and

tracks a narrative. This is exercise for the thinking part of the brain.

Step Two: Summarise

After reading, the child summarises everything they read in their own words. Not copy it out. Condense it. This tests genuine understanding. Memorisation is fragile. Understanding is permanent.

Step Three: Type or Write It

Once the child has summarised, they write it down. Or better yet, type it on a typewriter. Every keystroke is permanent. Every mistake stays on the page. This trains precision and discipline at a neural level. Children who practise this stop acting impulsively.

Step Four: Record on Camera

The child records themselves explaining what they learned. Thirty seconds to one minute. This directly develops the frontal limbic system. The confidence centre. Done every weekday from childhood, this builds confidence that cannot be taken away.

Step Five: Present to a Live Audience

On Sundays, the whole family gathers. The child presents. A child who has done this every Sunday for five years will walk into any room in the world without fear.

YOUR ACTION STEP

- ◆ Monday to Friday: Read. Summarise. Write or type. Record a short video.
- ◆ Saturday: Review and reflect on the week's learning.
- ◆ Sunday: Present to the family. Everyone listens.

CHAPTER FOUR

The Weekly Schedule and Recommended Books

The NeuroCraft Method works because it is consistent. Not perfect. Consistent.

Monday through Friday: Read, summarise, write, record.

Saturday: Review and consolidate.

Sunday: Present to the family.

Recommended Books

What a child reads shapes how they think. These books teach how life actually works, how money is built, and how the mind operates.

- Outwitting the Devil by Napoleon Hill
- The Secret by Rhonda Byrne
- The 4-Hour Workweek by Tim Ferriss

- The Millionaire Fastlane by MJ DeMarco
- Rich Dad Poor Dad by Robert Kiyosaki

YOUR ACTION STEP

- ◆ Order at least one physical book from the list this week.
- ◆ Set the reading time. Same time every weekday.
Non-negotiable.
- ◆ Get the typewriter. Do not debate this. Get it.

CHAPTER FIVE

The Reward System

The brain functions best when it knows a reward is coming. That is not a parenting trick. That is neuroscience.

If you implement the NeuroCraft Method without a reward structure, it will work for a while. Then it will fall off. Build the reward in from the beginning.

Ask your child directly. What would you really like? What would make you feel celebrated? Then build that into the system.

“Effort is rewarded. Consistency is rewarded. Not perfection.”

Do not give your children free gifts disconnected from effort. Life does not work that way. If you use money as a reward, put it in a savings account. Let the child watch it grow. That lesson

alone is worth more than any curriculum.

YOUR ACTION STEP

- ◆ Ask your child: what is the one thing you would really love as a reward?
- ◆ Build it into the system. Earn it by completing the week.
- ◆ If using money, open a savings account alongside the programme.

CHAPTER SIX

How To Speak Life Into Your Child

This chapter is about what you say.

The words that go into a child's mind from the most important person in their world shape who that child believes they are. And who a child believes they are determines what they attempt. And what they attempt determines what they achieve.

What you say to your child is programming.

Questions engage the mind in a search for answers. Lofty questions prime the brain to search for evidence of greatness.

Lofty Questions To Use Every Day

- *Why am I such an amazing child?*
- *Why do I always see myself as special and capable?*
- *Why is it so easy for me to stay focused when I study?*
- *Why do I enjoy learning new things?*
- *Why do amazing things keep happening to me?*

- *Why am I always calm, peaceful, and in control?*
- *Why do people enjoy being around me?*
- *Why am I so good at expressing myself?*
- *Why does life always find new ways to bless me?*

These questions assume the child is extraordinary. The brain will find reasons for it. Every time.

Never tell your child they failed. When a child does not pass an examination, it is not failure. It is feedback. Never compare your child to another child.

YOUR ACTION STEP

- ◆ Print the lofty questions and put them where your child sees them every morning.
- ◆ Read them together out loud. Every day for thirty days.
- ◆ Watch what changes in how your child carries themselves.

CHAPTER SEVEN

Protecting The Brain From What Is Destroying It

The NeuroCraft Method builds the brain. But building without protecting is like filling a bucket with a hole in it.

Screen Time

The people who built the technology your children are addicted to do not let their own children use it. The person who created the iPhone did not allow his children to use it. Mark Zuckerberg severely limits his children's access to these platforms. These are not coincidences. These are informed decisions by people who understand exactly what these technologies do to a developing brain.

Limit screen time. Replace passive consumption with active production. The difference in your child's development will be visible within weeks.

Sugar

Sugar is more addictive than cocaine. This has been demonstrated in research. And it is being fed to children in enormous quantities every single day.

The Milo in the morning. The carton juice at lunch. The biscuits after school. All of this creates overstimulation in the brain. It destroys the prefrontal cortex. It creates the very cycles of poor focus that parents then pay lesson teachers to try to fix.

Reduce refined sugar. Replace sweetened drinks with water. Replace sugary snacks with fruit, tiger nuts, and real food.

YOUR ACTION STEP

- ◆ Track how many hours per day your child spends on screens this week.
- ◆ Cut that number by half. Replace it with the NeuroCraft Method.
- ◆ Remove one sugary drink from your child's daily diet and replace it with water.

CHAPTER EIGHT

The Vision Board and The Environment

“Write the vision and make it plain.”

Habakkuk 2:2

What a child sees every day becomes what a child believes is possible. And what a child believes is possible determines how far they reach.

Create a vision board with your child. Not for you. For them. Let them choose the pictures. The life they want to live. The person they want to become. Put it somewhere they see every single day.

Add the lofty questions to the board. Let them read them every morning.

The subconscious mind is fed by repetition. What is seen repeatedly is accepted as real. As possible. As likely. The brain begins to organise itself around making it happen.

You cannot build an extraordinary child in an ordinary environment. The environment has to match the ambition.

You are not just their parent. You are the architect of the world they grow up inside. Build it deliberately.

YOUR ACTION STEP

- ◆ Spend one hour this weekend creating a vision board with your child.
- ◆ Let them choose everything. You guide. They decide.
- ◆ Put it on the wall in their room where they see it first thing every morning.

The Child You Are Raising Is The Future

Nobody is coming to save the educational system in Nigeria.

The curriculum will not reform itself. The government will not suddenly prioritise the kind of education that produces global leaders. The schools your child attends will continue to teach what they have always taught.

The only people who are going to change your child's future are you and your child.

"The NeuroCraft Method is five steps. Done every weekday. With a Sunday presentation. With lofty questions every morning. With a protected environment and a reward system that builds discipline alongside motivation."

Do it for thirty days and see what changes. Do it for six months and watch your child transform. Do it consistently for years and raise a child who will walk into any room in the world

with the focus, the confidence, and the capability to change it.

That child is already in your home. You just need to give them the system to unlock what is already there.

I believe in your child. And I believe in you.

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BONUS CHAPTER

What You Feed The Brain Matters As Much As How You Train It

The food your child eats every day is either building the brain or quietly destroying it. Most Nigerian parents are unknowingly feeding their children foods that undermine everything the NeuroCraft Method is trying to build.

What Builds A Child's Brain

- **Eggs.** Rich in choline for memory formation, protein, and healthy fat. One of the most complete brain foods available.
- **Oily fish.** Mackerel, sardines, titus. Omega 3 fatty acids that directly support brain cell development. At least three times a week.
- **Vegetables.** Ugwu, spinach, bitter leaf, waterleaf. Rich in iron, folic acid, magnesium, and vitamins the developing brain depends on.

- **Tiger nuts.** A natural prebiotic that feeds the good gut bacteria, supporting focus, mood, and cognitive performance.
- **Whole fruit.** Not fruit juice. The fibre slows sugar release and protects the brain from the spike and crash cycle.
- **Water.** Most Nigerian children are chronically dehydrated. Make water the primary drink.

What Is Quietly Destroying The Brain

- **Refined sugar.** Milo loaded with sugar. Carton juice. Biscuits. Creates blood sugar spikes that destroy focus and damage the neural pathways this method is building.
- **Refined vegetable oils.** Groundnut oil, sunflower oil at high heat. Switch to palm oil in moderate quantities or coconut oil.
- **Processed food.** Instant noodles. Packaged snacks. Loaded with additives the brain was never designed to process.

A Simple Daily Food Framework

Breakfast: Eggs with vegetables. A piece of whole fruit. Water.

Lunch: Protein with yam, sweet potato, or ofada rice. Vegetables. Water.

Dinner: Egusi or pepper soup with leafy vegetables and swallow. Water.

The NeuroCraft Method trains the brain. The food feeds it. Both together produce results that neither can achieve alone.

YOUR ACTION STEP

- ◆ Add eggs to your child's breakfast this week. Every morning.
- ◆ Replace one sugary drink with water every day.
- ◆ Add one vegetable to every meal. Even a small amount.

BONUS CHAPTER

The Instrument In The Corner

Why Learning A Musical Instrument Is One Of The Most Powerful Things You Can Do For Your Child's Brain

In 2025, President Donald Trump sat down for a podcast interview and said something that surprised everyone.

He said his parents took him to a testing centre at age eleven. The results came back. The assessors told his father: your son is brilliant at music. His mother then organised private flute lessons.

Trump admits he did not stick with the flute. But the point is not that he became a musician. The point is that the most powerful woman in his household understood that music training was worth investing in for a child with a sharp mind.

She was not wrong. And the science now tells us exactly why.

The People At The Top Had This In Common

- **Albert Einstein** played violin from childhood. He said if he had not become a scientist, he would have become a musician. He used music to think through his hardest problems.
- **Emmanuel Macron, President of France**, won a formal piano diploma at the Amiens Conservatoire. The discipline at that keyboard did not leave him when he entered politics.
- **Keir Starmer, UK Prime Minister**, studied flute at the Guildhall School of Music. He became a world leader. But the training came first.
- **Bill Clinton** studied saxophone and played publicly throughout his presidency.
- **Thomas Jefferson** practised violin for three hours every morning as a child. He wrote the Declaration of Independence with that same disciplined, precise mind.

“Children with music training are up to 8 times more likely to own businesses or hold patents as adults.”

Michigan State University Research

What Music Does To The Brain

Musical instrument training develops all three NeuroCraft brain centres simultaneously.

- **Prefrontal cortex:** A 2013 study found children who played instruments showed significantly higher activation than their peers.
- **Memory:** Children with musical training show better verbal memory, stronger reading ability, and higher executive functioning.
- **Confidence:** The frontal limbic system is trained every time a child performs in front of another person.
- **Mathematics:** Music is mathematics made audible. Rhythm is fractions. Scales are patterns. Harmony is ratios.

Twenty minutes of daily practice, done consistently, produces measurable brain changes. Not two hours on weekends. Twenty minutes every day.

The instrument in the corner is not a luxury. It is brain training equipment. Treat it that way.

YOUR ACTION STEP

- ◆ Ask your child which instrument interests them.
- ◆ Find one qualified teacher in your area for a short trial lesson.
- ◆ Build twenty minutes of practice into the NeuroCraft daily schedule.
- ◆ Include a musical performance in the Sunday presentation once a month.

FOR PARENTS WHO WANT MORE

How Your Child Can Own A Publishing Company Before They Finish Secondary School

Most people think the goal is to become an author. That is the wrong goal.

Authors write the book. Publishers own the company that produces it, distributes it, prices it, and collects money from every copy sold in every country for as long as that book exists.

“Stephen King writes. His publisher earns.”

The publishing industry is worth over a trillion dollars. Yet no school in Nigeria teaches this. Not at primary level. Not at university. Not at masters level.

What Your Child's Publishing Company Does

- The pastor who has been preaching for twenty years.
- The business owner who wants a guide for customers.
- The professional who wants to leave something permanent behind.

They record the client talking. The recording becomes a manuscript. A cover is designed. Physical copies are printed. The client gets their book. Your child's company gets paid.

50,000 to 100,000 naira per project. Done in a weekend.

Three projects a month is 150,000 to 300,000 naira from a company owned by a child still in secondary school.

To enrol, visit **insideaccessroom.com** or send a WhatsApp message to **+234 905 407 2711**.

Take The Next Step

This book gave you the method. The next step is implementation.

Join the NeuroCraft Parent Community where David Ransom works directly with parents to implement this system with their children. Get access to recorded sessions, weekly guidance, and a community of parents doing exactly what you are doing.

Visit **insideaccessroom.com** or send a WhatsApp message to **+234 905 407 2711** to find out more.

Send David a message when your child records their first presentation video. He would genuinely love to see it.