

Brain Development

B

BY the time a child is 3 years old, 90% of brain connections are developed. The brains of very young children are twice as active as those of adults. Brain activity levels drop during adolescence.

R

REPITION Everything learned comes from experiences. The Brain learns in small doses with the repeating of activities as connections in the brain are learned and reinforced.

A

AVOID stress, pressure, surprises or punishment when children are trying to learn. Children learn best when not pressured. Too much excitement or “pushing” to know or learn something can cause an “alarm response” that actually short circuits learning.

I

INDIVIDUAL Each child progresses at their own rate. Don't worry if some things seem to take “long” to learn. If you are concerned about your child, check with a child development book or your local early childhood intervention specialist.

N

NEEDS for brain growth: Right time of the day - when the child is relaxed and awake. The adult is relaxed and eager to share the experience with the child. Research sensitive times of development to teach new skills.

ADULT BOOKS:

- *Bright Toddler* by Richard Woolfson
- *Baby Sign* by Joseph Garcia
- *Toddler play* by Dr Wendy Masi
- *The Hurried Child* by Dr. David Elkind
- *Bulding Healthy Minds* by Stanley Greenspan MD
- *Baby Mind* by Linda Acredole Ph.D.
- *What's going on in there?* by Lise Eilot Ph.D.

