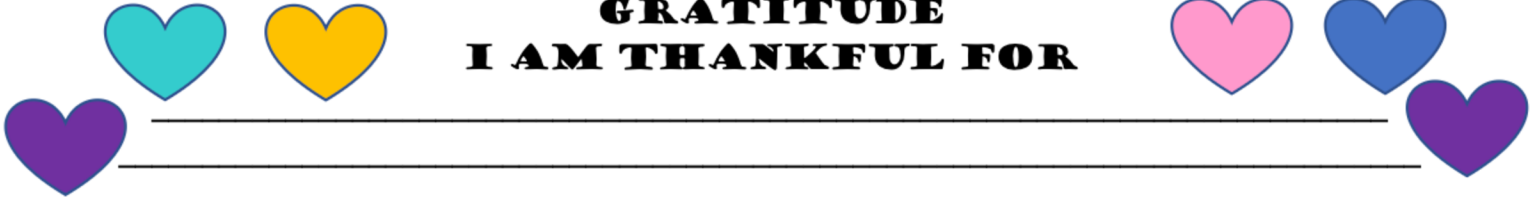


COMPETENCY 7

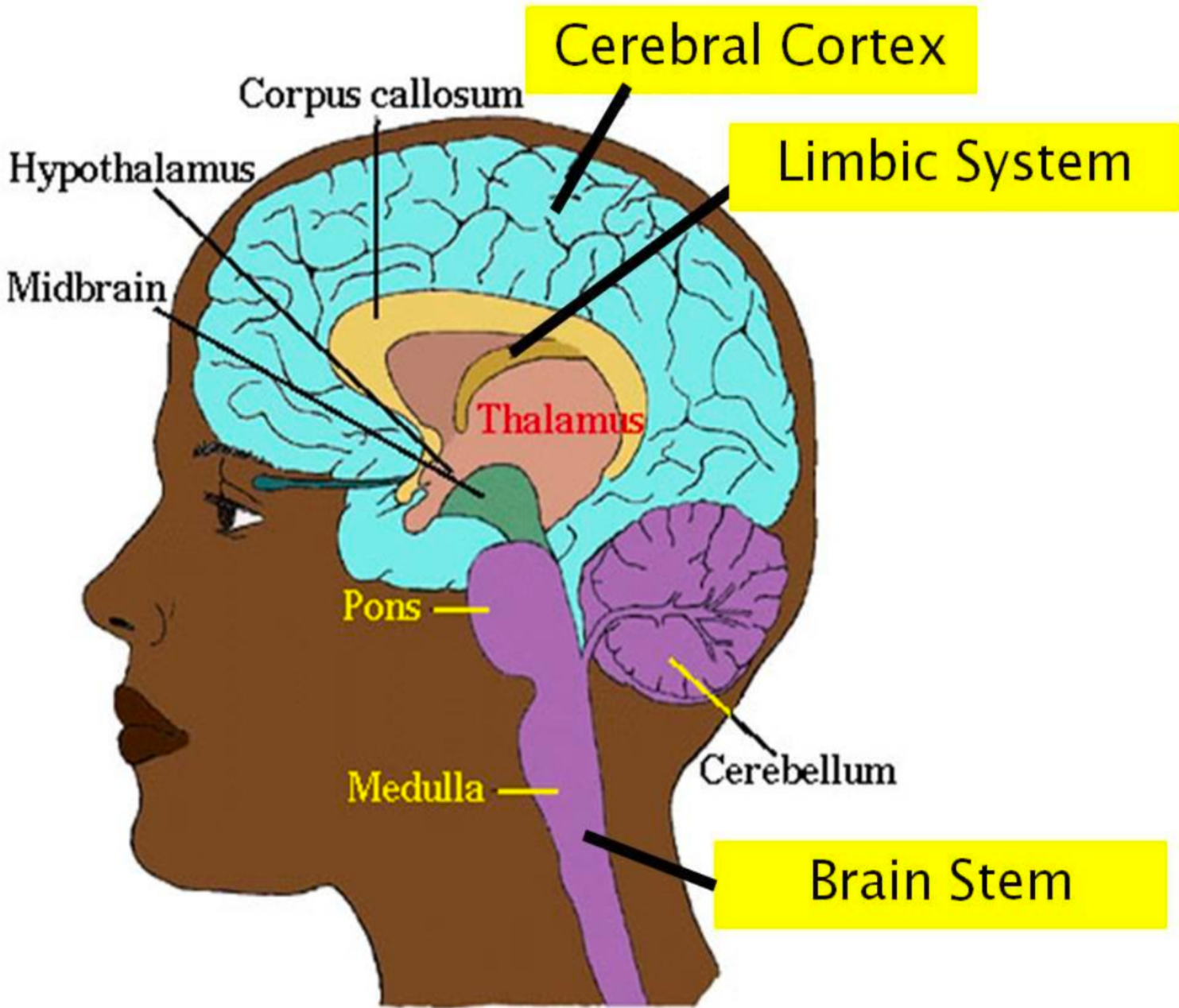
Lesson 7.1 – 7.4

Growth & Development

**GRATITUDE
I AM THANKFUL FOR**



Home Practice Assignment (HPA)
Family Nurturing Time (FNT)



DIVERSE BRAIN

Some people would rather work on a project than talk – Some brains have more cortical areas than others. This type of brain is devoted to the development of spatial skills like mechanical design, measurement, and manipulation of physical objects.

Do you prefer: ACTION or TALKING

Some people would prefer to read a book/watch a video rather than play sports or video games - Since some brains are devoting more cortical areas to spatial, less cortical areas are devoted to word use or production. In some, it's just the opposite. Some people tend to talk less often and use fewer words than others - The bundle of nerves that connects the right and left hemispheres of the brain is called the "corpus callosum." The corpus callosum is 24% smaller in some people, resulting in some brains not connecting as many feelings or thoughts to words.

Would you: READ/WATCH VIDEO or PLAY SPORTS/VIDEO GAMES

Some people act more impulsively than others. The brain secretes less serotonin. Serotonin is the brain chemical that acts to calm us down.

Are you: IMPULSIVE REACTIVE or LAID BACK/CALM?

Some people tend to be more aggressive than others - This is due largely to lower levels of oxytocin. Oxytocin is the brain chemical that helps us to be able to bond and demonstrate more empathy. The higher the level of oxytocin in the brain, the less aggressive the person is likely to be and more likely to have higher levels of oxytocin to link bonding and empathy in the verbal centers of the brain. Human beings bond differently. Some rely more on "spatial" like playing basketball; others prefer to talk, relying more on "verbal." Bonding and attachment are influenced by hormones. Some people have higher levels of oxytocin, which has been called "the nurturing hormone." When they are around small, helpless beings – babies, puppies, etc. there is a spike in this chemical. Some people have much lower levels of oxytocin and therefore must bond and attach in different ways – socially, emotionally, and psychologically.

Are you: AGGRESSIVE/CONFRONTATIONAL or KEEP THE PEACE/PASSIVE?

Some people tend to be more patient than others. Some people act first, talk second. Lower levels of serotonin and oxytocin in the brain are responsible for this trait. Some people are less inclined to stop, be patient, listen and communicate emotions verbally.

Are you: PATIENT OR INPATIENT?

Some people have higher levels of testosterone. Testosterone is the aggression hormone. some people are said to have up to 20 times more testosterone than others.

Do you anger easily? YES or NO

Some people tend to zone out more than others. Some brains are always on overdrive and constantly working whereas some brains zone out and take mental naps. Research shows that there is 15% more blood flow in those brains.

Are you? MOSTLY ON OVERDRIVE or TAKE NAPS/BREAKS

Some people tend to solve problems by talking. Others tend to solve problems with action. People respond differently to problem situations. It's due to the way their brains operate. Some have "action oriented" empathy and are doers; they like to solve problems with action. Some people express empathy more "feelings oriented" they process feelings first, then work on solving problems.

Do you solve problems by: TALKING or TAKING ACTIONS?

(Adapted from "What Could He Be Thinking?" by Michael Gurian, St. Martin's Press, NY 2003)

WHAT EVERY CHILD NEEDS

INTERACTION - Consistent, long-term attention from caring adults increases your child's capacity to learn.

GENTLE TOUCH - Holding, hugging, and caressing do more than just comfort your child – touch helps their brain grow!

STABLE RELATIONSHIPS - Relationships with parents and other caregivers buffer stress that can harm your child.

SAFE ENVIRONMENT - Environments should be free of unsafe materials (like lead paint, sharp objects, and other hazards) and loud noises.

SELF-ESTEEM - Self-esteem grows with respect, encouragement, and positive role models from the beginning.

QUALITY CARE - Quality care from trained professionals when you can't be with your child.

PLAY - Play helps your child explore their senses and discover how the world works.

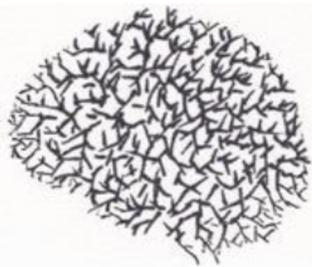
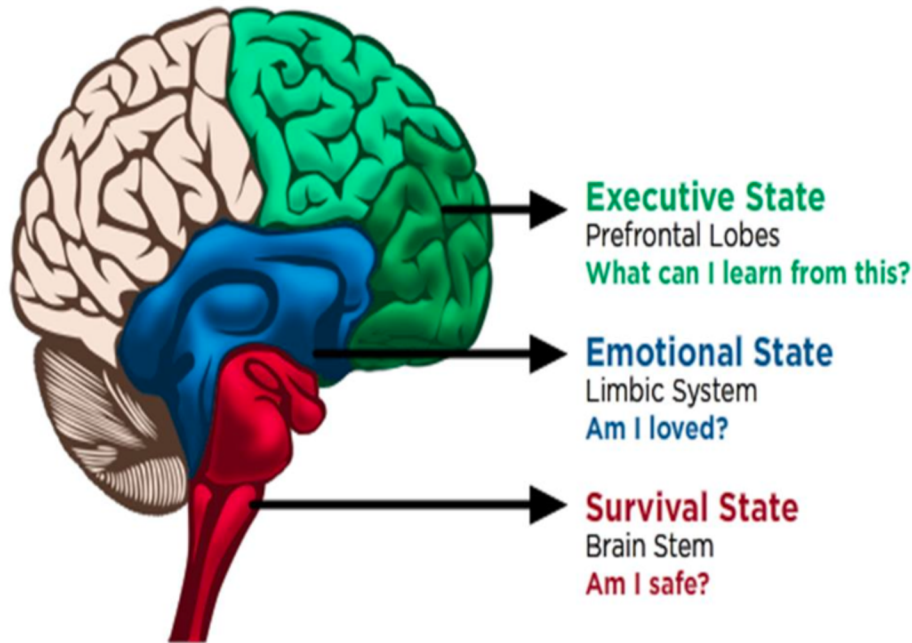
COMMUNICATION - Talking with your child builds his verbal skills.

MUSIC - Music expands your child's world, teaches new skills, and offers a fun way to interact with your child.

READING - Reading to your child from the earliest days of their life shows its importance and creates a lifelong love of books and helps grow a healthy brain!

BRAIN DEVELOPMENT

WHAT CAN I DO TO STIMULATE EARLY BRAIN DEVELOPMENT?



We are born with many connections.



We continue to make connections and strengthen those we use most



Repetition & routines are the key in the first 3 years



As toddlers we start trying to create order



Our brain is use dependent; what we do not use we lose



What fires together wires together