

Module 3: Child growth & development

Brain development Self-Assessment:

Will it help or harm brain development?

Activity/Practice	Help Brain Development?	Harm Brain Development?	Why?
Primary caregivers	Help		Because parents and other caregivers can support healthy brain growth by speaking, playing, and caring for their child.
Turnover of staff		Harm	Because when there is a turnover of staff it's harder for children to really build a bond with the staff if there is a lot of turn over happening and it's not consistent because then they are having to rebuild bonds which can be harder if they don't get along as well as they did with a different staff
Responding quickly to cries	Help		Because when responding quickly/consistently, and warmly when they cry they have healthier emotional development vs when you don't respond quickly
Scheduled feedings	Help		Because when you are allowing children to get hungry enough they actually are interested in the

			nourishing meals and snacks you provide vs when you don't feed on schedule they think they can eat whenever they want just not the best way for young children it's important to have a set feeding schedule at young age.
Use of baby equipment like swings	Help		Because baby swings are safe and can help to improve the development of a baby's motor skills and coordination.
Playing background music	Help		Because listening to music is a great tool. It provides a brain workout. Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.
Showing videos or educational TV	Help		Because if children are watching videos / educational TV they will learn from the education that they are showing on the video / TV and children can apply it to themselves and learn how to do it
Reading the same book repeatedly	Help		Because repeated exposure to the same thing over and over again helps to cement the new information in their

			growing brains and encode it permanently.
Reading different books	Help		Because improves brain connectivity. increases your vocabulary and comprehension. empowers you to empathize with other people.
Sinings the same songs over and over	Help		Because it's being repeated to the same thing over and over again helping with their memory to remember the same song lyrics.
Introducing new songs	Help		Because listening to new music activates multiple areas of our brains, stimulating memory and information processing centers.
Messy art activities	Help		Because it helps a child's learning process. It promotes engagement with the senses. Every sensation is sent to the brain to be interpreted. Those interpretations will help your child's cognitive and creative development.
Limiting outside time		Harmful	Because it's important for children to be outside in fresh air, playing, doing outdoor things, getting there energy out vs being inside on

			a screen where it's not healthy for them children who have a lot of outside time really helps.
Early exposure to academics	Help		Because it provides the foundation for all future learning, behavior, and health. A strong foundation helps children develop the skills they need to become well-functioning adults.