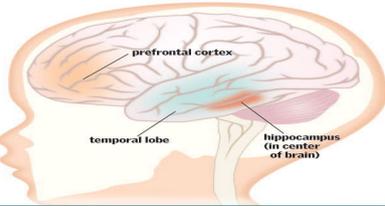


Children: Development And Relationships

How outside factors can impact child development

Language, stress and nutrition are outside factors that can affect the development of the brain during infancy. These factors can cause changes to growth patterns, behavior and the child's health. Stress and nutrition can actually change the way the brain develops and impact a child's cognitive abilities later in life. Language is the foundation for learning, and children with poor language skills face a tougher road toward academic achievement. Parents who do their best to surround their children with language, limit their stress level and fill them with nutritious meals from birth set up their infants and toddlers for success.



FOUNDATIONS OF DEVELOPMENT		
Positive early experiences lay a foundation for healthy development. These experiences include:		
<p>RELATIONSHIPS</p> <p>Includes family and nonfamily members, as well as interaction and language.</p> <ul style="list-style-type: none"> Language, controlled by the temporal lobe, is the one stimulus that has been proved to make a difference in enhancing a baby's brain development. New research shows that a strong connection between mothers and children after birth can almost completely erase the impact of prenatal stress. The more parents talk to their children, the faster children's vocabularies grow and the higher children's IQ tests at age 3 and later. Vocabulary growth at age 3 strongly correlates with standardized test scores in the 3rd grade. 	<p>ENVIRONMENT</p> <p>Includes home life as well as stress.</p> <ul style="list-style-type: none"> Elevated levels of stress in pregnant women can affect a child's cognitive development, memory and their ability to pay attention and solve problems, abilities found in the prefrontal cortex. Children of professional parents hear about 2,150 words an hour, but children of poor parents hear an average of 620 words an hour. Toxic or chronic stress from growing up poor and constant exposure to family conflict, violence in the home or neighborhood, and frequent mobility can have a direct impact on the hippocampus and prefrontal cortex, affecting a child's working-memory. 	<p>NUTRITION</p> <p>Relates to the availability and affordability of healthy food and age-appropriate food.</p> <ul style="list-style-type: none"> Nutrition has the most impact on a child's brain development between mid-gestation and age 2. Poor nutrition during pregnancy can lead to very pre-term infants which research indicates have more problems with paying attention, memory and motor skills. Malnourished children have smaller brains, cognitive deficits, slower language development and lower IQs. Iron is critical to brain growth after 6 months of age. Iron is critical for maintaining an adequate number of oxygen-carrying red blood cells, which in turn are necessary to fuel brain growth.

HOW A PROBLEM CAN AFFECT THIS FOUNDATION		
The foundation interacts with the child's genetic predisposition to cause either a positive or negative reaction.		
<p>Adaptations (results in healthy outcomes)</p>	<p>These adaptations or disruptions affect the development of the child either through cumulative effects over time, or through experiences during sensitive periods, such as periods of family stress. These experiences can include abuse, neglect or exposure to violence.</p>	<p>Disruptions (results in negative outcomes)</p>

DISRUPTIONS CAN AFFECT THE CHILD'S ADULT HEALTH AND WELL-BEING

These outcomes can include shortened lifespan and mental illness and increase the possibility the individual will drop out of school.

Sources: Cornell University, University of Rochester, University of Kansas, ZERO TO THREE, University of Allahabad, National Institute of Mental Health and Neurosciences, Griffith University, Queensland University of Technology and Mater Children's Hospital, Harvard University Center on the Developing Child
 Research by **TOPHER SANDERS AND JEREMY COX**
 Graphic by **KYLE BENTLE/The Times-Union**

Loving relationships with parents and carers are critical in early child development. These relationships shape the way children see the world. Read more. Suggested citation: National Scientific Council on the Developing Child. (). Young children develop in an environment of relationships. Working Paper No. An environment of relationships is crucial for the development of a child's brain architecture, which lays the foundation for later developmental outcomes. Our relationships with our children are critical for their healthy development. with children can be best illustrated by the . Handout Building Relationships and Creating Supportive Environments development long and arduous. On. Secure and trusting relationships can help to promote all aspects of a children's development. A child within a safe and caring environment will. Relationships are a critical contributing factor in the development of a young child's social-emotional skills and overall development. The term social- emotional. For children, relationships are the foundation upon which everything grows. Their overall development intellectual, social, emotional, physical, behavioral, and. importance of relationships. 'Settling in' and transitions. Having one educator develop a strong relationship with a child when they begin to attend the setting. By actively participating in these relationships, children also affect the ways that In addition, children's development is in?uenced by wider networks of social. Being able to take turns with others is key for children's social development. When we show children relationships can be repaired we are giving them a very . Children develop best when they have secure, consistent relationships with responsive adults and opportunities for positive relationships with. Nurturing emotional relationships are the most crucial primary foundation for both intellectual and social growth. At the most basic level, relationships foster. Early relationships and the development of children Institute of Child Development, University of Minnesota, 51 East River Road, Minneapolis. Children's experiences in their earliest years affect how their brains work, the way they respond to stress, and their ability to form trusting relationships. During.

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