

Early Stimulation

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Faculty

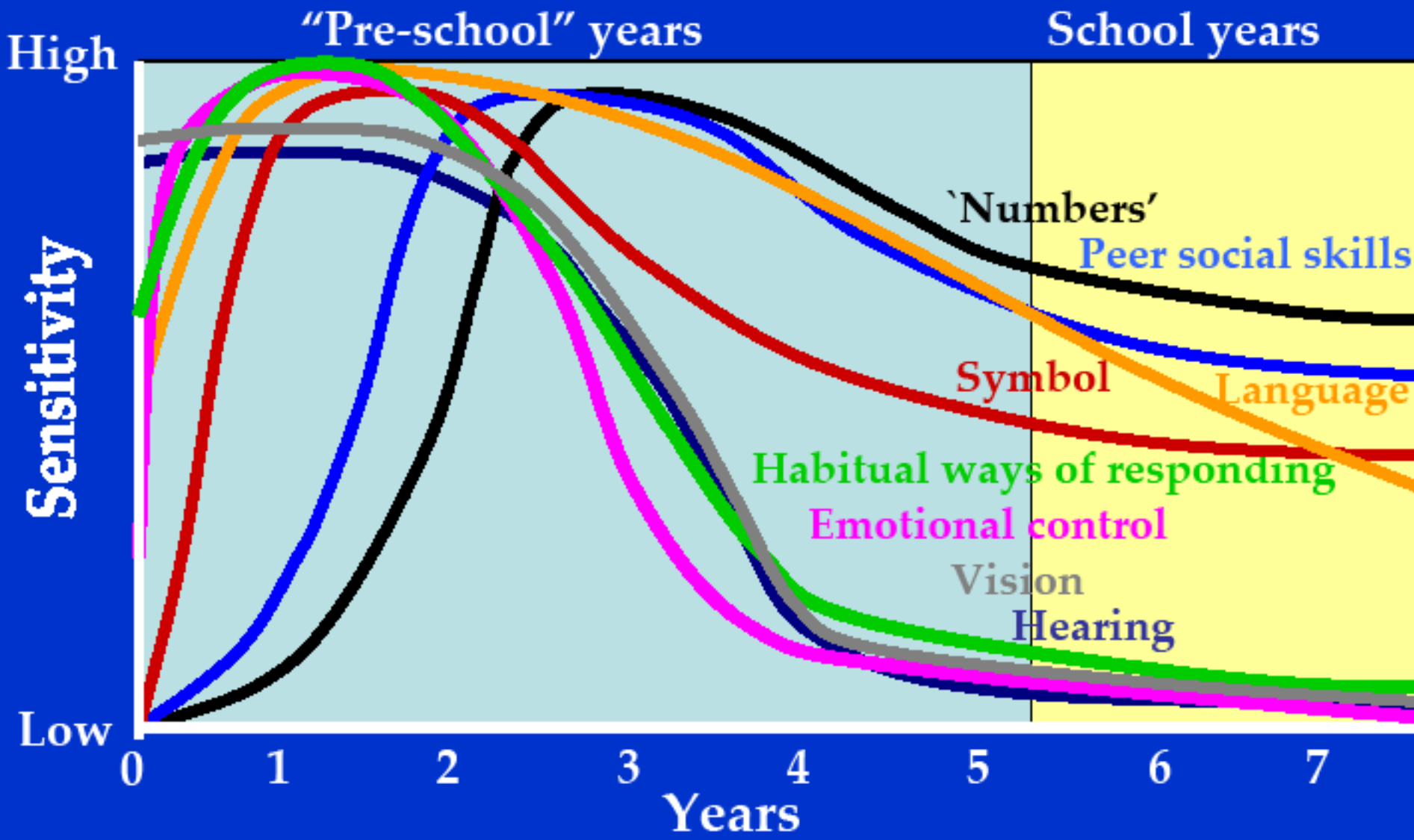
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Why do we need to provide early stimulation?

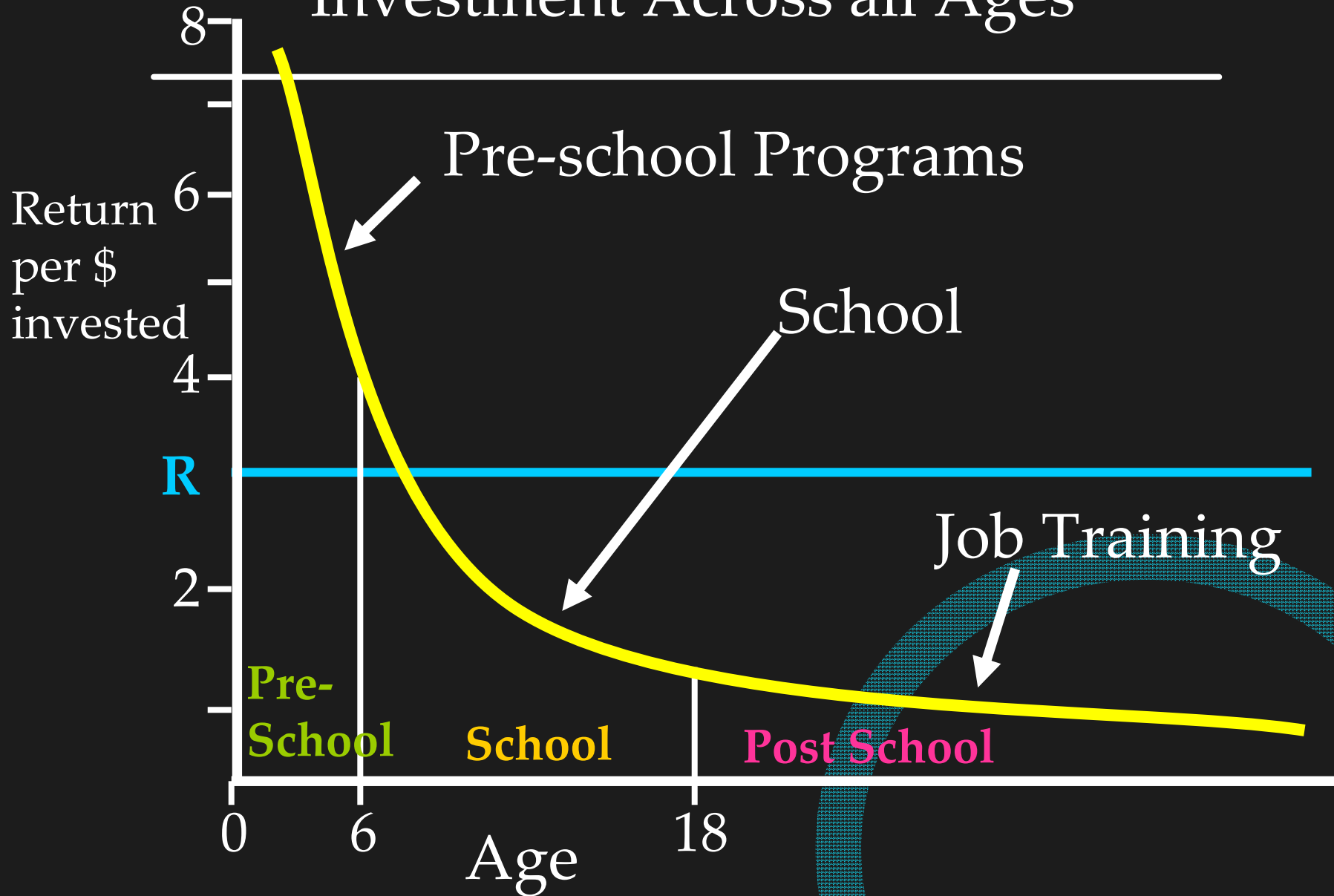
- Research indicates that :
 - Early stimulation shape the brain
 - Genes interact with experiences creating a dynamic that affects lifelong health, learning and behaviour.
 - Early stimulation is believed to give the child a good emotional foundation, profound impact on the quality of life and help prevent him from using drugs or alcohol or developing similar problems in adolescence.

'Sensitive periods' in early brain development



Graph developed by Council for Early Child Development (ref: Nash, 1997; *Early Years Study*, 1999; Shonkoff, 2000.)

Rates of Return to Human Development Investment Across All Ages



Early Stimulation

- Early stimulation occurs when adults provide materials, experiences, language and love to an infant, toddler or young child.
- The quality of the child's early experiences is critical; nurturing relationships, quality stimulation, and good nutrition optimize the brain development

What is stimulation?

The act of stimulating, or the state of being stimulated.

The irritating action of various agents (stimuli) on muscles, nerves, or a sensory end organ, by which activity is evoked;

especially, the nervous impulse produced by various agents on nerves, or a sensory end organ, by which the part connected with the nerve is thrown into a state of activity; irritation.

Things to remember

- Parents can learn to provide the stimulation and the emotional support all children need to develop.
- Preschool programs can supplement the parents in providing the stimulation and the emotional support all children need to develop.
- Newborn babies can see, hear, taste, smell and feel. Early stimulation builds on these basic facts.

Things to remember

- The kinds of stimulation change over time as the child develops through a recognizable sequence of stages. Children develop at different rates, but in the same sequence :
 - sitting before standing
 - babbling before talking
 - grabbing before manipulating, etc.
- Children in poverty and immigrant children often need more stimulation for language, sensori-motor, and intellectual development than children not in poverty

Things to remember

- To help your children as they learn, keep in mind these points:
 - Give them different experiences so each of their senses is used.
 - Watch to see what interests them and provide activities to fit these interests.
 - Give children freedom to discover what the world is like on their own.

So what should I do?



Early Stimulation – Some suggestions

- Build a relationship with your child
 - Develop love, trust, confidence
- Quality Time for children by both the parents
 - Talk to the children
 - Listen to them
 - Ask question to promote thinking
 - Why and How question
 - Read for your children
 - Play with them
 - Provide lots of sensory experiences—tasting, touching, seeing, hearing, and smelling
 - Provide them opportunities to explore
 - Use available resources even utensils from the kitchen
- Don't hesitate while repeating things/activities as children enjoy repetition
- These experiences build the connections that build your child's brain.

Early Stimulation – Some suggestions

- Value traditional practices
 - Sing lullabies/looriyan
 - Play musical instruments/music
 - Stories
 - Local Games
 - Peek – a – boo / aee taaa
 - Aankh Macholi
 - Baraf Pani
 - Talking time with Grandparents

Early Stimulation and Some Brain Boosting Skills

- Observing
- Comparing
- Predicting/Estimating
- Classifying
- Matching
- Sequencing
- Patterning
- Determining the cause and effect
- Inferring
- Creative thinking
- Creative flexible
- Perceptual – motor
- Expressive and receptive language
- Sensory motor
- Cross lateral integration
- Memory

**Am I providing stimulation
or
pressure?**



Stimulation Vs Pressure

Providing books for a 3-year-old is stimulating.

Ridiculing and threatening him because he can't read them is pressuring.

Imposing unreachable expectations can have a damaging effect on children.

Conclusion

- The Early Child Development approach is based on the proven fact that young children respond best when caregivers and teachers use specific and appropriate techniques designed to encourage and stimulate progress to the next level of development. (Evans, Myers and Lifeld, 2000)

Well-designed early childhood programs

- Well-designed early childhood programs can significantly enhance young children's well-being in their formative years and in the future, complementing the care received at home.
- It adopts a holistic approach encompassing health, nutrition, hygiene and children's cognitive development and social, emotional well-being.

Professional Teacher Associations Network

EYLA

Universal Children's Day

Thank you

