

Lesson Instructions

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800-858-3040
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Suitable For: Any client.

Time Frame: Newborn or early infancy.

Lesson Objective: To help the client understand how vital her role is in her child's emotional and cognitive development.

Instructions: Show the Introduction and Lessons 1, 2, and 3 of the DVD *Ten Things Every Child Need*. Copy the DVD worksheet and go over it.

*** Questions to discuss with your client are bolded and italicized.**

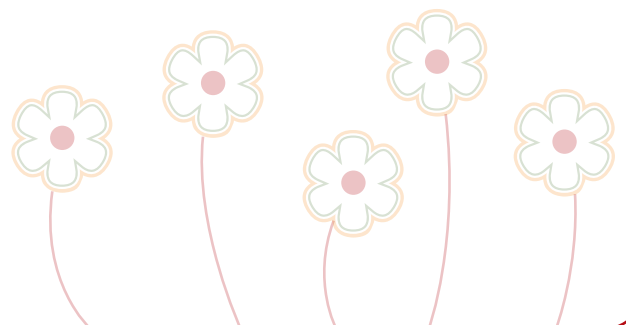
Homework: Give her the brochure *The Importance of Nurturing Your Baby's Development* and have her read it and complete the worksheet.

Supplies: DVD: *Ten Things Every Child Needs*; Brochure: *The Importance of Nurturing Your Baby's Development*.

Note: You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



This lesson will help your clients understand the early mental development of their child.



DVD Worksheet, Page 1

A Child's Perspective

You can learn amazing things from your child. They see the world through such a new and unfiltered view that they often will bring to light amazing things. Just their reactions can be a great reminder of why it is good to be alive.



Your baby's brain is growing! Make sure to talk to him or her face to face as much as possible.



Introduction



1. Which years are the most important in a child's life?
2. What are the connections between brain cells called?
3. From early infancy on into _____, we form most of the brain cells we keep throughout our lives.
4. As we mature, the brain physically changes do to _____.
5. The most rapid changes in the brain occur in the first _____ years. This is when the brain is the most flexible and able to learn. This is called brain plasticity.
6. What effect does a deprived environment have on the brain?
7. At what age does brain cell development peak?
8. Children between the ages of 3 and 5 lose ____ percent of the brain cells they were born with.

Touch

9. How do babies begin to identify and order their world?
10. Being held and touched, especially for very young children, is how they can tell they are _____.



DVD Worksheet, Page 2

Watching Them Learn

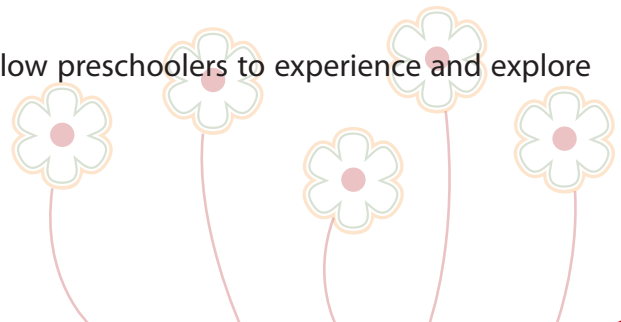
One of the many joys of being a parent is watching your child learn new things. They may struggle and take time, but when they get it they are so proud. Make sure to encourage your baby in exploration and learning.

Stable Relationship

11. What hormone is produced when a child is under stress?
12. What three things are affected when these hormone levels get too high?
 - 1.
 - 2.
 - 3.
13. What is the effect on the level of cortisol produced in stressful situations if there is a loving caregiver present?
14. Every time a baby learns something new, her brain has to work _____ times harder.
15. What are some normal, stressful circumstances a toddler experiences in daily life?
16. What is Dr. Brazelton's definition of discipline?
17. At what age should discipline start?
18. Without discipline a child grows frantic. Why do you think this is?
19. Why is it so important to allow preschoolers to experience and explore their world?



Help your baby experience the world in a safe way. Let him or her explore and learn.



DVD Worksheet Key, Page 1

A Child's Perspective

You can learn amazing things from your child. They see the world through such a new and unfiltered view that they often will bring to light amazing things. Just their reactions can be a great reminder of why it is good to be alive.



Your baby's brain is growing! Make sure to talk to him or her face to face as much as possible.



Introduction

1. Which years are the most important in a child's life?

The first 3 years

2. What are the connections between brain cells called?

Synapses

3. From early infancy on into ***childhood***, we form most of the brain cells we keep throughout our lives.
4. As we mature, the brain physically changes do to ***outside influences***.
5. The most rapid changes in the brain occur in the first ***3*** years. This is when the brain is the most flexible and able to learn. This is called brain plasticity.

6. What effect does a deprived environment have on the brain?

A deprived environment makes the brain smaller.

7. At what age does brain cell development peak?

At 3 years old.

8. Children between the ages of 3 and 5 lose ***40*** percent of the brain cells they were born with.

Touch

9. How do babies begin to identify and order their world?

They see, feel, and suck objects.

10. Being held and touched, especially in the first 3 years, is how children can tell they are ***loved*** or ***wanted***.

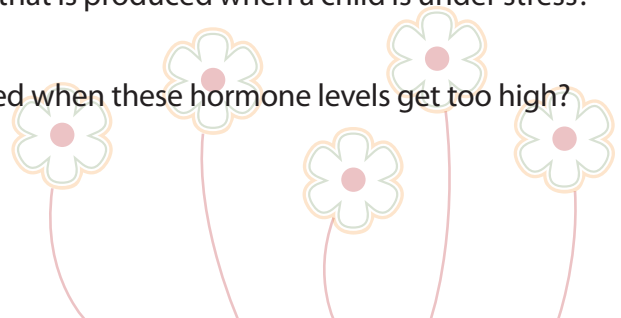
Stable Relationship

11. What is the hormone called that is produced when a child is under stress?

Cortisol

12. What three things are affected when these hormone levels get too high?

1. ***Heart rate***
2. ***Digestion***
3. ***Ability to think***



DVD Worksheet Key, Page 2

Watching Them Learn

One of the many joys of being a parent is watching your child learn new things. They may struggle and take time, but when they get it they are so proud. Make sure to encourage your baby in exploration and learning.

13. What is the effect on the level of cortisol produced in stressful situations if there is a loving caregiver present?

The level of cortisol released by the brain is reduced.

14. Every time a baby learns something new her brain has to work 7 times harder.

15. What are some normal, stressful circumstances a toddler experiences in daily life?

Falling down, learning to walk, and being out of control

16. What is Dr. Brazelton's definition of *discipline*?

Teaching, not punishing

17. At what age should discipline start?

8 months

18. Without discipline a child becomes frantic. Why do you think this is?

Children need boundaries in order to feel secure. When adults don't set boundaries for the children, the children feel out of control.

19. Why it is so important to allow preschoolers to experience and explore their world?

When a preschooler is protected from going away from Mom and exploring, they are unprepared for the separation that will take place when they go to school. It is an important part of their development to explore and experience their environment and then return to Mom for security and love.



Help your baby experience the world in a safe way. Let him or her explore and learn.

