

### 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 due 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 \_\_\_\_\_.



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#### 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 due 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***

