

Question to Ponder:

How can a game of peek a boo change the world?

What can we do to make a difference to the child's learning development?

What if a child's childhood is without interaction?

Key Points:

Importance of the first five years of a child's health and development.

Five indicators/influencer for Healthy development

Serve and Return games that help development.

Interaction with a child matter.

Kids are hardwired to seek meaningful interactions.

Most important- First five years.

Most impactful=Serve and Return

When- early and often

Notes:

What if I was to tell you that a game of peek a boo can change the world.

It shapes children and the adults they become (If it is done early and often).

Importance of the first five years of a child's health and development (Mainly the brain)

Brain Analogy

- Size of bag increases per age (First born to one year old almost double in volume).
- At five or so it is almost 90 percent the volume of an adult brain.
- Brains develop faster in the early years (five years) than any other time of a person's life.
- One million neural connection every second.

Healthy development Influencers

- Connecting
- Talking
- Playing
- A Healthy Home
- Community

=Help Brain reach full potential.

Method to accomplish: *Serve and Return (Connect, Talk, and Play with kids)*

Examples and its effect

- Copycat Games- Builds imagination and empathy
- Naming games- Build vocabulary and attention
- Peek a boo- Build memory and trust

Playing, giving attention, and making your child laugh= build relationship and mental health-> Teaches important life skill (making friends, taking the test, getting a job, and starting a family)

No Attention= Difficulty being calm, to feel safe and trust people.

Kids are hardwired to seek meaningful connections (Causes confusion and stress when not given)

Strong Connection- Allows the child to better recover.

Positive Relationship gives kids the confidence they need to try new things, explore and be a kid.

Summary:

A game of peek a boo can change the world as the first five years of a child is the most important stage of their development as this is when their learning/adapting capabilities are on its peaked. On those age, the most impactful thing parents can do to help is through serve and return. This means parents should interact with their child as early and as often as they can as each game or interaction helps them develop certain abilities.