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The Impacts of Lacking Responsive Care on Early Childhood Development

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ABSTRACT

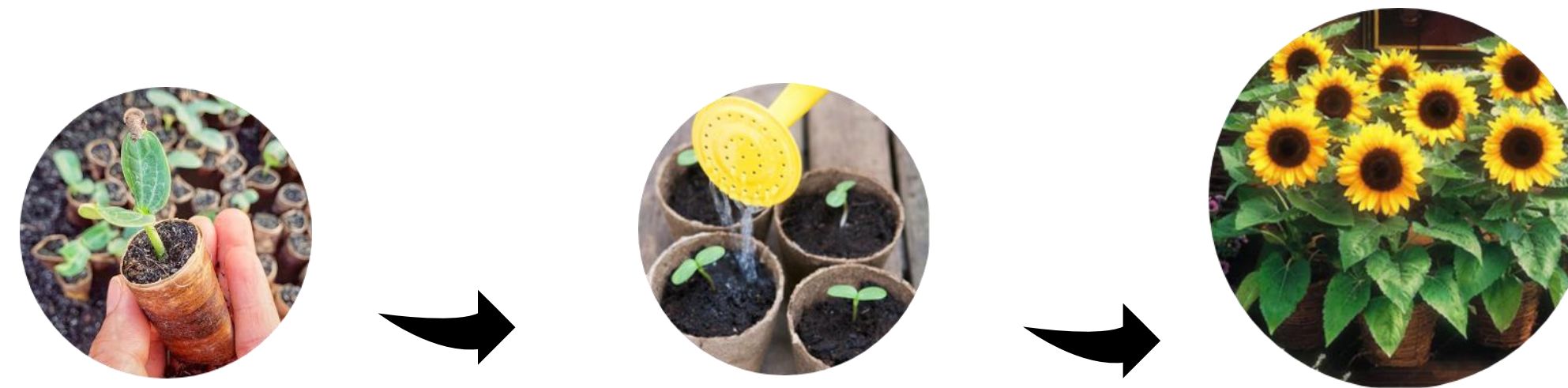
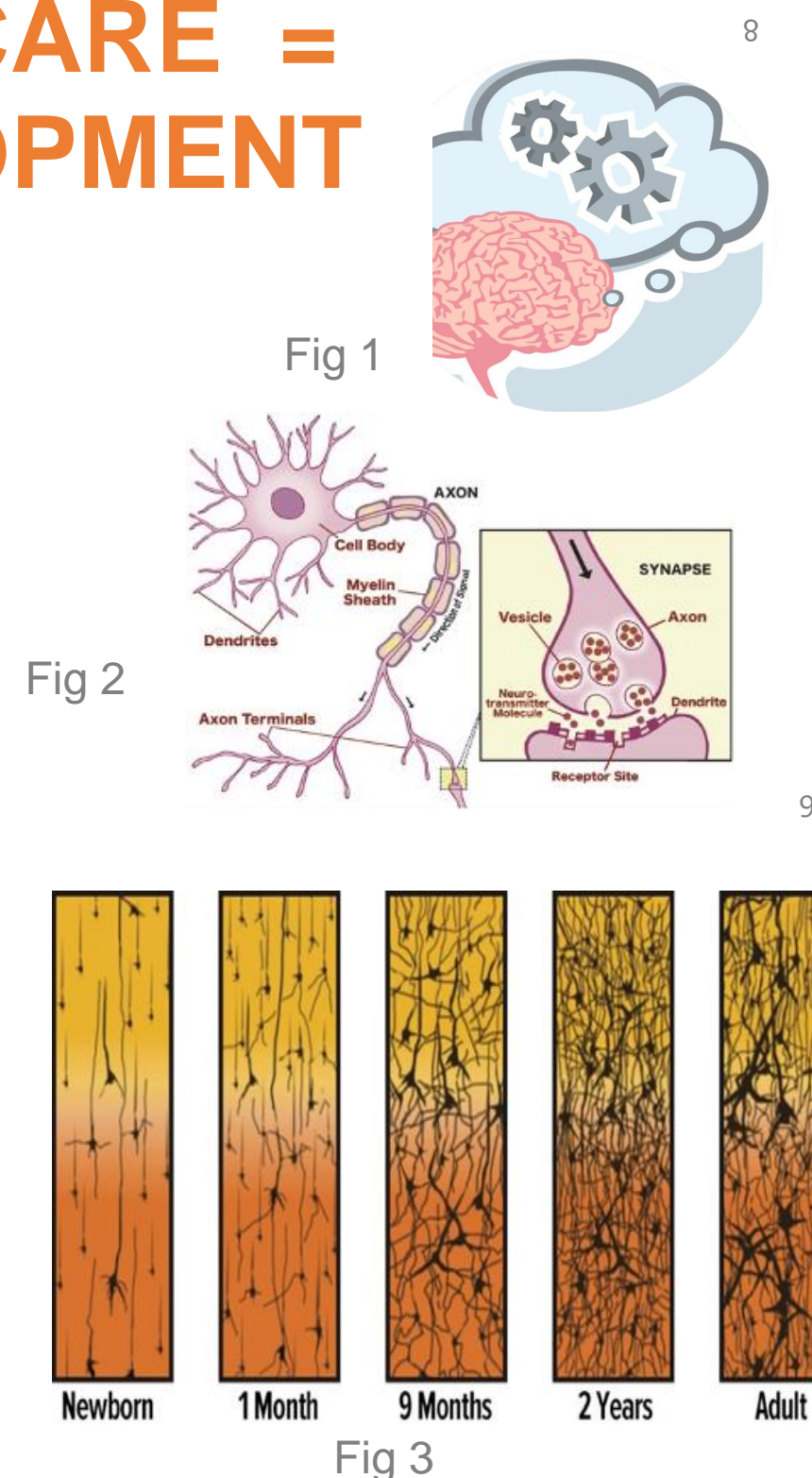
This paper examines the negative impacts of lacking responsive care on a child's development in early childhood. It also pays attention to the essential roles of caregivers and suggests some possible strategies to best support a child's complete development.

INTRODUCTION

What a child experiences during the first years in life matters. Experiences both positivity or negativity create lasting impacts on a child's brain. During these earliest years in life, a child's brain works tirelessly to form brain connections and builds brain. Positive experiences with a caregiver build a healthier, stronger body and mind. Conversely, adverse experiences resulted from unresponsive disrupts the brain development that in turn leads to cognitive, physical development delays, and impairment of both executive function and self-regulation skills of a child¹. Therefore it is critical for caregivers to be responsive during early childhood so that the child will thrive.

LACK OF RESPONSIVE CARE = DISRUPT BRAIN DEVELOPMENT

- At birth, a child has all brain cells (neurons) needed for the entire life
- Connections of billions brain (circuits) help a child process information of emotions, behavior control, develop cognitive skills, motor skills, logic, language, memory² etc.
- These brain connections can be formed or pruned (eliminated) over the years³.



Research shows that a child who receives limited or no responsive care is at greater risk of⁴ :

- cognitive disabilities, impairment of executive and self-regulation skills
- slow language development, behavioral problems
- chronic health problems and death.



Fig 4 Institutionalized children have limited opportunities to interact with caregivers

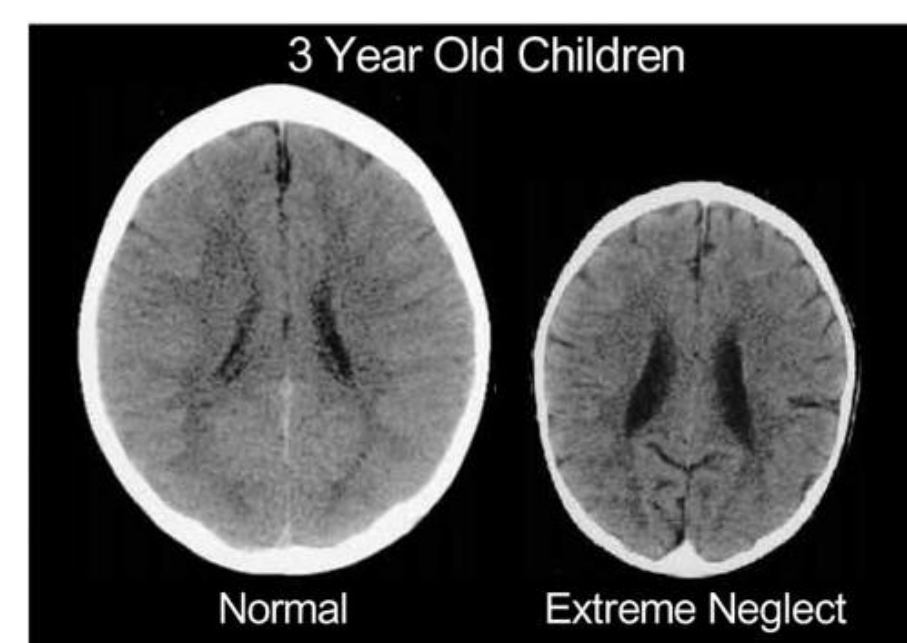


Fig 5 Abnormal brain development following sensory neglect in early childhood⁶.

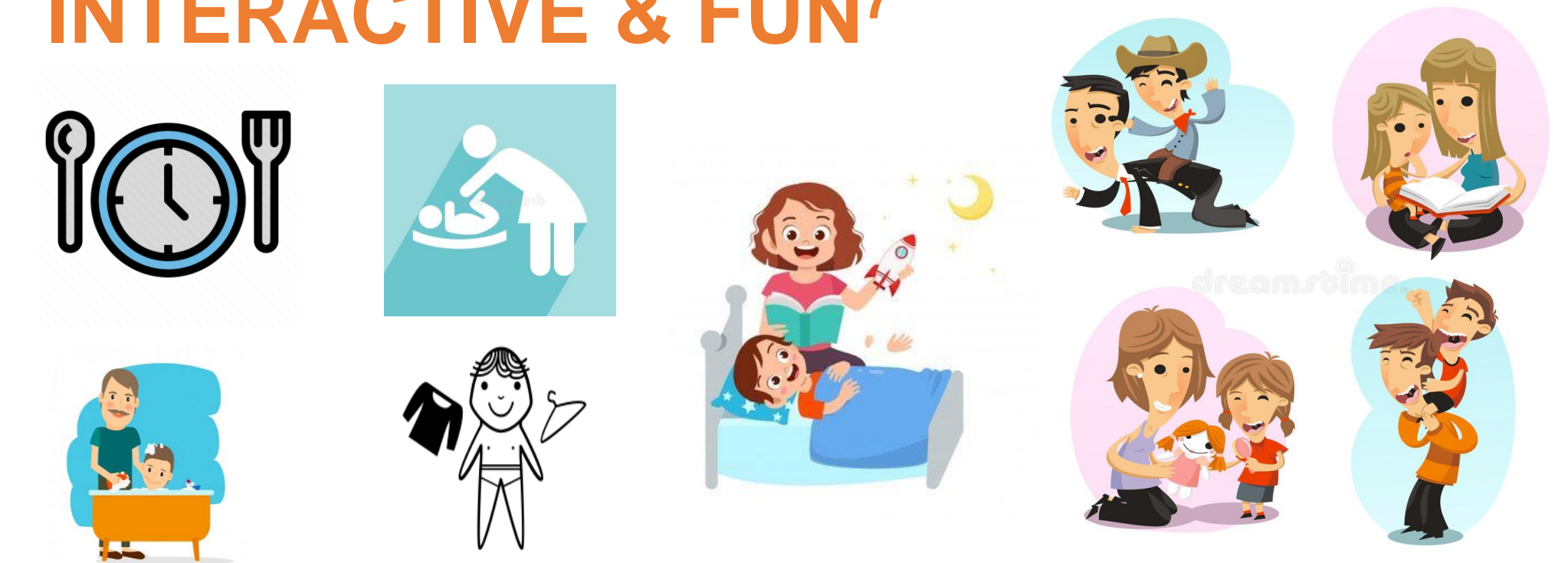


Fig 6 A child has to bottle feed by himself

- ♥ Be present when a child needs you, show a child that he/she is loved⁵
- ♥ Be attentive to the needs of a child, helps a child understand different emotions
- ♥ Be responsive with a child's needs , understand cues even though a child cannot speak

➔ The wiring in the child's brain grows bigger and stronger. This means the child's brain grows wiser.

MAKE EVERY MOMENT INTERACTIVE & FUN⁷



A lack of responsive care in early childhood has devastating effects that last a lifetime, but when a caregiver commits to provide nurturing and thoughtful interactions with a child, everyday activities can be fun and interactive. Every moment and interaction that a caregiver provides is powerful to a child's complete development that builds a strong foundation for a healthy and happy life.

References

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HOW TO BEST SUPPORT A CHILD?

Responsiveness is when there is a reliable adult who:

- acts quickly, positively, and consistently to a child's needs
- encourages back and forth interactions with a child in day-to-day activities, help a child to learn and grow