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Getty Images We have the best news for hugging loving moms around the world: New research shows that lovingly touching your baby in one simple but concrete way can actually set them up to be better social creatures. The study, which was published in the August issue of neuroscience in the journal *Cerebral Cortex*, found that the frequency with which a parent touches their child is related to the development of that child's social brain. What exactly does that mean? For the study, the researchers observed 5-year-olds playing with their mothers and took note of the number of times mothers touched their children, the Huffington Post reported. They then followed the children two days later - and found that children who were touched were more exposed to more activity in their social brains, much like parts of our brains that allow us to successfully interact with other people. While the researchers acknowledge that there are other factors that play into the development of a child's social skills, the moral of the findings of this study is that the more you touch your child, the better they will be equipped to develop skills for social behavior. (Think of being interested in other people and empathizing.) The effect of touching parents can be even stronger, however, if you touch your child's back: Affectionate touches reach the human brain through a class of nerve fibers in the skin known as c-tactile afferents, the Huffington Post explains, and they are located mostly on the back of our body. These nerves respond best to slow, gentle strokes, and they cause a number of positive hormonal effects. All the more reasons to give your child a hug today. Huffington Post This content is created and maintained by a third party, and is imported to this page to help users provide their email addresses. Can you be able to find more information about this and similar content on piano.io Medically reviewed by Karen Gill, M.D. - Author Rebecca Joy Stanborough, MFA on December 9, 2019Is of this child's development on the way? It is a question parents, pediatricians, educators and caregivers ask over and over again how children grow up and change. To help answer this important question, child development experts have created many different diagrams and checklists that can help you track your child's development in several key areas: physical development (thinking skills) development of social and emotional developmentS. Researchers at Boston Children's Hospital studied four of the most famous child development checklists and found that

they mentioned a total of 728 different skills and abilities. What else importantly, only 40 of these developmental records will show up on all four checklists, which begs the question: If you depend on one one one A good approach, these researchers suggest, is to start by talking to your child's pediatrician or primary health care. The measures that physicians use may differ from those that parents may find on print or online checklists. Your child's doctor can check your child for any developmental delays using proven screening tools during or between visits well. It can also help to think of development as an individual progression rather than as a list of boxes you should tick at certain prescribed intervals. If progress stops or seems to stop, it's time to talk to your child's doctor. If there is a delay, identifying it early can sometimes make a big difference to the child. What are the developmental implications? A child's a goal is something a child can do by a certain age. Most children develop skills and abilities in roughly the same way, but the timing associated with this is not accurate. They vary from baby to child, just like hair and eye color do. Each child grows and develops at an individual pace. Here's a quick look at some commonality for each age period.tools to review your child's development Centers for Disease Control and Prevention (CDC) has created a free app to help you keep up with the many ways your child is growing and changing. You can download it here for Android devices or here for Apple devices. During this period of deep growth and development, children grow and change rapidly. Doctors recommend you talk a lot with your child at this stage because hearing your voice will help your child develop communication skills. Other suggestions include: Short periods of belly time to help strengthen your baby's neck and back muscles - but make sure the baby is awake and you are close for this playing time. Respond immediately when your baby is crying. Picking up and comforting a crying child builds a strong bond between the two of you. Development table: Birth before 18 monthsIn the years of the baby, children still need a lot of sleep, good nutrition, and a close, loving relationship with parents and caregivers. Doctors at Seattle Children's Hospital offer this advice to create a safe, caring space to maximize your child's early growth and development: Create predictable procedures and rituals to keep your child safe and grounded. Toddler-proof your home and yard so kids can explore safely. Use gentle discipline to guide and teach children. Avoid strokes that can cause long-term physical and emotional harm. Sing, talk and read to your baby to enhance their dictionaries. Watch your child's signals about the warmth and reliability of all caregivers. about yourself physically and emotionally because your child needs you to be healthy. Development table: 18 months to 2 yearsAs these preschool years children are becoming more independent and able. Their natural curiosity likely to be stimulated because their world is expanding: new friends, new experiences, new environments like kindergarten or kindergarten. At this time of growth, the CDC recommends you: Keep reading to your child daily. Show them how to do simple things at home. Be clear and in line with your expectations, explaining what behavior you want from your child. Talk to your child in an age-appropriate language. Help your child solve the problem when emotions run out. Monitor your child in open play spaces, especially around water and gaming equipment. Allow your child to have a choice about how to interact with family members and strangers. Development Table: 3 to 5 YearsIn School Years, children quickly gain independence and competence. Friends become more important and influential. The child's self-confidence will be affected by academic and social problems related to the school environment. As children grow older, the challenge for parents is to strike a balance between ensuring their safety, enforcing the rules, maintaining family ties, enabling them to make certain decisions and encouraging them to take on greater responsibility. Despite their rapid growth and development, they still need parents and caregivers to set limits and encourage healthy habits. Here are some things you can do to make sure your child continues to be healthy: Make sure they get enough sleep. Provide opportunities for regular exercise and individual or team sports. Create quiet, positive spaces for reading and studying at home. Limit screen time and keep a close eye on online activities. Build and maintain positive family traditions. Talk to your children about consenting and setting boundaries with their bodies. Development table: School ageIf you wonder whether the development of any aspect of a child's development can be delayed, you have several options. First, talk to your child's pediatrician and ask for development screening. The screening tools used by doctors are more thorough than online checklists, and they can give you more reliable information about your child's abilities and progress. You can also ask your pediatrician for referrals to a development specialist like a pediatric neurologist, occupational therapist, speech therapist/language therapist, or psychologist who specializes in evaluating children. If your child is not yet 3 years old, you can apply for an early intervention program in your state. If your child is 3 years old or over, you can talk to the headmaster of a special education school near your home (even if your child is not enrolled in this school) to ask Development. Make sure you write down the date and director's name so you can follow up if necessary. It is really important that you act immediately if you suspect developmental delay or disorder, because many developmental issues can be solved more effectively with Intervention. During screening, your doctor may ask you questions, interact with your child, or conduct tests to learn more about what your child can and cannot do yet. If your child has a disease, was born early, or has been exposed to an environmental toxin like lead, your doctor may conduct development screenings more often. By talking to parents about milestones, if you are a caregiver or educator who should discuss possible delays with parents, the CDC recommends that you approach the topic in a clear, compassionate way. You may find these tips helpful: Talk about milestones often, not just when you're worried about delay. Use good listening skills. Allow your parents to speak without interrupting them, and repeat their problems so they know that you are paying close attention. Consider having a colleague at a meeting for notes. Keep in mind that parents can react emotionally. Family and cultural issues can shape the reaction of parents. Share any records or records you have saved to document your child's progress. Encourage contact with your family pediatrician. Watch out, making sure you share the good news as well as the problems. Infants, toddlers and school-age children develop new skills and abilities in constant progression as they age. Each child develops at an individual pace. Using developmental milestone checklists can be beneficial for parents and caregivers who want to be sure that the child is growing up in a healthy way. But it is also important that all well-appointed child as development is screened on each one. If you are concerned about the possibility of missing a mark, your child's doctor may discuss this with you and may conduct development screening as needed to provide a clearer picture. You can also contact development specialists, early intervention programs and special educational programs in local schools to have a child appreciated. Strong connections between parents and children, good nutrition, adequate sleep and a safe, caring environment at home and at school will help provide children with the best chance of developing as they should. Last medical review December 9, 2019 stages of human brain development pdf. what is the meaning of development explain the stages of development of the human brain. the embryonic human brain an atlas of developmental stages

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