

Effects of Early Stimulation and Deprivation

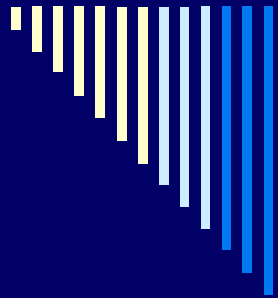


Deprivation is always “bad.”

- The general philosophical trend has been that *stimulation* is always “good” and ...

deprivation is always “bad.”





Questions

- ❑ Can **overstimulation** occur?
- ❑ Is **deprivation** ever in the child's best interest?
- ❑ When are the **best** times for stimulation or the **worst** times for deprivation?
- ❑ Is stimulation worthwhile for the **acquisition** of all human behaviors?
- ❑ Are there **some behaviors that cannot be facilitated** by early exposure to stimulating experiences?





Objectives

- Describe some **effects of early stimulation.**
- Describe some **programs to enhance early motor development.**
- Describe some **effects of early deprivation.**
- Explain the **major concepts concerning stimulation and deprivation.**



Effects of Early Stimulation

- “Bringing up Superbaby”
(Langway et al., 1983)
 - Predicted increased enrollment in children’s educational programs.

- Currently
 - Parents begin to “teach” their children at birth.
 - Parents are involving children in early educational programs more than ever before.

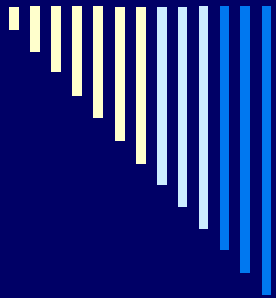




Why?

- Parents are **older, more educated, and wealthier** than earlier generations.
- Parents believe early educational stimulation is **valuable**.
- Parents want all **advantages** for their child.
- Parents believe that **kindergarten** is “too late”.





Repeated exposure to the characteristic sounds of a **foreign language will create dedicated neurons in the auditory cortex of your baby's brain resulting in greater brain capacity.**

Baby Einstein includes nursery rhymes spoken by mothers in their native languages of **English, Spanish, Japanese, Hebrew, German, Russian and French.** For ages birth to 18 months.

Birth to 18 months.





Effects of Early Stimulation

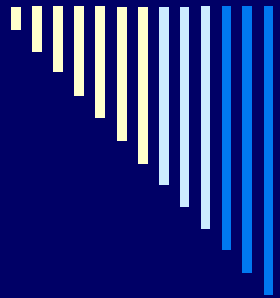
- Burton White (1975): First Three Years of Life
 - Parents are teachers, not just creators of babies. 
- Glen Doman (2000, 2005, 2006)
 - Fine motor control of eye influences reading and math success.
 - Use flashcards during first few days of life to stimulate eye control.
- Benjamin Spock
 - Concern that children are “overintellectualized”.
 - Early emphasis on achievement may actually hamper emotional, physical, or creative aspects of development.

Programs to Enhance Early Motor Development

- Millions of programs available to fill consumer demands.
 - Offered by qualified and unqualified persons.

- Two main types of programs:
 - No programming
 - Programming





Programs to Enhance Early Motor Development

□ No programming

- No systematic practice of future motor skills.
- Instruction withheld until the infant learns body control.
- Do not place a child in a position they cannot attain alone.
- Nonrestrictive clothing advocated.
- Hard-soled shoes are discouraged.
- Allows for acquisition of early movements.



5 months

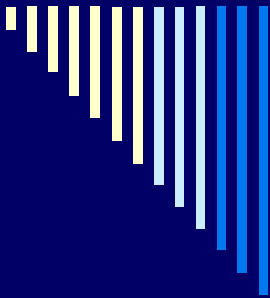
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~~Programs to Enhance Early Motor~~

Development

□ Programming

- Parent takes an active role in moving the baby or limbs of the infant during activity.
- Infant **walkers, bouncers**, etc., are encouraged.
- Specialized equipment is available.
- Manual manipulation benefits infant **posture, locomotion, fitness and flexibility**.



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Infant Walkers



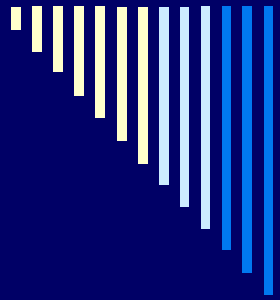
- Designed to support babies who cannot yet walk independently.
- There are many questions about safety and efficacy of the device to promote early walking.

Infant Walkers

- Concerns for Injury
 - Slipping through walkers.
 - Tumbling over walkers.
 - Falling down stairs in walkers.

- Cost of Walkers
 - 12 – 40% of users experience injuries.
 - \$9 million / year on walker related injuries in US.
 - 34 walker related deaths in US between 1973-1998.

- Concerns for Development
 - May deprive infants from seeing moving limbs.
 - May delay independent walking.
 - May impede crawling.



The ExerSaucer



~~Programs to Enhance Early Motor~~ Development

- Little research is available to substantiate either “no-programming” or “programming”.

- American Academy of Pediatrics recommends:
 - Structured programs not be “promoted as being therapeutically beneficial for the development of healthy infants”
 - “Parents are encouraged to provide a safe, nurturing, and minimally structured play environment for their infant”

Swim Programs

□ American Academy of Pediatrics

- Swim programs designed to teach infants to swim (0-1 year) ineffective.
- Infant and toddler aquatic programs **DO NOT** decrease the risk of drowning.
- Children not ready for formal swim lessons until 4th birthday.





Swim Programs

- ❑ Skills better achieved once child has attained the motor development of 5 year old.
- ❑ Earlier lessons do not lead to more rapid mastery of skill.
- ❑ Drownproofing programs may give parents a false sense of security.
- ❑ Early programs are beneficial for pleasure and comfort in the water.



Swim Programs – Health

□ Hyponatremia Concerns

- Water intoxication
- Individual **ingests too much water**
 - Body's electrolytes reduced
 - Kidneys cannot filter excess fluid
 - Sodium levels reduced
- Symptoms: restlessness, disorientation, weakness, death



Swim Programs – Health

□ Giardia Concerns

- Parasite which develops in intestinal track.
- Causes diarrhea.
- Easily transmitted to others in a pool.

□ Safety in the Pool

- Shower after class (wash off Giardia).
- Wear tight legged diapers/pants.
- Children who are ill or with diarrhea should not participate in swim lessons.

Gymboree

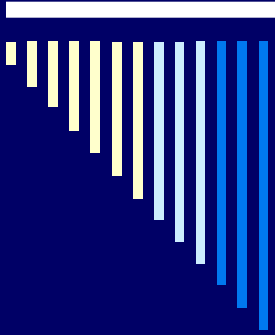
- Philosophy:
 - Preschool years may be the most critical part of education but parents have least amount of expert help.
 - Preschoolers need to be provided with certain types of play activities that are essential in development but not available at home, playground, or nursery.
 - Safe and noncompetitive.





Gymboree

- Program includes 7 levels designed to enhance motor skills, social skills, and self-esteem.
- Physical fitness
- Arts
- International play
- Music and dance
- Yoga



- Free time with colourful scaled down equipment:
 - Balance beams, balls, scooters, tunnels, rollers, hoops, ladders
- Group activities: singing, dancing, etc.



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Gymboree

- Program claims improvement in
 - Balance
 - Fundamental movements (run, jump, throw, catch)
 - Switching modes of locomotion
 - Assuming variety of body positions
 - Changing directions and speeds
 - Socializing
 - Expressing imagination

- Parent surveys
 - Parents have undistracted quality time with children.
 - Parents have chance to meet other parents.
 - Children are less passive and dependent.
 - Children develop coordination and social skills.



□ <http://www.kindermusik.com/>



Kindermusik is a music and movement program.

What is Kindermusik?
Each week in class you'll play, listen, and dance to music that will impact you and your child in profound ways.

That's because every song, story, and two-step has a carefully chosen purpose in this creative curriculum—one that's designed to stimulate and strengthen the vital neural wiring taking place in your child's mind, right now.

A Kindermusik educator will guide you every step of the way so you know how each activity contributes to your child's overall growth and development.



Kindermu-
sik
8 months

