

GROWING STRONG, DEVELOPING BETTER

by:

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Infancy and childhood development are crucial for every being. It is the basic process that led us to growth, a stepping stone that develops many aspects of our life. The cognition, psychomotor, emotional and even down to the skills we've acquired and currently learning such as reading, language acquisition and association of symbols and mental pictures are all related to these stages. Mainly because it opens doors to explore the world through different glasses. Early childhood development also plays an important role in the foundation of our personality because it shapes who we are. Optimizing the early years of children's lives is the best investment we can make as a society in ensuring their future success. On their few years, they will greatly depend on the people around them and the actions and activities we do will be pick up by them. The caregivers took a big portion of how children will be brought up in the future. It is their duties to introduce babies and children to tasks that are beneficial for growth. The first walk, sucking, babbling or articulation of words until they got the hang of it and follows their own. The caregivers are crucial into the child's maturity since their beliefs and ways in life are first made as the child's own. This is the reason why the adults who are taking care of the child should take into consideration every action and words before doing it. It will save time, energy and cultivate strong emotional, mental and cognitive support for the child. This concept was also discussed by developmental psychologist Erik Erikson in his theory of Psychosocial development. It's under the first stage labeled as trust vs. mistrust and begins from birth and approximately until 18 months. According to Erik Erikson, the infant is uncertain about the world in which they live, and looks towards their primary caregiver for stability and consistency of care. If the child feels supported and well taken care of then he will likely build trust that also applies to the extension of

relationships around him later in life. On the other hand, if the caregiver fails to give support, care and love, the child will feel threatened and will develop mistrust that can impact his cognition. Moreover, the environment is important too, because it shapes the child inside of us. Brain imaging studies also suggest that if a child grew up in a disadvantaged or stressful environment then it can cause the brain to develop differently. Even the most basic task such as playing serves as the building blocks of learning which are also important to get our brain to maturity. It provided us an opportunity to see conflicts and challenges us to look at our potentials. Often it offers us a view to what kind of person we are, such as when you are playing and offered variety of choices, the choices you make reflects who you are. If you like puzzles, logical games or just playing for the mere fun of it then it could say a lot about you, by this you'll get the feeling that "you can be good at this you can be good at that". Through our childhood, moral, social and emotional aspects are developed. Growing up expose us to the circumstances and variety of situations which can cultivate our sense of self. It'll determine the way we communicate and stand up or even how worthy we perceive ourselves to be. It creates a space for our motivation and learning and sometimes the way we interact with other people. The impact of proper development for children will last for the very long run and is certainly not a thing to be overlooked upon.

It is funny to relive moments where we feel totally clueless about the most basic things. But it is also a wonderful feeling that we get to learn in process and develop the mind, body and all that is given to us. It connects us to the things outside of ourselves and the process undoubtedly makes us human. To be born is something we should all be grateful for, because we get to see the world even though it was harsh at times and learning is not something you get to work yourself right away. Nothing is instant even the way we acquire skills like chewing, drinking, singing and all the reflexes, these are all hard work and involves our consciousness to do so. Truly growing through infant and childhood prepares the little worlds inside us, to be unleashed with full potential and grit into the space we breathe in.

References:

depedbataan.com
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