

So why can't my child change on their own?

We know now through research that neglect and abuse have a devastating impact on how a person's brain develops. All children should be born into loving and caring homes. Within this they should be treated with respect and stimulated appropriately through their developmental age.

The stimulation is really key here for brain development. We are born with a basic brain, and it grows through constant stimulation. Stimulating the brain means creating neuro pathways (yes here comes the science bit!). Imagine a patch of grass, if someone walks over it once the blades of grass spring back and there is no evidence that they have been disturbed. But if lots of people take a short cut over the grass, a pathway develops. And there is a clear rout through the grass that everyone starts to unconsciously follow.



The brain is like this, certain skills develop if the neurons are triggered again and again. The more often they are triggered the clearer the path becomes until it is firmly built and becomes a new skill. For your child, the skills they are developing seem very simple but are essential for everything that comes next.