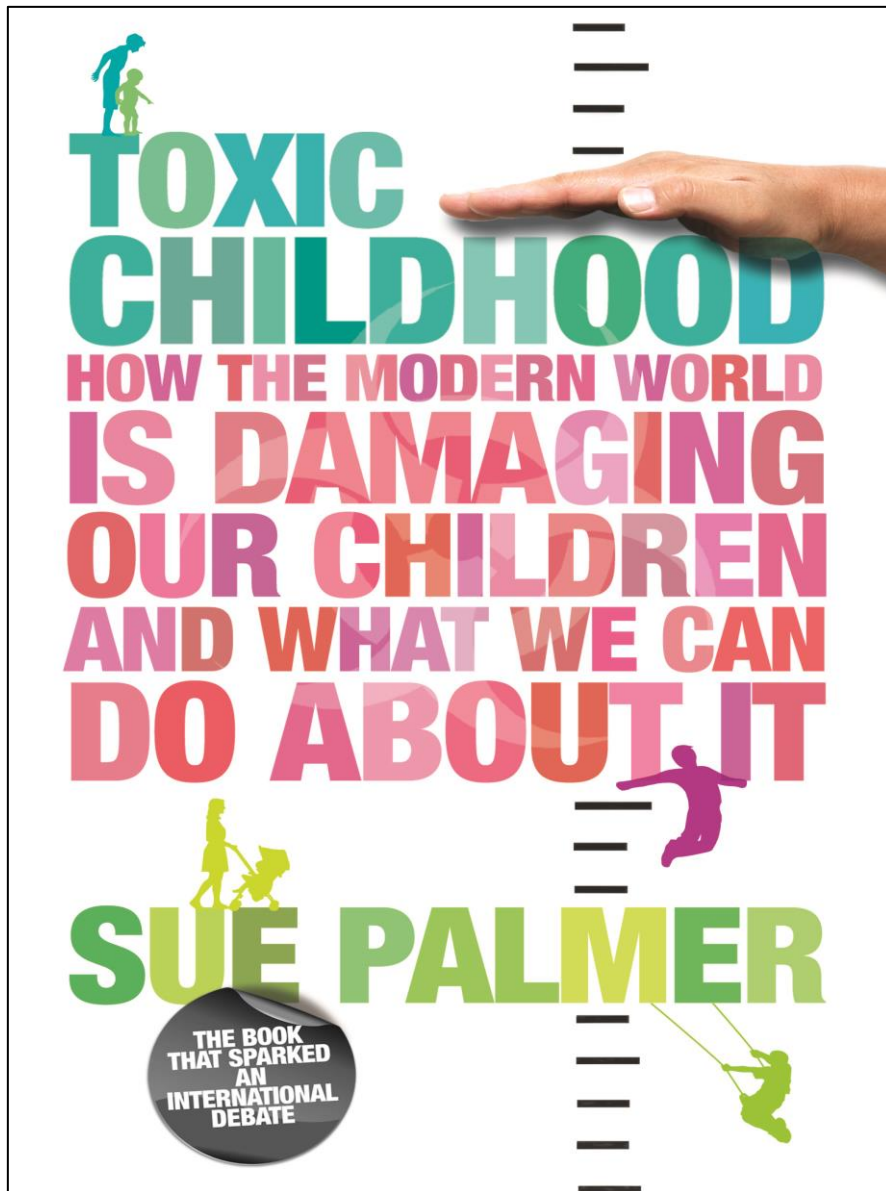


21st Century Children

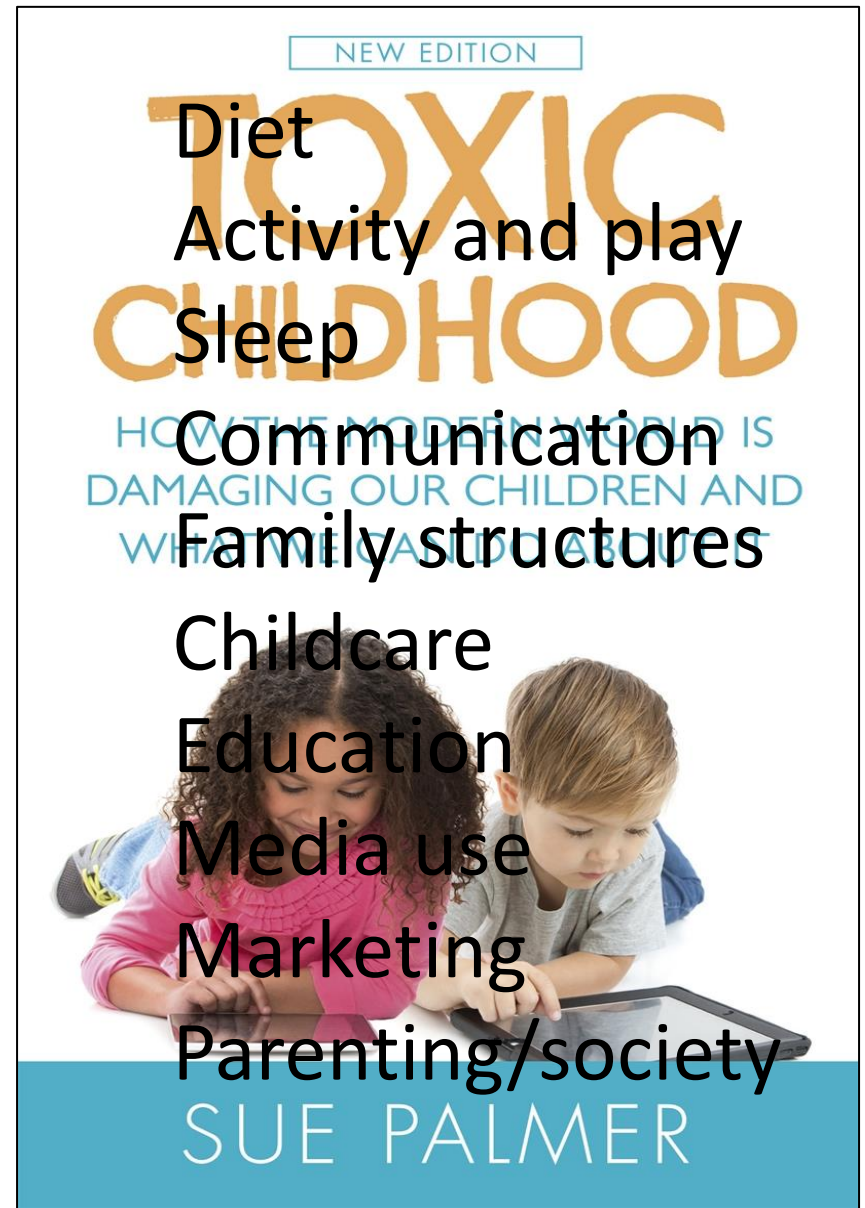
The State of Play



The Pinkie Resilience Project: Enhancing equality, boosting well-being and realising potential in Scottish schools



2006



2015

Resilience

The capacity to cope with stress and adversity

- Positive relationships
- Positive self-concept / confidence in one's own strengths and abilities
- Communication and problem-solving skills
- Ability to manage strong impulses and feelings
- Ability to make realistic plans and follow them through (adapting as necessary to fit circumstances)



Nature: the biological systems that underpin life and learning

Nurture: the unique environmental experiences that shape our understanding and emotional responses

Nurture

LOVE

PLAY

Nature

Attachment:

the deep bond between child and carer(s)

What about the children?

www.jbaassoc.demon.co.uk/watch/home.html



Characteristics of Secure Attachment

As Children:	As Adults:
1. Able to separate from parent.	1. Have trusting, lasting relationships.
2. Seek comfort from parents when frightened.	2. Tend to have good self-esteem.
3. Return of parents is met with positive emotions.	3. Comfortable sharing feelings with friends and partners.
4. Prefers parents to strangers.	4. Seek out social support.

2006 Durham: maternal mind-mindedness

Attunement



The process of focusing in on your child's vocalisations, facial expression and body language in order to understand what your child wants, needs and feels.

When you are 'tuned-in' to your young child, you can more easily understand what your child is telling you about their world.

Attachment and attunement

Young Children Develop in an Environment of Relationships

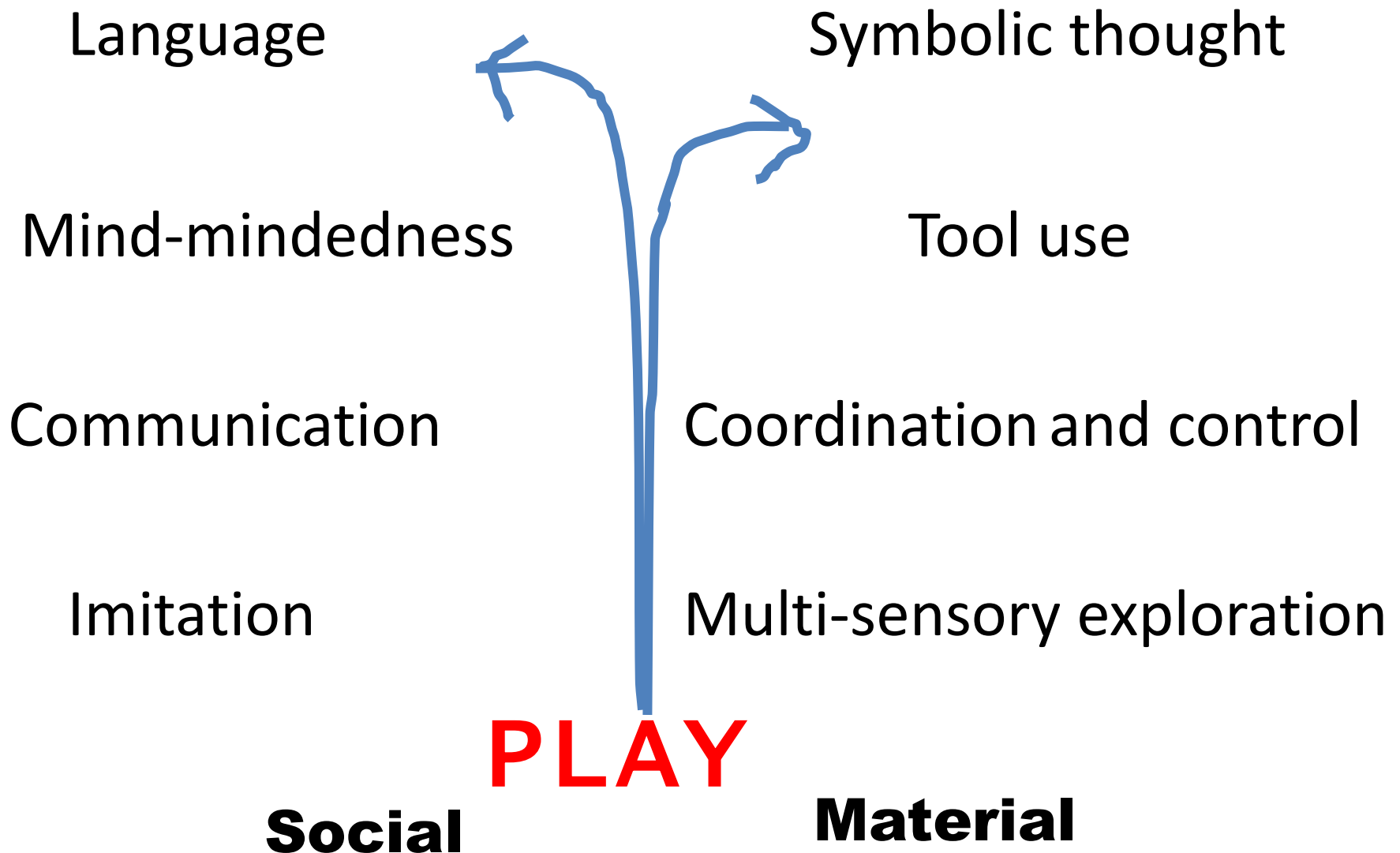
Working Paper 1, Center for the Developing Child, Harvard University

The quality and stability of a child's human relationships in the early years lay the foundation for a wide range of later developmental outcomes that really matter –

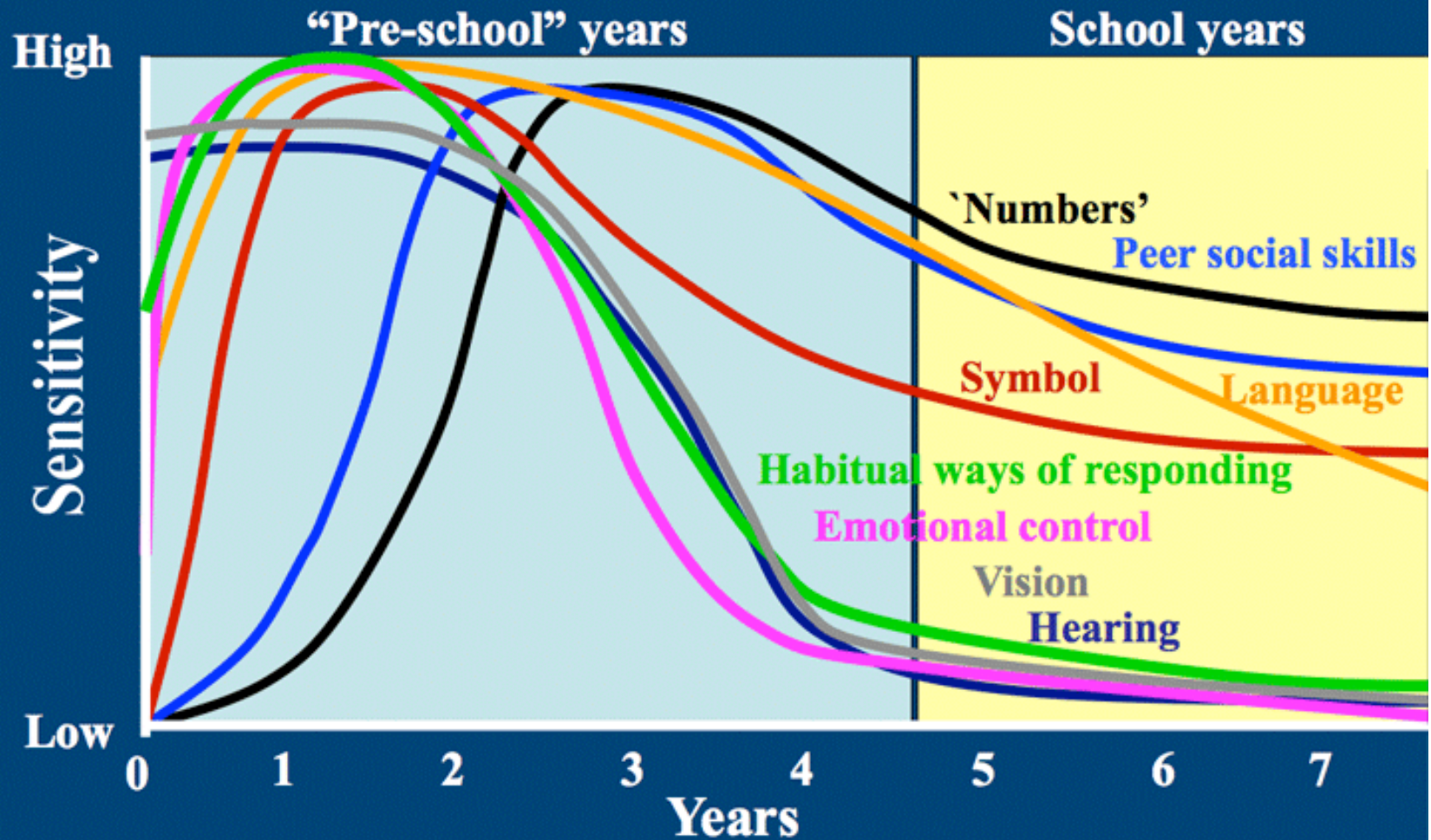
- self-confidence and sound mental health
- motivation to learn
- achievement in school and later in life
- the ability to control aggressive impulses and resolve conflicts in nonviolent ways
- knowing the difference between right and wrong
- having the capacity to develop positive friendships and intimate relationships
- ultimately to be a successful parent







'Sensitive periods' in early brain development



Graph developed by Council for Early Child Development (ref: Nash, 1997; *Early Years Study*, 1999; Shonkoff, 2000.)



Play



Talk



Read



Search...



Competition time! Fill out our survey.

Complete now



Filter ideas



Games

Stories

Songs

Healthy foods

Craft ideas

Parties

Indoor

Outdoor

More



30 things to do in the kitchen before you're 3



30 things to do in the kitchen before you're 3



5 good reasons to



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We send members regular updates about our ideas, events and competitions



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Pre-frontal cortex – some key executive functions

Focus of attention



Empathy



Self regulation

- ♦ **Identifying feelings**
- ♦ **Managing emotions**
- ♦ **Directing attention**
- ♦ **Deferring gratification**
- ♦ **Mental representation**
- ♦ **Monitoring and correcting actions**
- ♦ **Planning**
- ♦ **Identifying and using strategies**

The brain areas with longest periods of organization are related to...

self-regulation

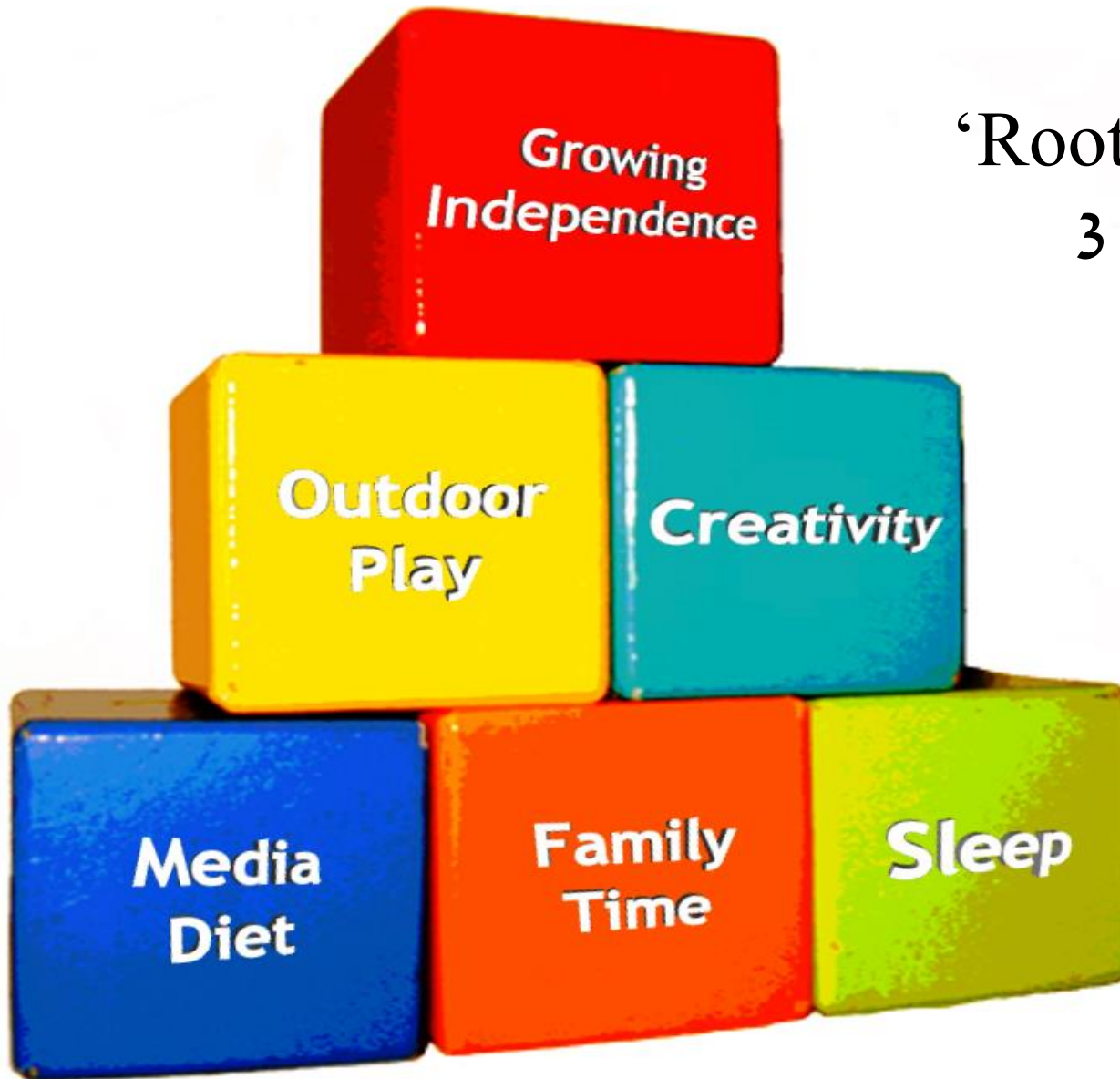
problem-solving

language/communication

social bonding



‘Roots and Wings’ 3 – 8 years



PLAY

physical, emotional, social and cognitive development



PLAY

OUTDOORS

SOCIAL

**freely chosen, personally directed,
intrinsically motivated behaviour
that actively engages the child**

LOOSELY
SUPERVISED

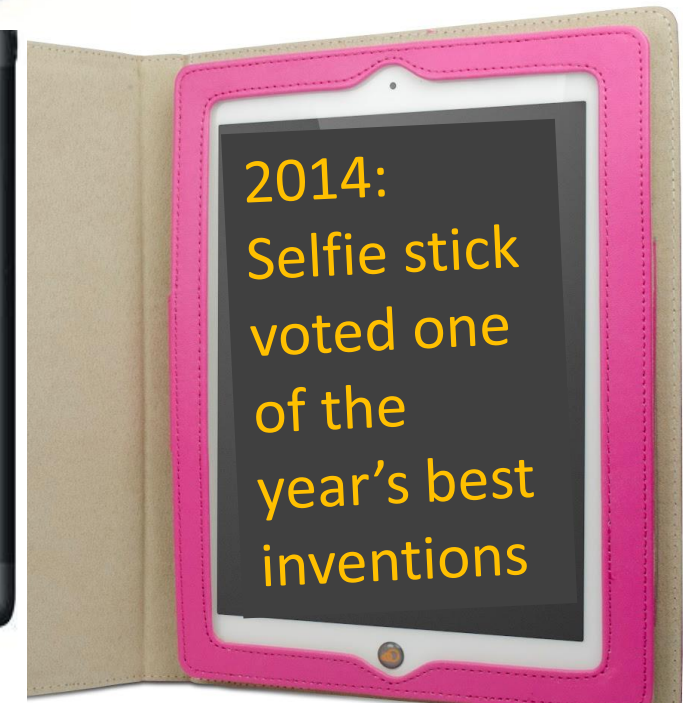
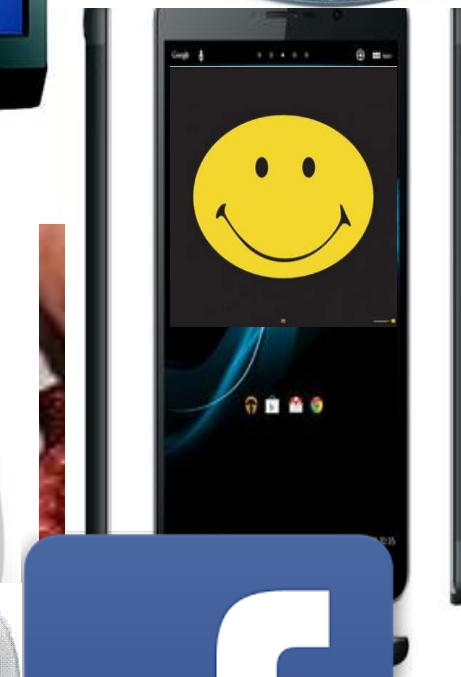
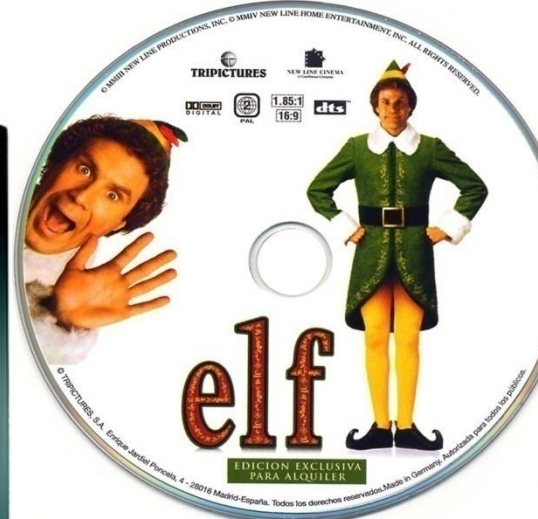
LITTLE OR NO
EQUIPMENT



Documentary film

The Power of Physical Play

*Development &
effective learning*



Instagram

Susan Linn, in *Consuming Kids: the hostile takeover of childhood*:

The explosion of marketing aimed at children today is precisely targeted, refined by scientific method and honed by child psychologists – in short it is more pervasive and intrusive than ever.

guilt **money** pester **power** brand-awareness

CONSUMERISM





Campaign for a Commercial-Free Childhood
www.commercialfreechildhood.org

TOYS R US

Disney

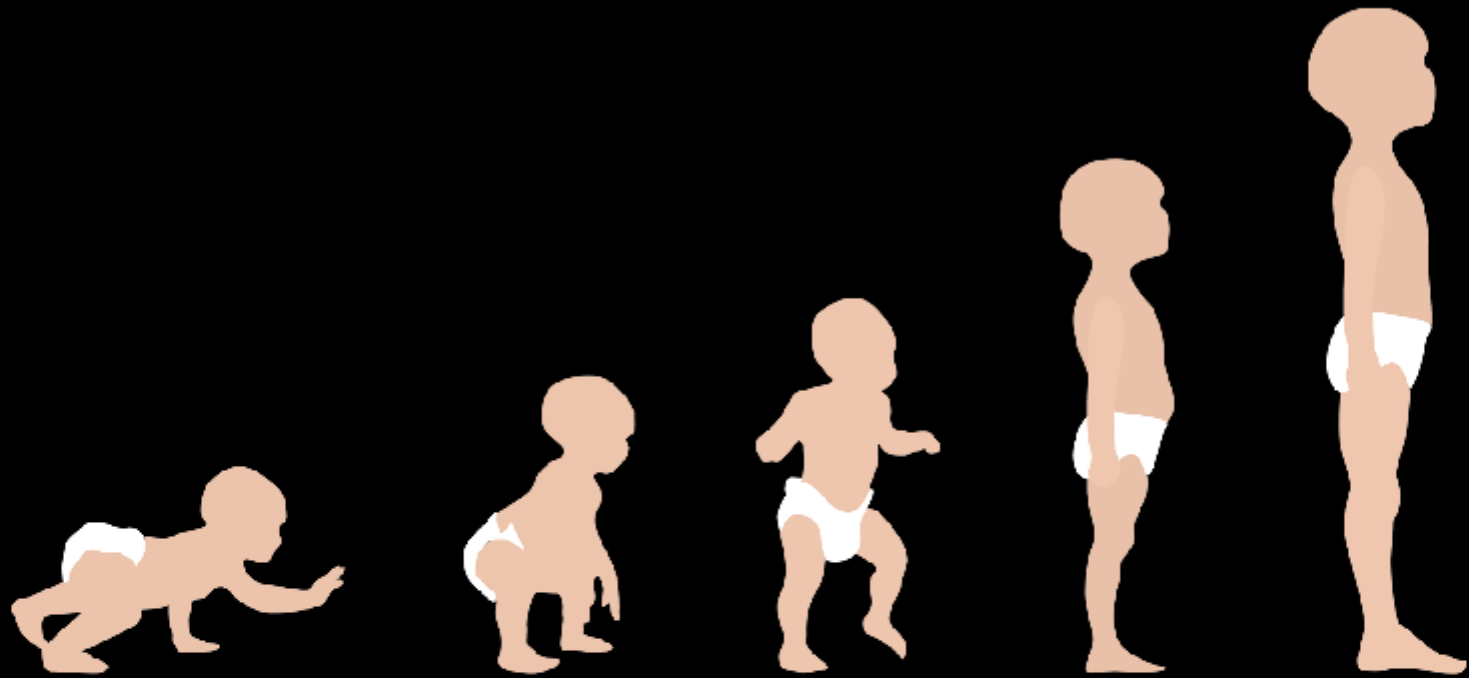




2014 Over 5000 apps targeting toddlers
The American Academy of Paediatrics recommends
1000 apps targeting newborns
NO screen-time
for children under the age of two



For children over two, the AAP recommendation is
**no more than one to two hours
screen time per day**



Human development happens in 'biological time'.

Children's physical and psychological growth
cannot happen at electric speed.



real world
real time
real space
real people



KEEP IT REAL!

How can we re-instate 'real play' in 21st century children's lives?

- Convince parents, politicians and the general public that play is vital for healthy development
- Clarify the difference between play and education ('bottom-up' development versus 'top-down' teaching) and the significance of both
- Ensure time and space for real play in a screen-saturated, hyper-consumerist culture
- Value the contribution of highly-attuned carers who can 'back off' and let children learn through play.

intrinsic motivation

self-regulation



kindergarten



empathy

self-confidence

resilience

UPSTART

The case for raising the school starting age

- Vital importance of **real play** for physical and mental health
- **Introducing a kindergarten stage between 3 and 7, based on the Nordic model – thus ring-fencing early childhood for developmentally-appropriate play-based education**
- **Readiness for formal schooling.**

Resilience

The capacity to cope with stress and adversity

- Positive relationships
- Positive self-concept / confidence in one's own strengths and abilities
- Communication and problem-solving skills
- Ability to manage strong impulses and feelings
- Ability to make realistic plans and follow them through (adapting as necessary to fit circumstances)

NEW EDITION

TOXIC CHILDHOOD

HOW THE MODERN WORLD IS
DAMAGING OUR CHILDREN AND
WHAT WE CAN DO ABOUT IT

sue@suepalmer.co.uk



SUE PALMER