

# BRAIN DEVELOPMENT



# Understanding your child's needs

Children's needs and behaviours change as they get older, and understanding these needs will help you better understand your child.



## 1. Babies

Babies behave as they do to get their needs met. For example, when they cry they're trying to tell you that they need something – maybe they're hungry, need their nappy changed or feel tired.

Older babies may show what appears like a 'stubborn streak' – spitting out food or wriggling away from a nappy change. All they are doing is trying to express their likes and dislikes in the only way they can.

When you're stressed you may feel your baby is being "deliberately naughty" or trying to provoke you. This is not possible. Remember you should never shout, scream, hit, shake or smack a baby.

## 2. Toddlers

All toddlers test limits and have tantrums. Research shows that a child's brain is still developing during this period so there are limits to how much they're able to control their emotions. Remember that behaviour in toddlers which is often seen as naughty is actually quite normal and part of growing up.

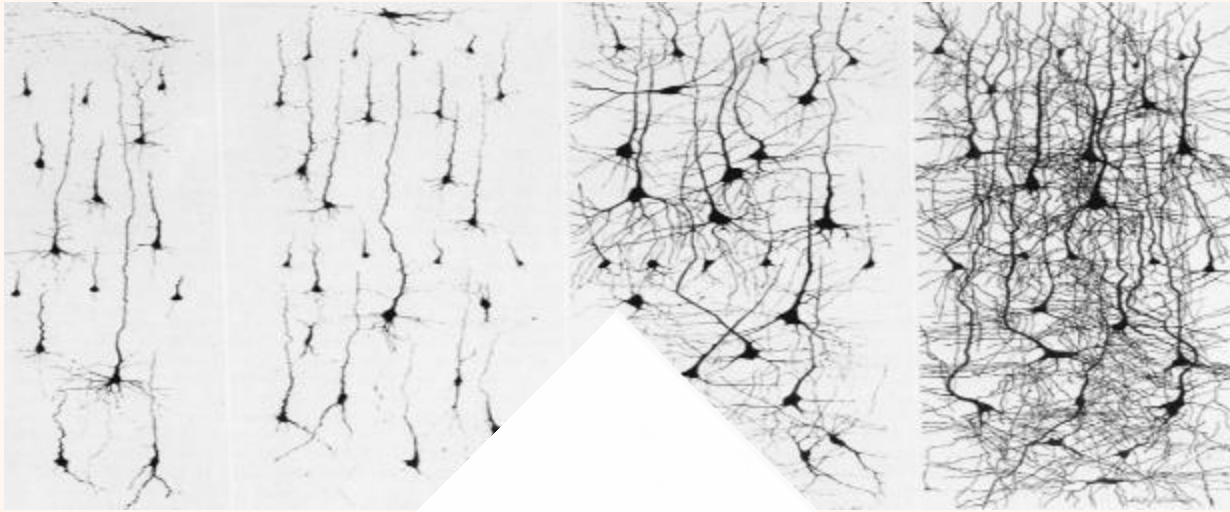
## 3. School age

School age children are constantly learning and exploring their world. They may have lots of questions as they start to form their own views on issues. As they move towards being more independent they may seem to push boundaries and become more challenging, a necessary part of growing up.

## 4. Teenagers

As children continue to develop their own identities in their teenage years, they might become more challenging – sometimes seeming "moody" or withdrawn or not as talkative and open as their parents would like. They might be more inclined to disagree with their parents, or choose different views. Friends (and celebrities) will become a bigger influence and your child may not always do what you would like.

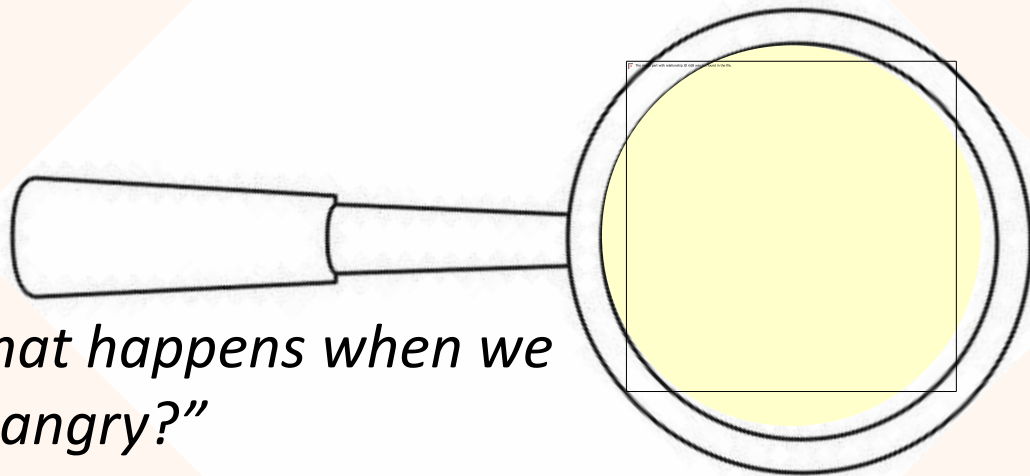
# Growing a Brain



New-born

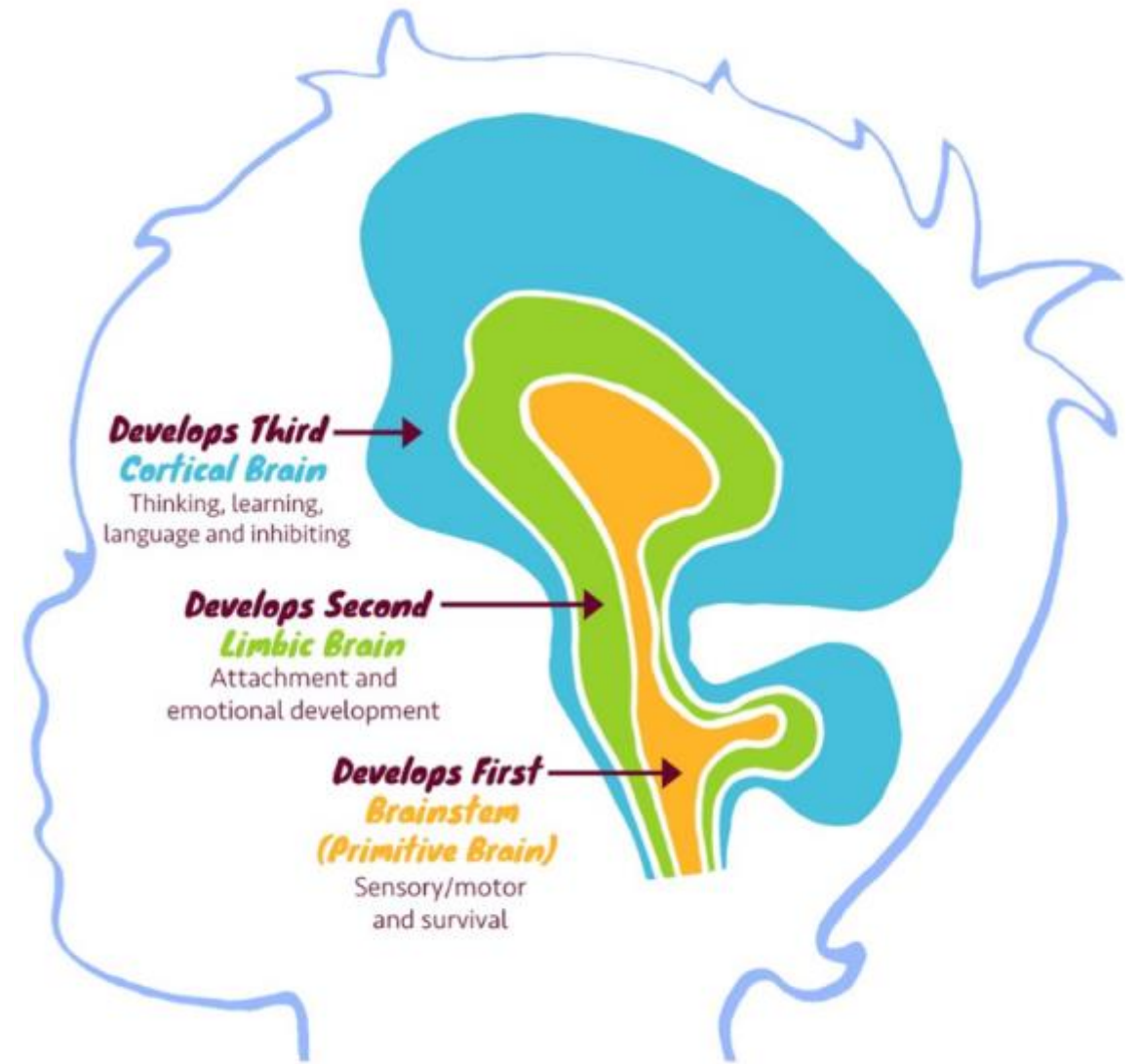
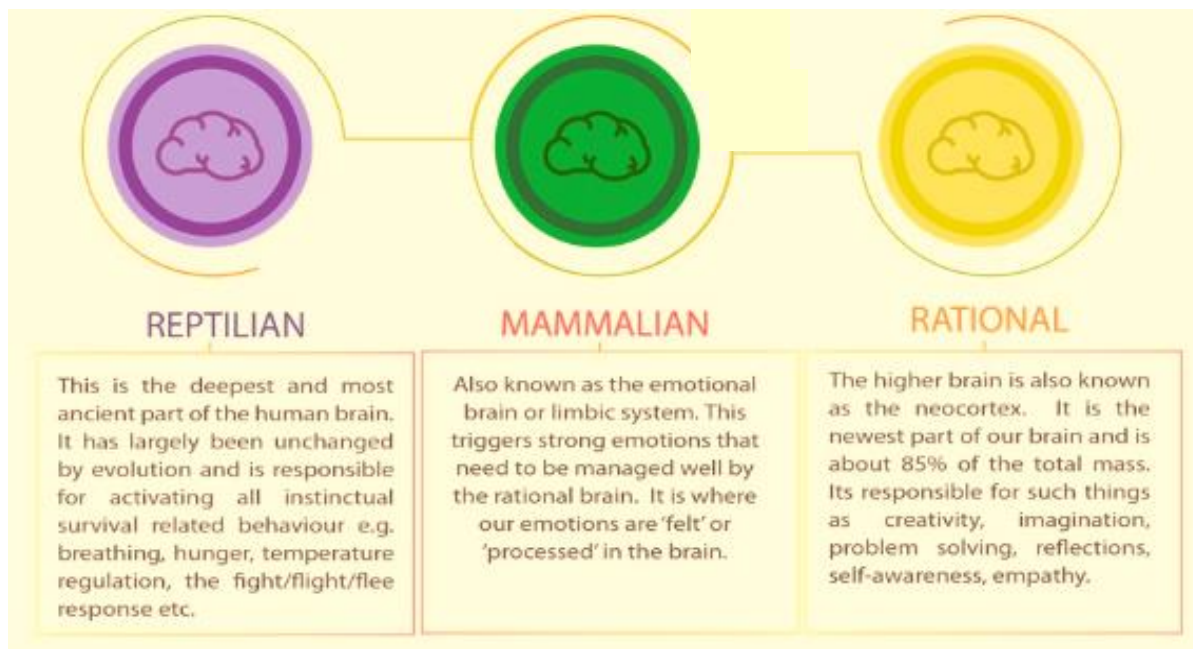
3 months

2 years



*“What happens when we get angry?”*





# TRIGGER



## Thoughts

"I'm not good enough"  
"No-body likes me"



## Feelings

fear, worry, anger



## Body

sweating, faint,  
fast heart rate



## Behaviour

Avoidance, withdrawel,  
aggression

