

Let children develop in sustainable conditions, or excess information and health.

In the second decade of the present century, in the era of generally available Internet access, information TV, overload of advertisements and technological progress the knowledge to which we have access becomes a heavy burden for our psyche (our brain).

This burden also applies to children. Observers of this phenomenon argue that the current load of information that we absorb throughout the day is equal to the load of information that, in the nineteenth century, a human absorbed during the whole year.

As many studies show, the most important period for brain development is the period from conception to 6 years of age. Disorders and injuries occurring at this time, may be irreversible or cause dysfunctions of any of the important parts of the body.

Therefore, it is believed that young children under 3 years of age should not watch television or watch it to a very limited extent. They should also not use a computer or a tablet. This is related to disorders that appear as a result of constantly flashing and changing images emitted by such devices.

In the early childhood, numerous nerve connections are created that determine the development of the brain, and thus the behavior of the child, his abilities and intelligence.

We, adults, receive lots of information every day, also in the form of emails, text messages, telephone calls, etc. The commitment and attention that we must devote to participate in it has direct influence on our behavior towards children.

Can we then determine what other negative factors and our attitudes may affect the child's development? Definitely yes, let us mention the most important ones:

- exposing children to devices emitting variable images and unnecessarily distracting their attention
- too much noise
- incorrect pedagogical style (inconsistent education)
- not meeting their basic psychological and caring needs
- too fast pace of life, nervous atmosphere at home
- overloading children with additional activities during the week (intellectual and physical)
- an unbalanced diet containing, for example, excess sugar and deficient in such ingredients as: EFA, B vitamins, magnesium, calcium, manganese.

From the experience of Montessori educators and teachers, it appears that the use of Montessori pedagogy, and in particular "silence exercises", allows children to calm down

their senses, learn concentration and balance. Participating in the kindergarten in this kind of activities brings many benefits, soon visible in the child's behavior.

Finally, it should be emphasized that in case of Sensory Integration Disorders and ADHD, the elimination of the above-mentioned factors is of great importance. The more so, because there is an increased number of such dysfunctions among children in the recent times.

Author: Ewa Kucia

NIEMO KOPLOWAĆ