

幼兒能夠坐定就代表學習得好？



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資料來源：家庭動力心理輔導員陳子慧

在現在的社會大趨勢下，其實很多家長都會擔心自己的小朋友不夠其他小朋友聰明，讀不到好的學校，將來便會無前途。但其實小朋友可以愈早可以安定地坐著，會聽人的指示，就是等於將來學習得好？

我們先要認識小朋友的腦部發展，簡單來看腦部可以由下至上分三層，有先後次序，最底層是我們的腦幹和小腦，負責我們基本的求生功能，例如呼吸、心跳、身體的行動及身體的協調；去到中間的是我們皮質下腦，又可以稱為感受大腦，因為是負責我們情緒和記憶；而最高層就是很多家長希望小朋友聰明、能學習多一點及可以專心點的大腦皮質，它就是負責我們的專注、語言、抽象思維及邏輯思考。



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不過家長要留意我們大腦發展完全要去到三十多歲，而我們的最高層的思考大腦發展究竟發展如何？其實要看我們底下層的腦，是否有一個很好的根基。

而零至兩歲這個階段的小朋友，正正是他們的最底層活動大腦發展得最迅速的時間。所以他們需要很多身體走動及感官刺激，去幫助他們的大腦發展。如果我們過早強迫他們安坐著的話，反而令到他的大腦沒有辦法打好根基。現在很多研究告訴我們，如果我們在早期階段過早給予小朋友有很多學術訓練，反而他們專注力、情緒調節、自信心或學習能力都會相對較弱。所以我們現在看見很多小朋友及青少年，很早便開始有抑鬱症、焦慮症和其他精神健康的問題。

另外這個階段的小朋友是很需要安全感，因為他們的大腦發展未可以令他安撫自己，所以當他們不舒服或感到不安全的時候，便會大聲地哭泣去求救。這是一個自然的需要，家長如果當遇到小朋友有這個情況時候，可以抱住他、拍下他或者告訴小朋友「媽媽在這裡啊！」可能他去到一些陌生地方，覺得不安全，而這一個階段如果小朋友建立到一個很健康的安全感和父母的關係，其實這就是為將來健康發展打了一個好基礎。



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至於選擇幼稚園，其實家長便要了解這間學校是否可以配合小朋友的成長發展，又或者小朋友當小朋友預備去面試，家長可以預早一點去學校，觀察學校及周圍環境，帶小朋友去玩，讓小朋友可以熟絡這邊的環境。到面試之前又可以先帶他去玩耍，接著便告訴他其實等會入到學校老師會跟你玩耍和老師可能會跟你聊天，不需要給予他太大的壓力，入到學校不知道會發生甚麼事。

不過最後如果家長發覺小朋友去到兩歲，在各方面的發展，例如語言、自理能力及社交等，都和同齡的小朋友差一段距離的話，就要快點找兒科醫生做一個評估，盡快找適合的方法幫助小朋友。

Is it true that children who can sit still are learning well?



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Source: Family Dynamics Counselor, Chan Tsz Wai

Under the current social trend, many parents are worried that their children will not be as smart as other children, that they will not be able to go to a good school, and that they will not have a future. But in fact, the earlier a child can sit still and listen to instructions, the better he or she will learn in the future.

We first need to understand the brain development of children. In simple terms, the brain can be divided into three layers, from the bottom to the top, in order of priority. The bottom layer is our brain stem and cerebellum, which is responsible for our basic survival functions, such as breathing, heartbeat, body movement, and body coordination; in the middle is our subcortical brain, also known as the sensory brain, because it is responsible for our emotions and memory; and the highest level is the cerebral cortex, where many parents want their children to be smart, to learn more, and to concentrate, which is responsible for our concentration, language, abstract thinking, and logical thinking.



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However, parents should be aware that our brain development is not complete until our thirties, when our highest level of thinking brain development is achieved. In fact, it depends on whether our lower brain layer has a good foundation.

Children between the ages of zero and two are at the time when their lowest level of activity is developing most rapidly. So they need a lot of physical movement and sensory stimulation to help their brain development. If we force them to sit down too early, we will not be able to build a good foundation for their brains. Many studies now tell us that if we give children a lot of academic training too early in their lives, they will have relatively weak concentration, emotional regulation, self-confidence, or learning abilities. This is why we are seeing many children and adolescents with depression, anxiety, and other mental health problems at an early age.

In addition, children at this stage need to feel safe because their brains are not developed enough to calm themselves, so when they are uncomfortable or feel insecure, they will cry loudly for help. This is a natural need, and parents who encounter a child in this situation can hold him, pat him, or tell him, "Mommy is here!" Maybe he feels insecure when he goes to some unfamiliar place, and if the child establishes a healthy sense of security and parental relationship at this stage, this is actually a good foundation for future healthy development.



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As for choosing a kindergarten, parents should know whether the school can match the growth and development of the child, or when the child is preparing for the interview, parents can go to the school earlier to observe the school and its surroundings and take their child to play so that he or she can get familiar with the environment. Before the interview, you can take him to play and tell him that the teacher will play with him and he may talk to you, so there is no need to put too much pressure on him and he does not know what will happen when he enters the school.

But finally, if parents find that their child's development, such as language, self-care, and social skills, is not as good as that of children of the same age when he or she reaches the age of two, they should seek an assessment from a pediatrician as soon as possible to find the right way to help him or her.