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OPTIMAL BRAIN DEVELOPMENT IN BABIES AND ITS EFFECT ON THE BODY

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Abstract
In this article, we will analyze the scientific facts about the optimal development of the baby's brain and its effect on the body. Brain development begins even before the birth of a baby, and the most complex human organ undergoes many changes, is very sensitive to external influences and largely depends on genetic factors. In this article, we have briefly mentioned the scientific evidence that lifestyle, food quality and even the emotional state of a woman during pregnancy have a great impact on the development of the baby.

Keywords: optimal, fontanel, speech and walking, brain area, nerve cells.

Introduction

Brain development begins even before the baby is born, and scientists consider the brains of people over twenty years old to be fully mature. The most complex human organ undergoes many changes, is very sensitive to external influences and largely depends on hereditary factors. How does the human brain develop? The fact that the brain that controls our feelings, thoughts and abilities is formed in the uterus puts a lot of responsibility on pregnant women. We cannot ignore scientific evidence that lifestyle, quality of food and even the emotional state of a woman during pregnancy have a huge impact on the development of the baby. For example, there is clear evidence that stress during pregnancy disrupted the formation of the structure of the limbic system pathways, which, in turn, is responsible for the emotional reactions of the future person. Scientists have managed to associate the use of various drugs, including paracetamol, which looks harmless, with hyperactivity in children, while sugar abuse during pregnancy affected children's cognitive abilities.

The peculiarity of a person is that his brain is very large compared to the rest of the body, so in order to pass through the birth canal, the child is born slightly

underdeveloped and reaches almost full size by the age of the brain. Perhaps you know about the soft spot fontanel on the head of the newborn. It is this zone that is responsible for the possibility of a person's natural birth and the very rapid growth of the child's brain.

Thus, a child is born, and before him there is a huge world and an extremely complex society, which should learn to live independently as soon as possible. The child's brain is literally designed to study large amounts of information, Since synapses (nerve cell connections that are the basis of all knowledge and skills) form much faster than adults and even adolescents.

The more often certain information reaches the child, the more important the body considers it, the stronger the connection, the better skill and memory in this area. Thus, vital abilities (for example, speech and walking) remain with the baby throughout life, and random events are forgotten with age. The same process is characteristic of the adult brain, but their speed of mastering information will be significantly lower.

The child's brain seeks new information and learns to divide it into important and insignificant categories. That is why it is important for preschool children to have regular and extensive contact with different environments. Learns to respond adequately to different situations and different stimuli and solve different problems.

The structure of the brain changes not only due to synapses. The entire area of brain and nerve cells of the newborn is not yet fully formed until the birth of the baby. Everyone knows that babies do not immediately have sharp eyes, and when they are born, they can barely distinguish the boundaries of objects and colors. This is because cells in the visual cortex develop within the first six months and learn to recognize the images in front of them. Surprisingly, even with such an immature visual system (newborns hardly know how to focus), they are already able to distinguish the most important image - the human face. Newborns have visual contact with their mother, develop vision, and learn to see the world. The development of the visual organs and brain areas responsible for visual information begins with visual contact with the mother. Early development experts recommend looking and talking to the baby as much as possible, especially during breastfeeding, as with this simple action you will stimulate the baby's development. Thus, the development of brain activity in babies serves as the basis for its entire body development.

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