

Understanding the “red flags” of child development

Welcome

Umesh Jain BSc, MD, FRCPC, DABPN, PhD, MEd

Associate Professor of Psychiatry

Centre for Addiction and Mental Health



Objectives

Development of habits and the impact on learning

The implications of the “no word”

“Yes, but negotiate” and reinforcement strategies

Learning behaviors

Normal Child Development

- Understand normal development first
- Emotional self regulation
- Construction of self-directedness
- Basis of interpersonal relationships



Self esteem – learning – self-directedness
– The internalization of the positive message

Normal Child Development

- Children cry to communicate



Normal Child Development

- Children cry to communicate
- Do I want my Mom or Dad?
 - Button pushing is a normal developmental process
 - Children convert this into other forms of button pushing

Normal Child Development

- I look at you



Normal Child Development

- I look at you
 - The anthropological explanation?
- Rule of child development
 - If you look at a behavior it will go up
 - If you don't look at a behavior it will go down

You learn the “no word”

- Emotional self control
- Separation of child from parent
- “I want....”
- Transitional objects and true emancipation
- Relinquish power and see “no” as a means to protect *not* reject

My ability to push buttons

- The charmer
 - “I just love you Mom”
- The guilt master
 - “You are unfair, no one loves me, I hate you...”
- The dominator
 - “I’m calling CAS, I’m going to kill myself.....”
- The provoker
 - “I’m going to hurt you, I’m going to irritate you.....”
- The passive-resistor
 - “Cold shoulder, rolling eyes, forgetfulness.....”

Oppositional Defiant Disorder

- Pushing buttons
- Need to clarify the rules
- Insecurity of authority
 - Problems in trust
 - Survival instinct
 - False self



**MY BOSS TOLD
ME TO CHANGE
THE STUPID SIGN
SO I DID**

Normal Child Development 3-6



- Physical Changes
 - Just plain cute
- Connection to Peers
- Gender Identification
- Autonomy

Normal Adolescent Development 12-18+

- Physical Changes
 - puberty
- Connection to Peers
- Sexuality
- Emancipation
 - Development of identity



Normal Development 45-55



- Physical Changes
- Peer Connection
- Sexuality
- Autonomy from your children

The “no” theme

- Psychological
 - The “no word” is not about rejection, it is about acceptance and protection
 - “I push buttons to see if you love me”

LION KING as a theme of trust, abandonment

- Simba is ADHD
- Internalization of the positive object

Important to focus on strength

- We tend to focus on negatives



– “what is it that I want you to do, not what irritates me”

- What are they good at?
- The basis of construction of habits and positive reinforcement
- The management of learning disabilities relies heavily on habit development

Basis of all learning is to create new habits

- Must break old habits
- Create new habits
 - Reinforcement strategies critical
 - Habits circumvent attentional problems
 - Habits constrain impulse difficulties both motor and emotional (e.g. anger management)

Reinforcement strategies

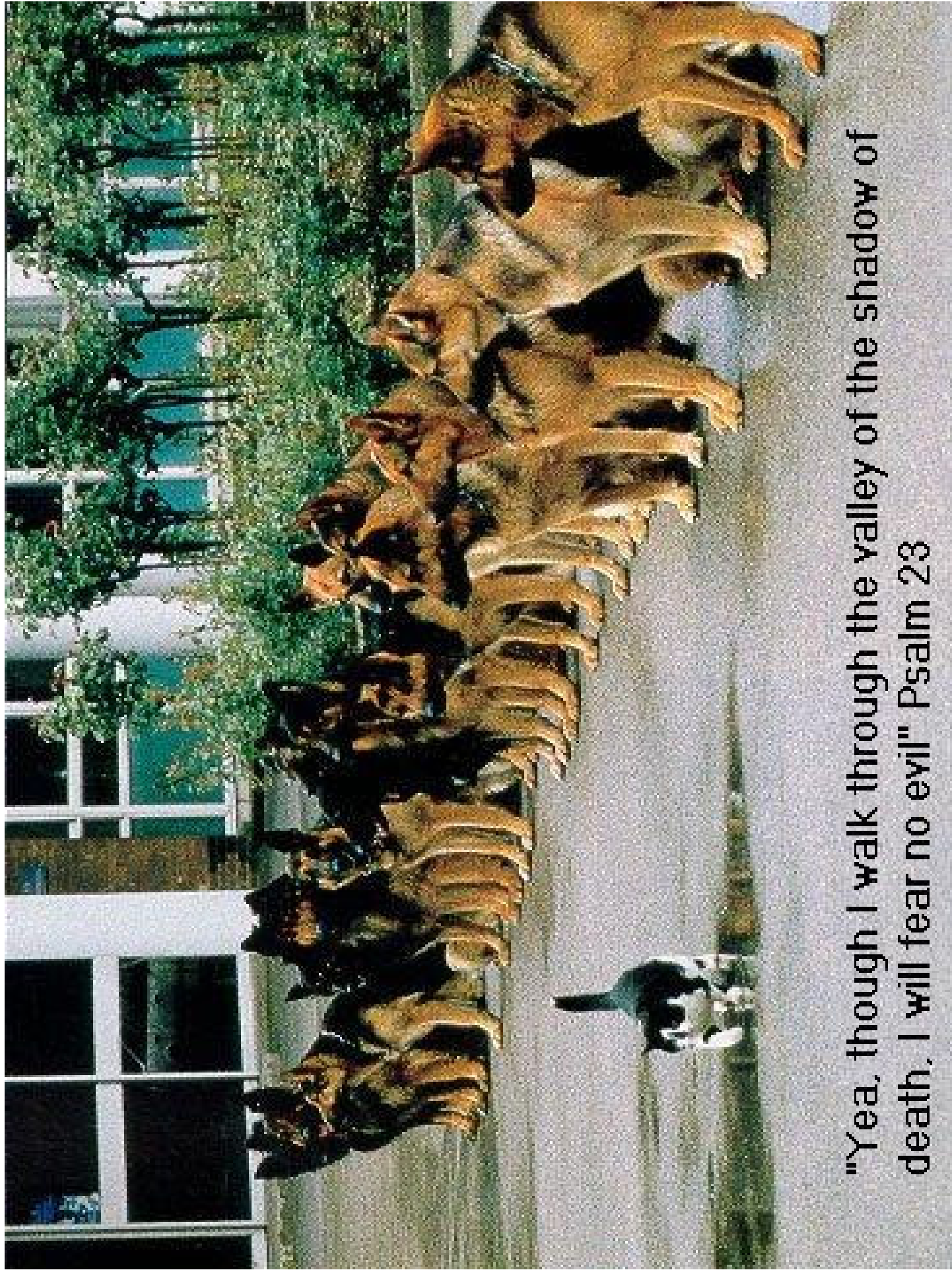
- Fixed reward systems
 - Token economy
- Variable reward systems
 - When low attention and high impulsivity is a factor

Yes, but negotiate

- Reinforce positive work ethic
- Basis of self esteem
- Deals with their omnipotence
- Makes the clear message: You want it, I want to give it to you but how hard are you going to work to get it?

The most basic habit- High 5's

- Wallet, money, ID
- Keys
- Pen
- Scheduler
- Watch



"Yea, though I walk through the valley of the shadow of death, I will fear no evil" Psalm 23

Positive Daily Report Card

- Emphasis on positive behaviors
- Reinforcing the role of the teacher's strength
- Way of monitoring learning and modifying strategies
- Becomes a combination homework agenda book

Understand their learning style

- What modality is their learning strength?
 - Visual
 - Kinesthetic
 - Auditory

Limiting the sensory environment

- Sound reduction
- Visual interference
- Tactile environment
- Positive smells
- Adequate nutrition

Time Perception

- Notice how time seems to change at will
 - Inattention and poor time perception linked
 - Zoning out
 - Important to use timed-based strategies
 - Timers
 - Schedules- get the white board out
- Keep it short – monitor – reward



Scheduling Critical

- Fastest way to deal with chaos
- Family weekly appointment time
- Myth: free time is freedom: time will take control of YOU
- Fact: scheduling is capturing time and is freeing: YOU control time
 - Scheduling of fun

Perception of volume

- If it looks like it is too much
 - they will shut down



Activation- attention- effort

- Will power vs detachment?
- Limit information...bite sized chunks
- Variety and positives

Short Snappers

- What learning deficits do YOU want to talk about.....

Conclusions

- Self esteem is key to learning **FIRST**
 - Developing habits and gaining control
- Construct a learning environment **SECOND**
 - Understand how sensory inputs affect the receptive message
 - Keep it short and reinforce