

Stimulation and play for neurodevelopment

Volume 14 Issue 4 - 2024

Editorial

At the beginning of life, millions of spermatozoa enter the adventure of reaching the goal, many remain in the fight, others arrive but only one is chosen, accepted, and manages to enter and when both pronuclei merge, they begin a new life.

The miracle of life, in just 40 weeks or 280 days to reach the end of pregnancy and go out to the outside world where they are already waiting for you with love. By international agreements, all children have the same rights without distinction as to sex, colour, religion or economic status.

Children must have all the necessary means to grow physically, mentally and spiritually in conditions of freedom and dignity, they have the right to a name and a nationality. In early childhood, the foundations for future well-being are established through learning, learning being a modification of behavior of an adaptive nature in relation to the environment.

Children must receive the nutrition and stimulation they need to reach their potential, when this does not happen and the environment is adverse from the point of view of nutrition, violence, neglect or abuse, their level of cognitive, physical and emotional development will be lower than expected and with greater risks.

Stimulation

It begins from the moment a child is born. It should be initiated spontaneously at home (cradled, turned, talked, caressed, and limbed). Establish contact with the world around you (do not limit it to bassinets or bambineto or car seat) The child has sensitive periods of learning. The term early stimulation appears in 1959 in the declaration of the rights of the child. As specialized care for children born with biological or social risks.

As for learning, children learn in a simple way, they reason and create, we must favor that learning and electronic devices, videos

or tutorials are not required, dedicate time, the child can create, imagine, Even in cases where there are limitations, it is possible to work knowing the current concept of the brain as a dynamic structure in constant transformation, and not the rigid aspect before, which is known as cerebral plasticity.

On the other hand, the child needs to play since playing for the child is living. Toys are instruments for their development and happiness. Playing is a right of children recognized by the UN since 1959.

While the child plays explores reality, invents strategies, tries alternatives, toys should be simple full of mysteries such as an empty cardboard box, a plastic bottle, a roll of paper. Children's presence on social media is now more frequent and habitual which can diminish children's abilities. Encourage creativity and play, the task of parents and caregivers for the future of our children.

Lucía Leonor Cuevas López

Lucía Leonor Cuevas López, Professor at the Autonomous University of Puebla Southern Regional Complex, Mexico

Correspondence: Lucía Leonor Cuevas López, Pediatrician College of Pediatrics of the State of Puebla, Member of the Mexican Academy of Pediatrics, Professor at the Autonomous University of Puebla Southern Regional Complex, Mexico, Email lucycuevas@prodigy.net.mx

Received: October 21, 2024 | **Published:** October 24, 2024