

Is There A Relationship Between "Anticipations" and "Instinct"?

Post by "Elli" of April 23, 2021 at 5:18 PM

According to evolution humans brain has been evolved into three parts (see photo).

Whilst all humans have these three parts of their brain present at birth, they don't develop for several years. One very important part of the brain - the *orbitofrontal* cortex does not develop until the child is three. This part of the brain is responsible for emotional intelligence, our ability to see the world from another's point of view and manage strong emotions such as rage or fear.

The development of this part of the brain and many others is not something that just happens naturally. It relies heavily on the interactions of others, namely the main caregivers of the child. Much of a baby's brain is 'plastic' so early experiences have a formative effect on how they will go on to interpret the world and form relationships later on in life. Parental interactions help form the synapses and bridges that give the child healthy solutions to difficult situations.

Luckily, there isn't a complicated set of tasks or exercises that parents should complete to aid the development of their child's brains. Nurturing and interacting is the key, teaching a child that their needs will get responded to in a caring, affectionate way, talking to them, showing them patience and even just eye contact are all important in helping your child's brain develop.

As parents, we won't always get it right, we all get frustrated and snap at our children at times, but even the process of apologizing and things becoming OK again is very useful for our children's developing brains.

What if it goes wrong?

Of course, not all children will have positive experiences in the first few years of life. For instance, children who have a depressed or anxious main care giver may experience less positive interactions than other children.

We often hear from parents who are wracked with guilt that their post-natal depression has prevented them from bonding with their child. We have worked with children whose adopted parents are struggling with some of the issues that have arisen due to the child's early neglect. Many parents are anxious that it might be too late for things to change, but we know that things can and do get better, if the right help is sought.

The 3 Brains

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