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## Human development for parents and beginners

**Here is a rough guide to human development**, for parents & beginners.

PARENTS: Brain growth spurts occur in our species around every 4 years. The red row of the table tells us what biology needs to do for intelligence to fully emerge. The green row tells us what our minds are trying to grasp at the same time. The blue row tells us how we can help intelligence emerge by working with biology, and the violet row tells us what sort of things it is helpful to learn about to assist the growth of each network.

BEGINNERS: working on our own development, the order of necessary events is the same; we ignore the age guide and begin with the activities in the red & violet rows, relevant to our current stage of network development (see tutorials).

## Development - Human development for parents and beginners - the basics

Escrito por NHA

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AGE (optimal)	Conception - 1 yr	1 - 4	4 - 7	7 - 11
What biology drives us to do to develop our brain	Bonding. Get sensory experience. Put things together (association)	Explore places, objects & people. Play. Pull things to bits	Explore the natural world. Play. Copy our allies' behavior	Explore our culture. Play. Put ideas together (synthesis)
What our mind is trying to learn about	Feeling safe. Movement and interpreting sensory input. Understanding matter and what things are. Walking. Body control.	Talking. Basic tool use. Hunting (seeking). Understanding space and where things are. Locomotion & speech control. Body language	How to adapt ourselves to fit our context's needs. How the natural environment works. Imagination, memory, empathy, prediction. Making friendship bonds & interaction with allies. Emotional control. Analogical language	How to adapt contexts to needs. Complex tool use. Understanding time and space. Construction, Culture, Communication. Behavioral control: Diplomacy, politeness. Group interaction. Metaphoric language
How parents & others can work with biology	Understand bonding and make sure it happens. Always have a bonded person present. Lots of physical contact. Breastfeed when hungry, allow to sleep anytime. Avoid prams, playpens & restraints. Play.	Be there physically. We are the 'known' constant that makes everything unknown 'safe to explore'. Keep anything that cannot be pulled to bits out of sight. Play physical games. Respect likes & dislikes.	Be there physically. Provide natural surroundings (be outdoors as much as possible). Provide intelligent, creative people as allies. Read lots of stories. Play imagination games. Be a good example of emotional stability.	Provide technology. Play design games. Provide tools to solve. Provide good examples of polite behavior. Work together on collaborative and everyday tasks. Be creative yourself.
What can be learned (if there is interest)	Nothing yet, it's all automatic. Help with balance & motion, respond to sounds & provide input for all senses.	By example: Swimming, climbing, sports, riding, athletics, dancing, music, hunting, basic tool use, <u>bushcraft</u> , counting, languages	By explanation in the field: Geography, geology & mapping, medicine, hygiene, cooking, ecology, natural history, navigation, geometry, botany, biology, gardening.	By demonstration: Reading, writing, construction, cultural skills, politeness, diplomacy, communication, aesthetics, art, mathematics, physics, engineering, history, computer tool/machine use.