


# Diagnose eller opdragelse

## 8 Things to Remember about Child Development

#8

Resilience  
requires  
relationships,  
*not*  
rugged  
individualism.

Center on the Developing Child  HARVARD UNIVERSITY

<http://bit.ly/8-things-ECD>



[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)





Lektor. Cand.mag. [www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)  
Specialiseret i neuropsykologi og hjerneforskning.  
Forfatter til 5 bøger.

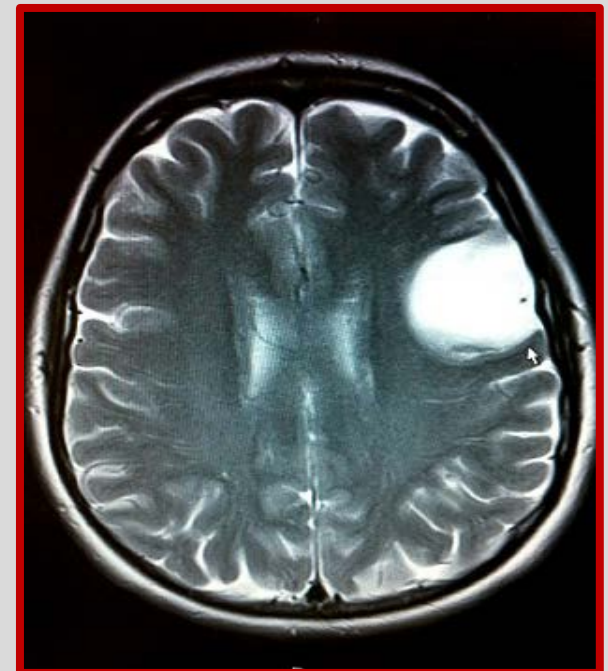
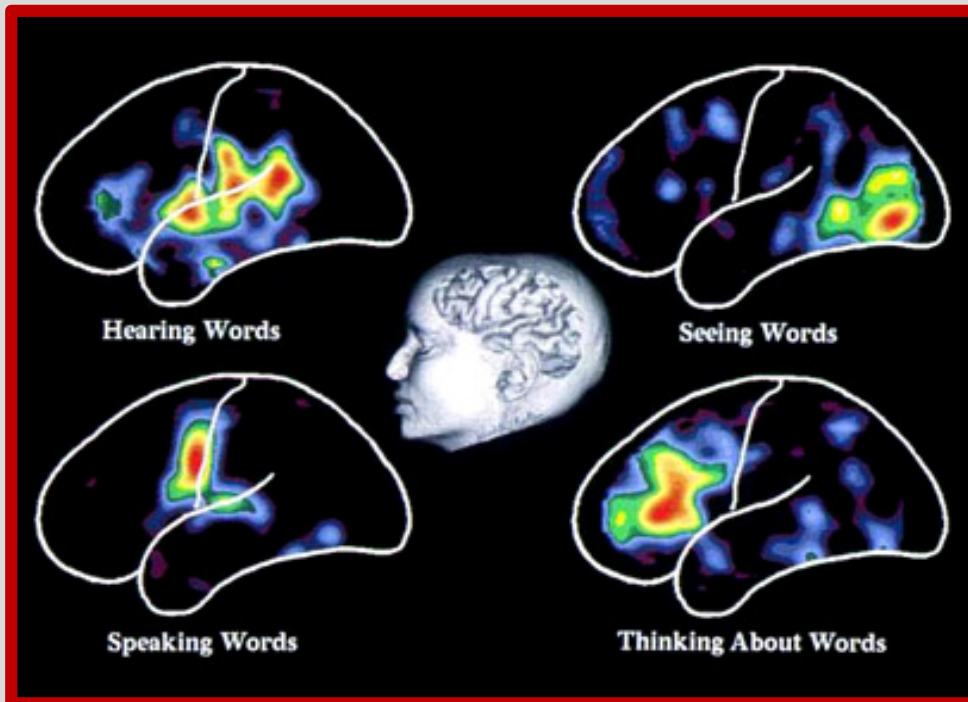
Ny bog udkommer ultimo januar:  
*'Hjerner, læring, leg og dannelse. 0-6 år'*.  
Find den hos Pædagogisk Forum, i  
boghandel eller på saxo.com



ISBN-13: 9788757018004  
Sideantal: 224  
Forlag: Gyldendal

# Test af den levende hjerne

[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)



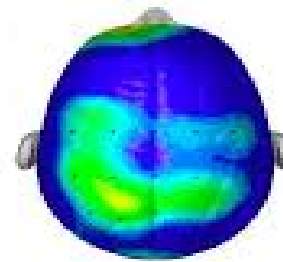
# HJERNER og TRIVSEL



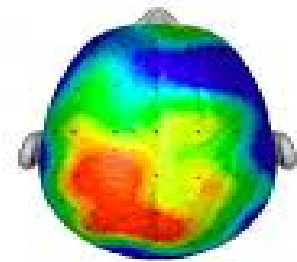
**PET og SPECT Scanning**

[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)

Composite of 20 student brains taking the same test



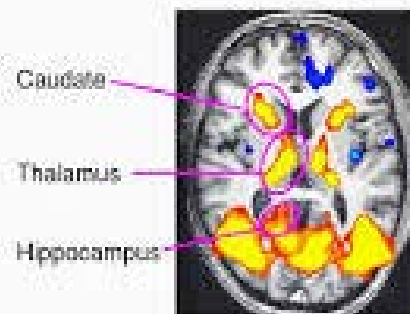
After sitting quietly



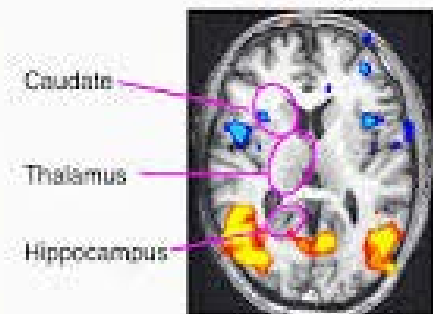
After 20 minute walk

ResearchScan compliments of Dr. Chuck Hillman University of Illinois

**Interactive play**

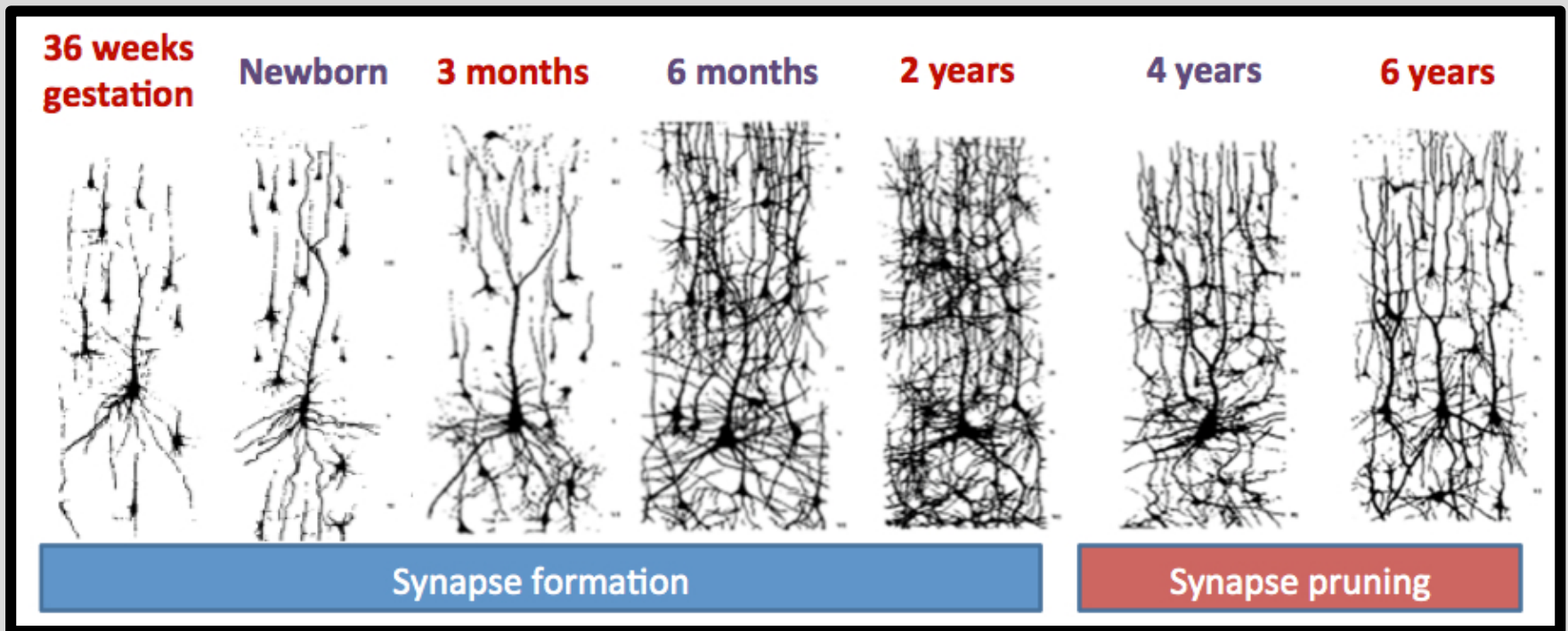
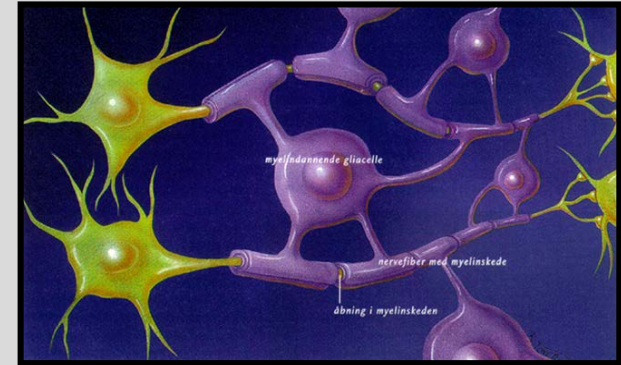


**Passive exposure**



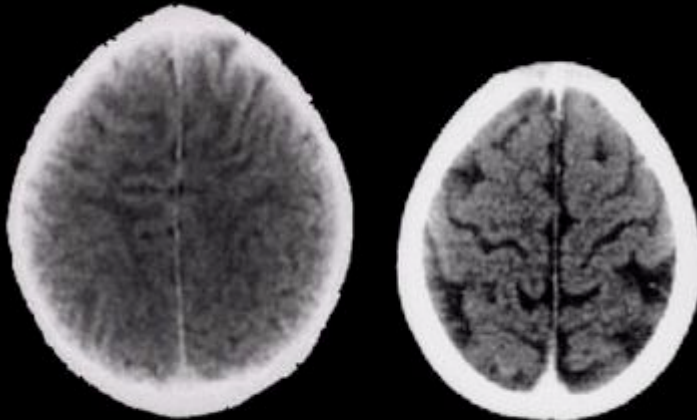
# Hjernemodning

[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)



<https://itsnotwhatitswhy.wordpress.com/2015/08/05/bending-your-brain-what-is-neuroplasticity/>

## 3 Year Old Children



Normal

Extreme Neglect

www.ChildTrauma.org

B.D. Perry, M.D., Ph.D.

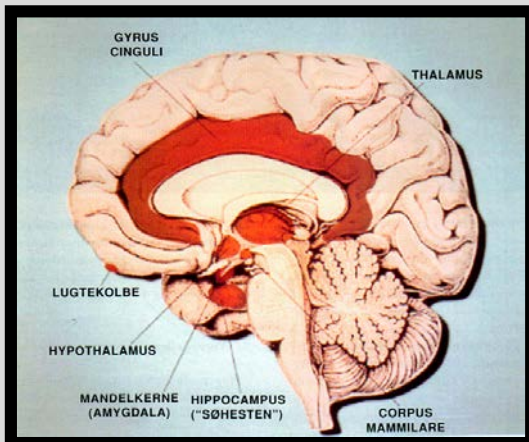
# Hjerne og miljø

<https://developingchild.harvard.edu/resources/wp1/>

Young Children Develop in an Environment of Relationships.

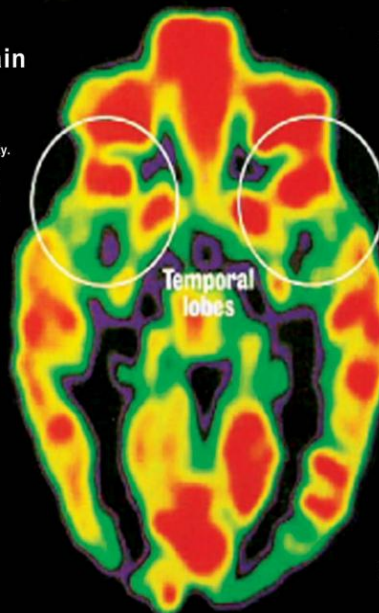


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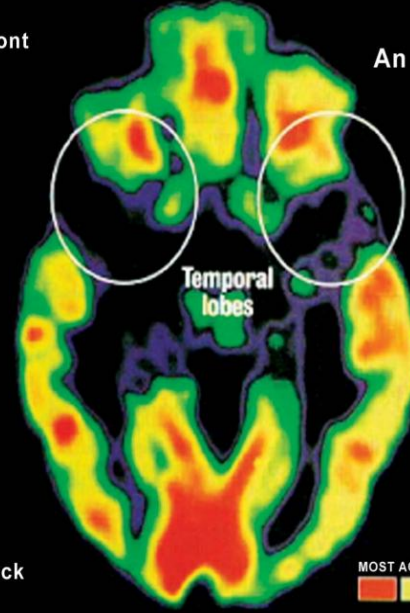


### Healthy Brain

This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



Front



### An Abused Brain

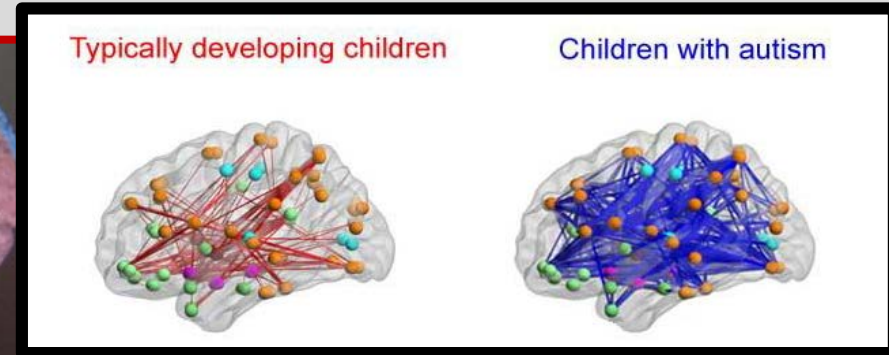
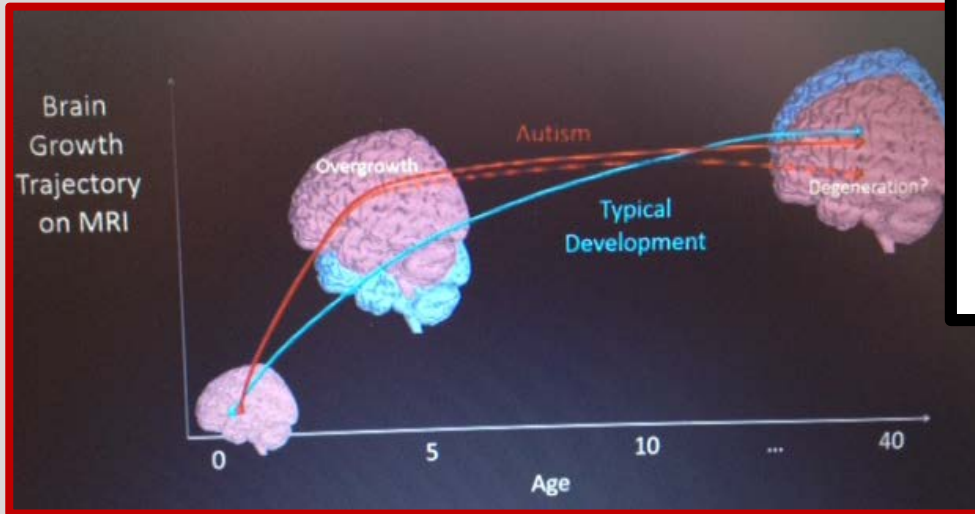
This PET scan of the brain of a Romanian Orphan, who was institutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.

Back

MOST ACTIVE    LEAST ACTIVE

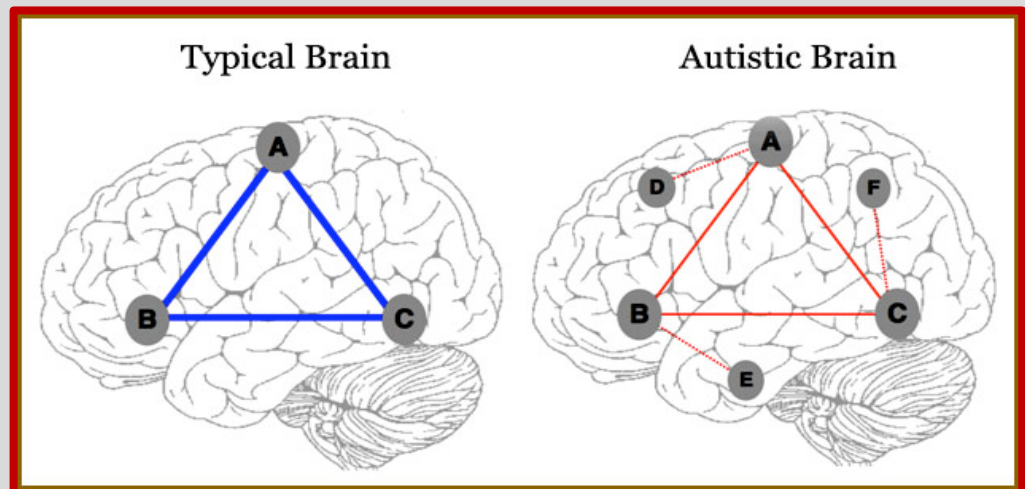
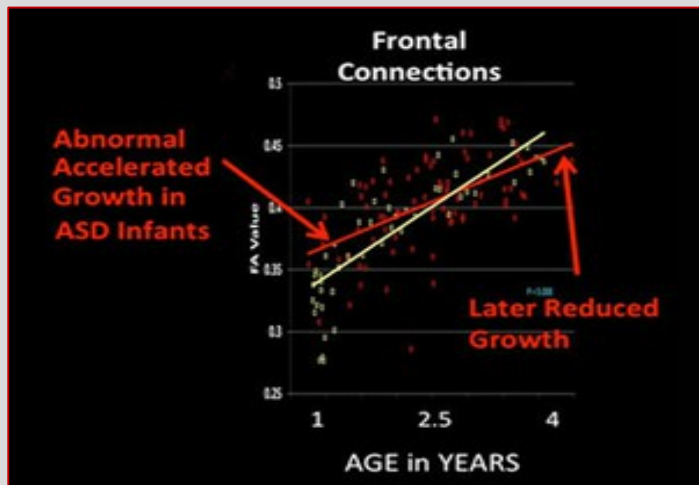
www.ann-e-knudsen.dk

# Autisme og Apoptosis



[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)

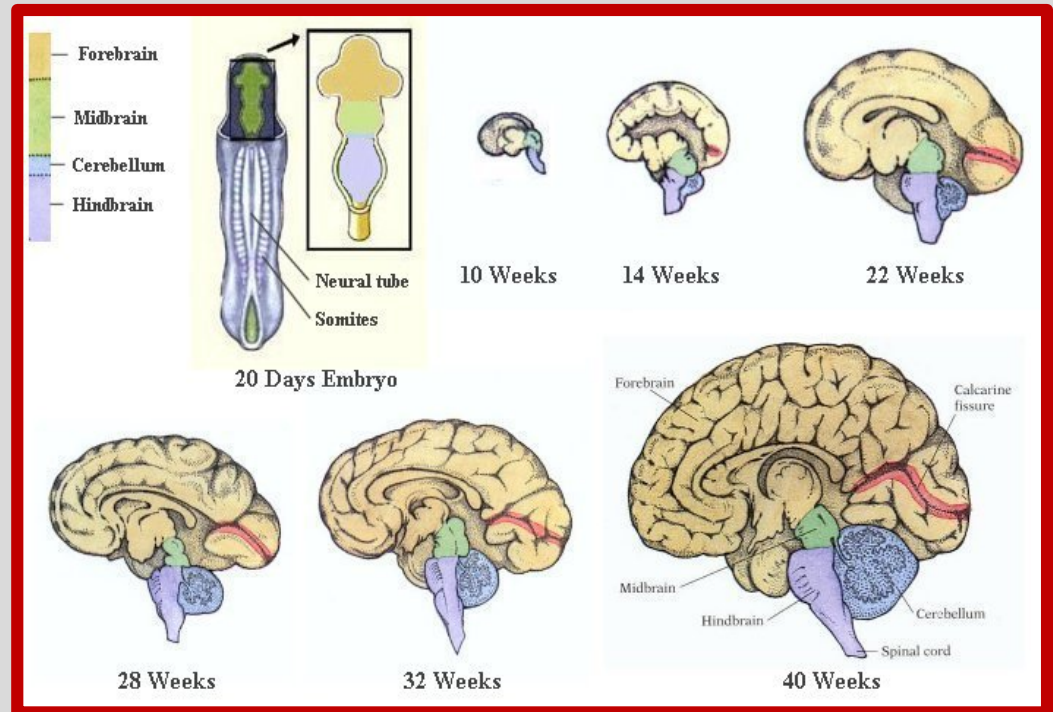
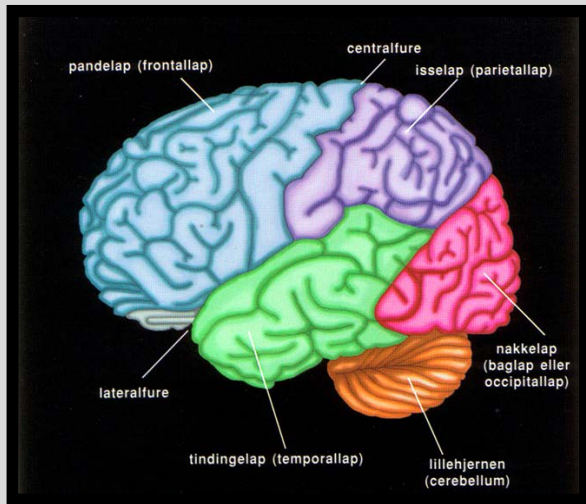
Eric Courchesne, Lisa Eyer og Karen Pierce på UCSD Autism Center of Excellence







# Præmature børn og hypersensibilitet

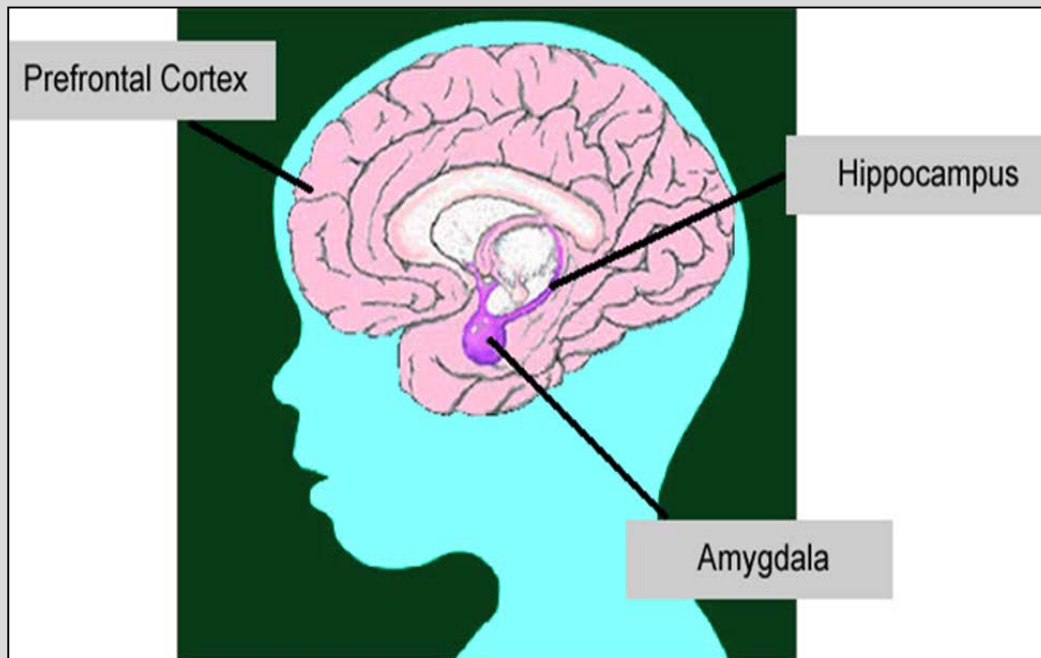


- Stress
- Graviditetsvanskeligheder
- Fødselskomplikationer
- Vanskeligheder (0-1 år)

Vækstspurt af essentielle fedtsyrer, 27. fosteruge →  
Begyndende myelin, 30. fosteruge

# Sårbare hjerner – Børns Sundhed

## *Krop og hjerne i alarmberedskab*



Receptorer for kortisol i hippocampus –  
Stress – manglende transport af glukose i nervecellerne – celledød!

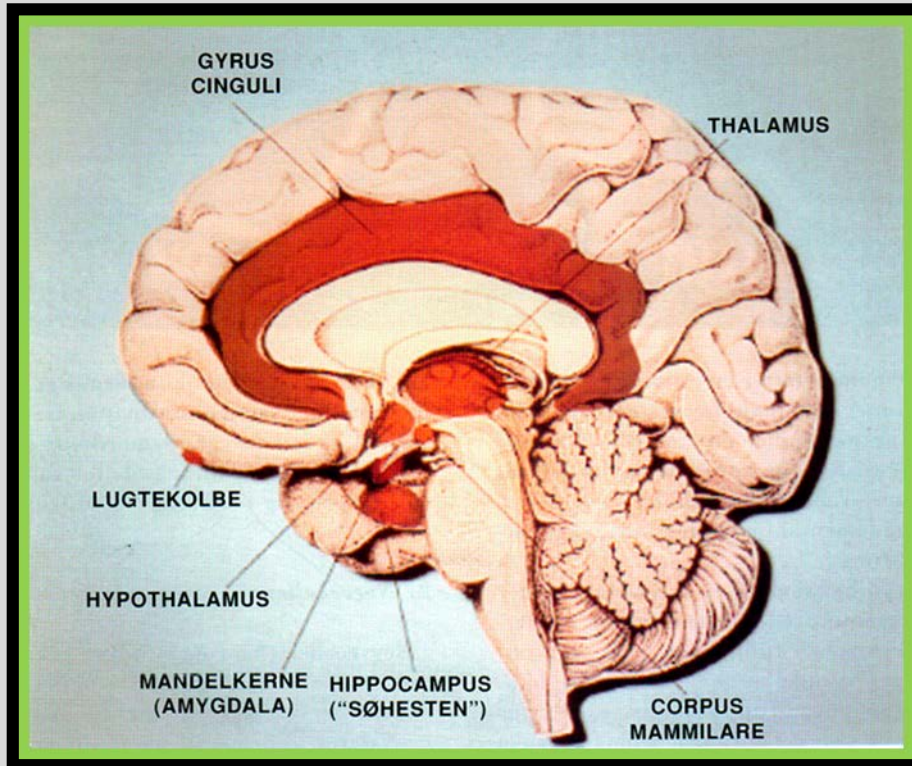
Stress reaktion i hippocampus videreformidles til amygdala, som bliver overaktiv – cellerne vokser – generel tilstand af ængstelse, angstberedskab.

<https://doi.org/10.1016/j.yfrn.2018.02.001>

<https://www.sciencedirect.com/science/article/pii/S0091302218300098>

# Hvordan modvirke børns stress?

Leg uden læringspres



Et stressfyldt miljø får børn til at opføre sig, som om de har ADHD!

International Journal of Early Years Education, 2014

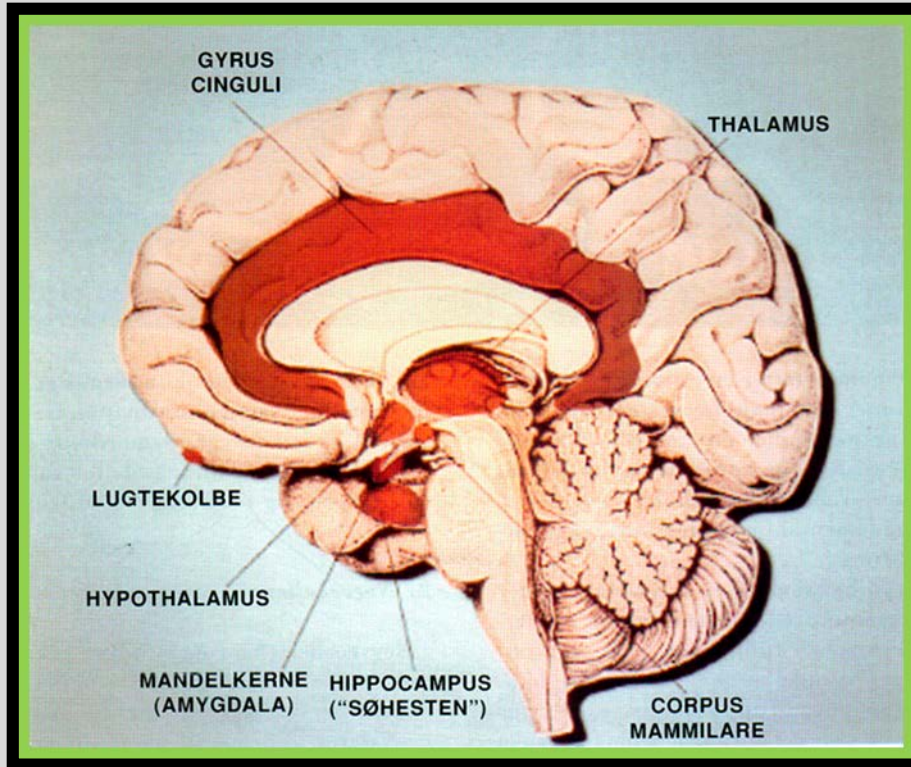
Vol. 22, No. 1, 4–18,

<http://dx.doi.org/10.1080/09669760.2013.830562>

SFI Rapport 2014: *'Stresshormoner hos børn i børnehaver med ændrede normeringer.'*

[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)

# ADHD



For høj og for lav  
hjernestammeaktivitet –  
stresshormoner?

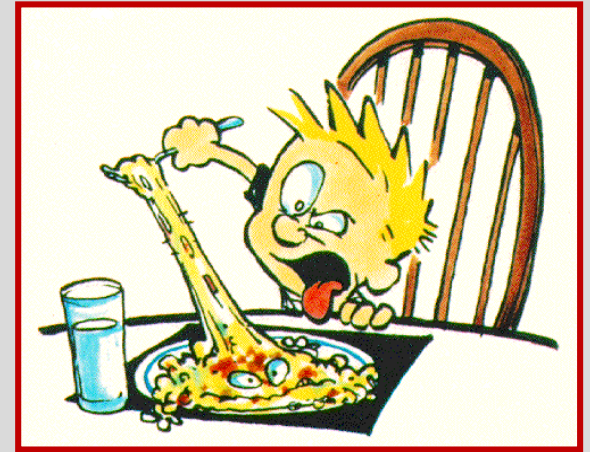
Jakob, Frederik, Anders og  
Vanessa

[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)

# Læring – *at gøre sig umage!*

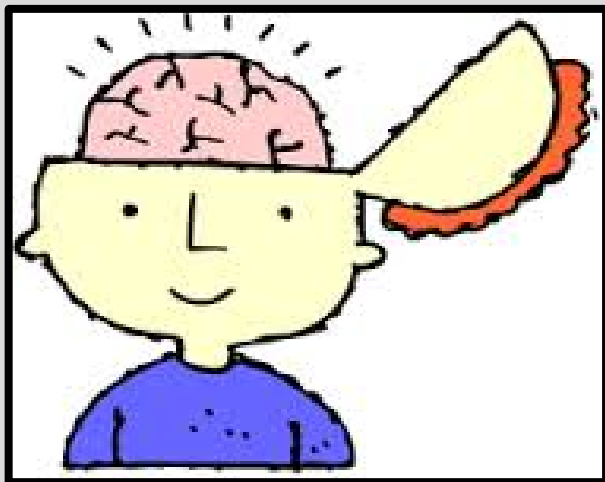
- Mod til at **opdrage** – sociale kompetencer
- "The Effort Effect" - Person eller procesrettet ros? Plads til fejl!

( *Carol Dweck, Stanford University* )



# Diagnose eller opdragelse?

- Koncentrationstid – én til én kontakt
- Affekt – effekt
- Strategisk intelligens – altid syndebook
- Mønster test
- Adfærdsændring

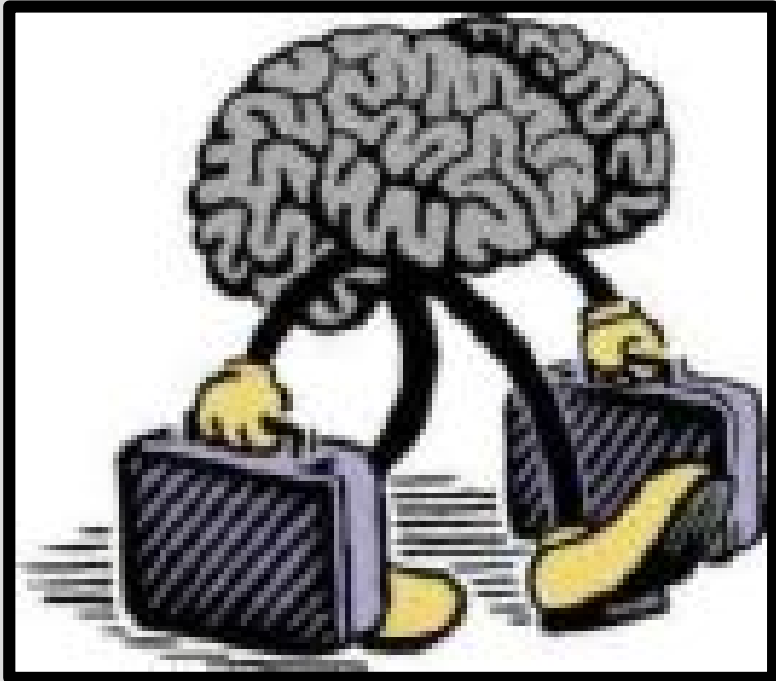


[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)





**Tak for i dag**



[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)