

# Advocacy and Brain Research

## Why is dance important for Early Childhood age children?

\*This list includes but is certainly not limited to...

- Develops fine and gross motor skills, body-awareness and a neutral body-image
- Develops self-concept (who am I?) and self-esteem
- Impulse control
- Socialization
- Cultivates whole child
- Integrates brain and body
- Facilitates Creativity, Imagination, Risk-Taking, and Confidence

## Brain Research and Significant Implications for Young Children

(Notes taken from Maximizing Your Child's Potential by Dr. Frank Lawlis)

- A child is born with over 100 billion brain cells, most of which are just waiting to connect.
- Wiring the brain is a physical act (developmental patterns) - physical movement is critical for the development of neural networks.
- The brain is a use-dependent organ.
- Because the brain is a use-dependent organ, the child must use it or lose it.
- The brain can reorganize itself with ease during the first years of life.

### Re-organizing the Brain and the Body:

#### Early Childhood Dance is a Creative Approach to the Fundamental Movement Patterns to facilitate "Readiness"

Dance and movement experiences based on the fundamental movement patterns help re-organize the brain and the body. Re-wiring in this way better prepares children with a readiness for learning and integrated development and growth. WonderDance provides early childhood age children with creative dance experiences informed by developmental movement patterns.

### What are the Specific Benefits of Practicing the Developmental Patterns?

- Increases blood and oxygen to the brain - critical for brain development.
- Neurological re-patterning coordinates all parts of the brain and body for emotional, social, and cognitive learning (**Readiness**)
- Increases body awareness, connectivity and alignment, and physical balance.