



6 Reasons why early intervention is so important

Why is it that we do not learn languages when we are little children in education? Younger children pick of languages rather quickly and there is lots of research on how learning new languages creates many neural pathways and increase brain development. Many of us waste 2 to 4 years of higher education to learn a language that we can barely use today. The brain is a magnificent machine and six reasons why early intervention is so important.

1. **Neuroplasticity (brain plasticity)** – The reason it is easier to learn languages when you are little is Neuroplasticity. The brain's ability to reorganize itself by forming new neural connections throughout life. Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment (medicine net). The brain has many neural pathways that can replicate another's function so that many areas of development can be adjusted along a different pathway. Humans have neuroplasticity throughout their life, but the younger the child is, the higher the neuroplasticity and greater potential for brain to adapt.
2. **The math of skills acquisition** – There are lots of benchmark goals that are good to reach once a child get to age 5. Goals like developmental milestones, communication, self-help skills, and pre-kindergarten academics. A child needs to have a healthy rate of learning and that rate of learning is best to accelerate as much as possible while young. The more natural the rate of acquisition of skills to the general population the higher likelihood child to learn a communication system, having more self-help skills, and being as independent as possible.
3. **Behaviors are easier to manage the younger the child.** By Just the sheer size of a child behavior can be more challenging especially aggression, elopement,

and property destruction. Also, when children are younger, they have a more limited range of behaviors they can do. The most common behavior for children under 4 is crying and falling to the floor which are fixable when appropriate communication skills are taught. It is important to improve on as many things as possible in before puberty as puberty brings in lots of challenging behavior all its own.

4. **Easier to implement a solid parent intervention game plan at home** – A parent does not have to teach skills in a structured way so do not feel any pressure to be a therapist to your child. The great news is that most of the skills you will focus on are natural learning based and works on activities such as play skills, song singing, imitation, morning and evening good habits, and self-help skills. You are connecting and teaching at the same time.
5. **Importance of hours needed for therapy** – Not all children need an intensive program, but many important skills need to be acquired at a younger age to help child make consistent progress. Along with early intervention, children need consistent hours to build fundamental skills crucial for learning. Children still need naps and to have a positive sleep schedule but look to maximize the time between 12 months and 60 months of age. The amount of therapy done in early ages, reduces that amount of therapy needed as a child gets older.
6. **Insurance fight is much easier when children are younger** – Insurance companies are difficult to deal with at all levels, and it will take efforts by both providers and parents to force insurance company to cover services properly. When children are little, insurance company offer less resistance, but as a child gets older they put providers on edge with constant insurance reviews and red tape.

Humans learn all throughout their life so it's never too late to teach a skill, but in general, the earlier you learn a skill, the longer you have access to the skill and you can improve it. With a solid game plan, the early intervention time committed will pay big dividends in the years ahead. Contact us to setup an introductory call to learn more about our programs and how we help families set up an optimum environment for your child.

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