

## Reflection 4

Respond to the questions below based on your review of the video: Five Steps for Brain-Building from the Center on the Developing Child at Harvard University.

1-Identify and describe each of the 5 steps of the "serve and return" interaction.

1 share the focus In sharing the focus you see what the child is focused on and you engage that focus. In step 2 support and encourage, you support the child's interest and encourage more interaction. In step 3 Name it you use verbal or cues to help the child and to make language connections to help children build understanding and expectation of the environment. Step for take turns back and forth is helping kids learn self control and how to interact with others. Sharing and waiting in this stage is important. In step 5 practice endings and beginnings you help facilitate sharing the focus of the interaction and start up something new, helping the child explore their world. This is important for developing children brain.

2-Explain the significance of each step on brain development.

Share the focus is when a child interested or focused for example pointing of making a sound or moving legs these are "serves". It paying attention to what the child is focusing on. Step two which is support and encourage you, you can say a word such as thank you, or helping and playing. This helps the child understand that the child is heard and understood. Step 3 Naming it is to name what the child is focusing on. Naming shows that words are important to you. Step four is taking turns, this helps learn self control. Waiting is in returning serves and have child to build ideas and independence. Step five is when you practice ending and beginning this is where sharing the focus is important to find moments for child to take the lead. Letting the child take the lead at times is good for growing them. You will help build relationship with the child.

3-What are some concerns for children who don't have the opportunity to experience "serve and return" interactions.

Children that do not have the opportunity for serve and return could to build confidence, or relationship, self control. If a caregiver is cold and not caring this can have adverse effects on the child's development with their environment. A child in life I believe will go through secondary trauma just trying to live life. If a child has a rough environment from the start then this could hinder the child's growth a person.

4.What are some possible ways a social worker could intervene?

Social workers can interact with children in this way to have in a individual or group setting, to see if the child has any developmental disabilities. Building a rapport with anyone including children is need in life, we as people are social beings. Play therapy could be a great intervention for children that may have temperament, focus or nervous issues.

5-What policies could be implemented to help families with children at this stage?

Policies that could implement to help families with children at this stage could be seminars or education, to help struggling families with kids. Or having a social worker start a playground or after school program to address issues in that social worker's community.

6-What further research could be done to increase knowledge in this area?

Further research in this area with children, and maybe for children with disabilities or Down syndrome, and how to apply the 5 steps to these situations, and maybe how to develop other five step programs for that group of children.