

► ParentandChild

Recently the term "emotional intelligence" has gained a lot of interest and popularity, not only related to business but to education as well. Within the past ten years the scientific researchers in the neurological field have discovered new aspects of its sophisticated structure and function. The big shift with understanding a matter of our emotions was the discovery of *neuropeptides* - **good mood hormones.**



by Eva Scherer

Massage in Education Systems – teaching emotional intelligence

When I listened for the first time to the song by Arif Usmani, author of poetry and songs for kids, I knew that sooner or later we would change it from:

"Brushing someone else's hair is very cool
I don't know why they don't teach it at school."
To: "Brushing someone else's hair is very cool
It's so good to have it now at school."

The Law of Attachment

Discovered and described in the early 50s by British scientist John Bowlby. *The Law of Attachment* says, "Young mammals' nervous systems require for their development and stability constant tuning and interaction with their closest caring person." In the first year alone a baby's brain doubles in weight. The pivotal and crucial events in the first year of life determine personality. The law of attachment is the law of nature, and believe it or not, breaking this law produces certain consequences in adulthood, namely:

- Addiction to sensory stimulation (sexual abuse, drug use, crime)
- Depressive and autistic behaviour
- Violent and aggressive behaviour
- Difficulty recognising feelings in others
- Trouble recognising own feelings
- Impaired social maturity
- Sexual aberration
- Craving for control in all situations
- Difficulty verbally expressing self
- Lack of trust in others
- Since early childhood, suppressed immune system and more frequent illnesses – particularly upper respiratory infections

(Data from the British Agencies for Adoption and Fostering, published in 1981 by Fahlberg in London.)

www.healthyoptions.co.nz

Proper attachment is the foundation for all human wellbeing. The majority of problems in contemporary life, such as drugs, alcohol, crime, teenage pregnancy and suicide originate in the law of attachment being broken – parental mistakes made in the first years of a child's life. If babies don't receive enough loving care, attention and touch, according to the law of attachment, the deficit will come to the surface and will manifest later as an inward or outward aggression. The inward towards themselves, such as depression, suicide, self harm of some kind, alcohol or drug abuse. The outward aggression will manifest as an aggression against society such as crime or sexual abuse. When the law of attachment is broken, there are mental and behavioural problems. The nervous systems of these children and especially their brains are not properly developed. There are big differences between the levels of cortisol stress hormones in those of normal, and those of neglected children.

Something about the nervous system

As you probably remember learning at school there are two parts of the nervous system, voluntary and involuntary: CNS (*Central Nervous System*) which depend on our will – connected with neocortex, and the other ANS which does not depend of the will and works 100 times slower than the CNS. The ANS (*Autonomic Nervous System*) is connected with the limbic brain. The human brain is comprised of three distinct sub brains, each the product of a separate age in evolutionary history. When a baby is born the reptilian brain is completely established, and the baby can breathe, suck and can perform all physiological functions. Now the other parts of the brain are ready and waiting with their potential for training. The limbic brain is the next to develop, after this, the neocortex will develop.