

# Alle slags hjerner

## *Sårbarhed eller diagnose?*

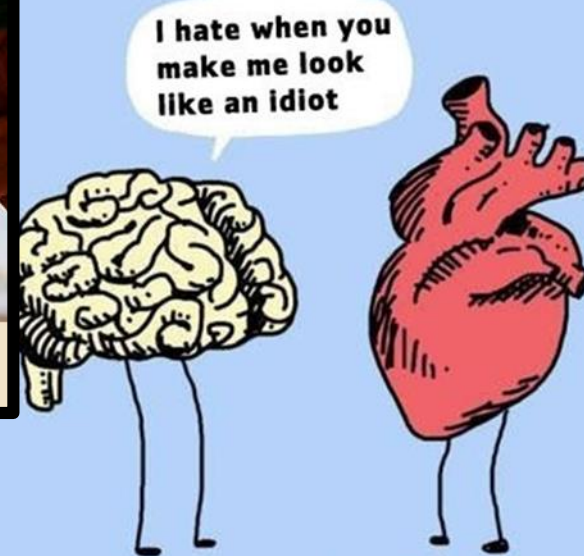
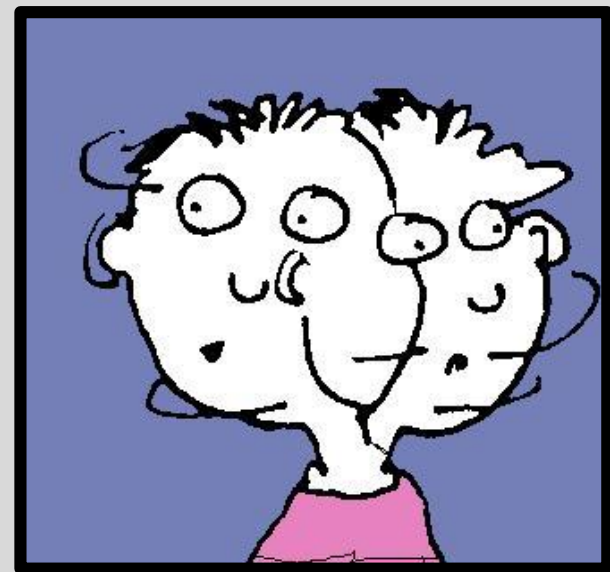
### 8 Things to Remember about Child Development

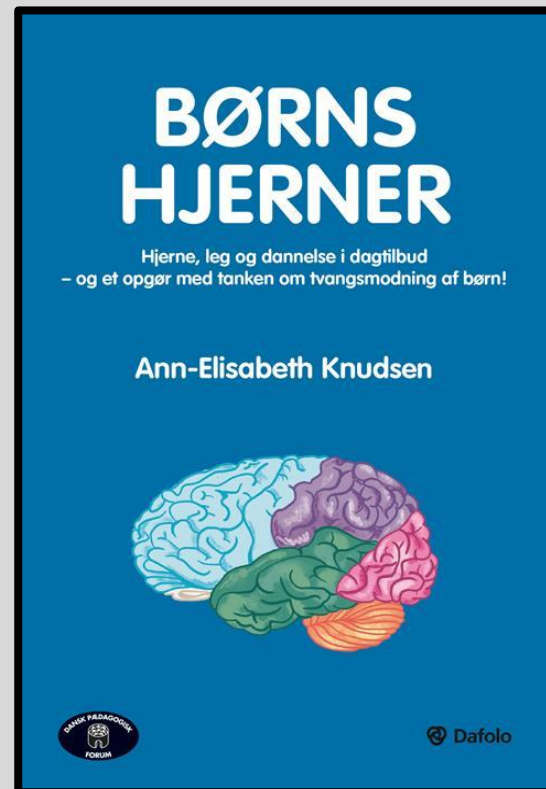
#8

Resilience  
requires  
relationships,  
*not*  
rugged  
individualism.

Center on the Developing Child  HARVARD UNIVERSITY

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





Lektor. Cand.mag. [www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)  
Specialiseret i neuropsykologi og  
hjerneforskning. Forfatter til 6 bøger.

Ny bog 2019:  
*'Hjerner, læring, leg og dannelse'*.  
Udgives af Dafolo og Dansk  
Pædagogisk Forum, 140 sider.

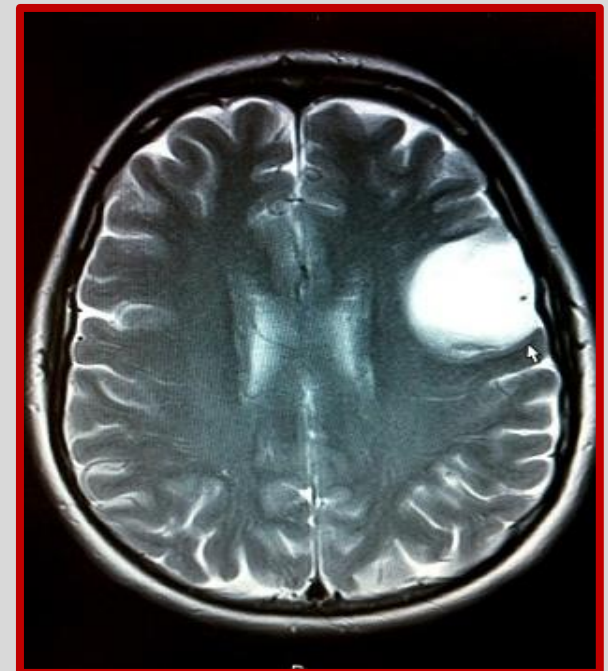
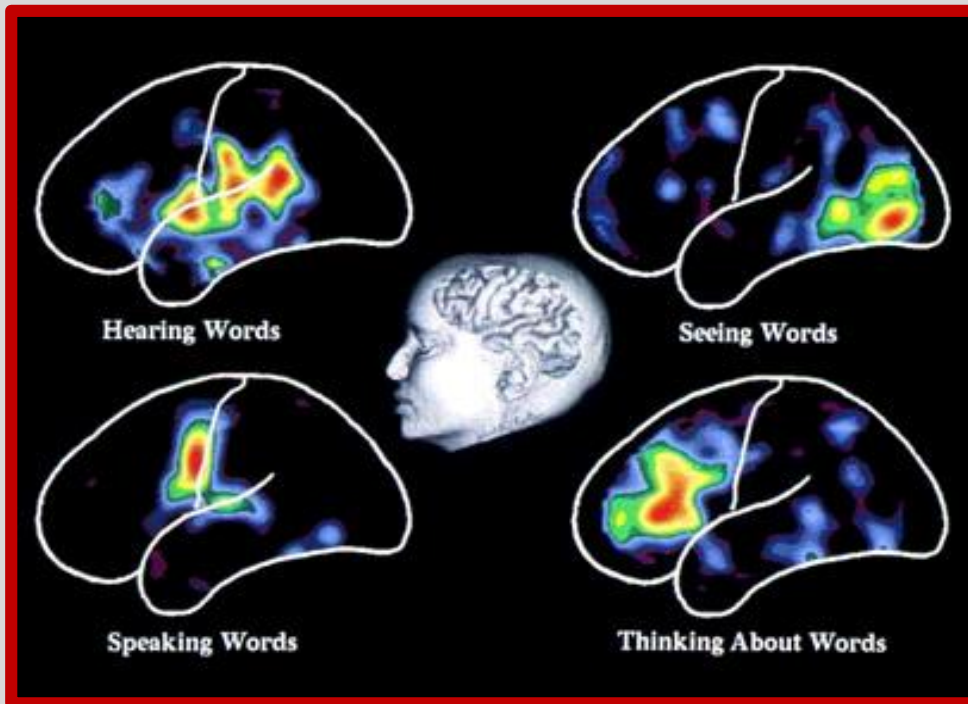
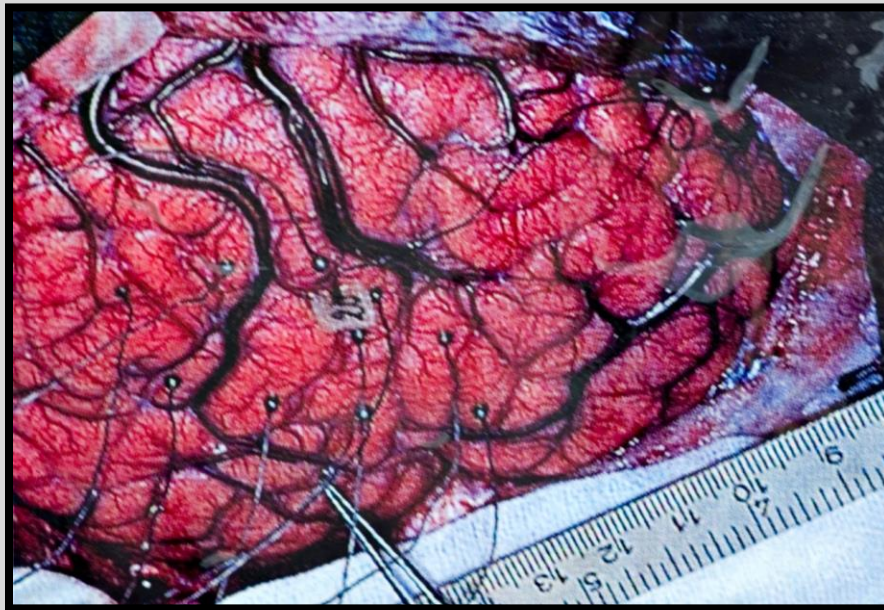
En forskningsbaseret advarsel mod at  
tvangsmodne børn!  
Skrevet til fagfolk – men forældre kan  
læse med!

OBS! Bestil til særpris: 215 kr.  
Kun ved foredrag og konferencer.

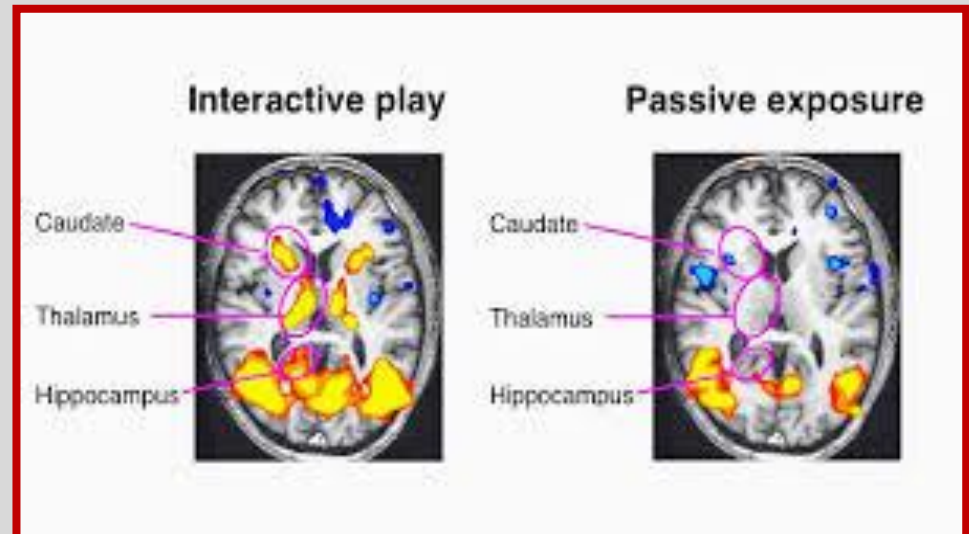
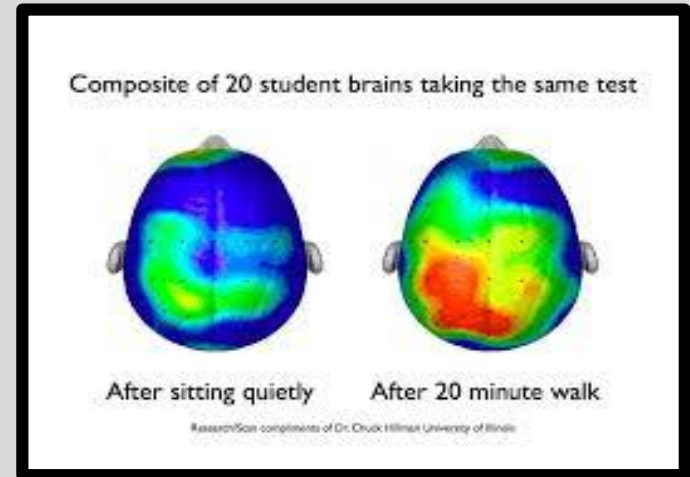


# Test af den levende hjerne

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



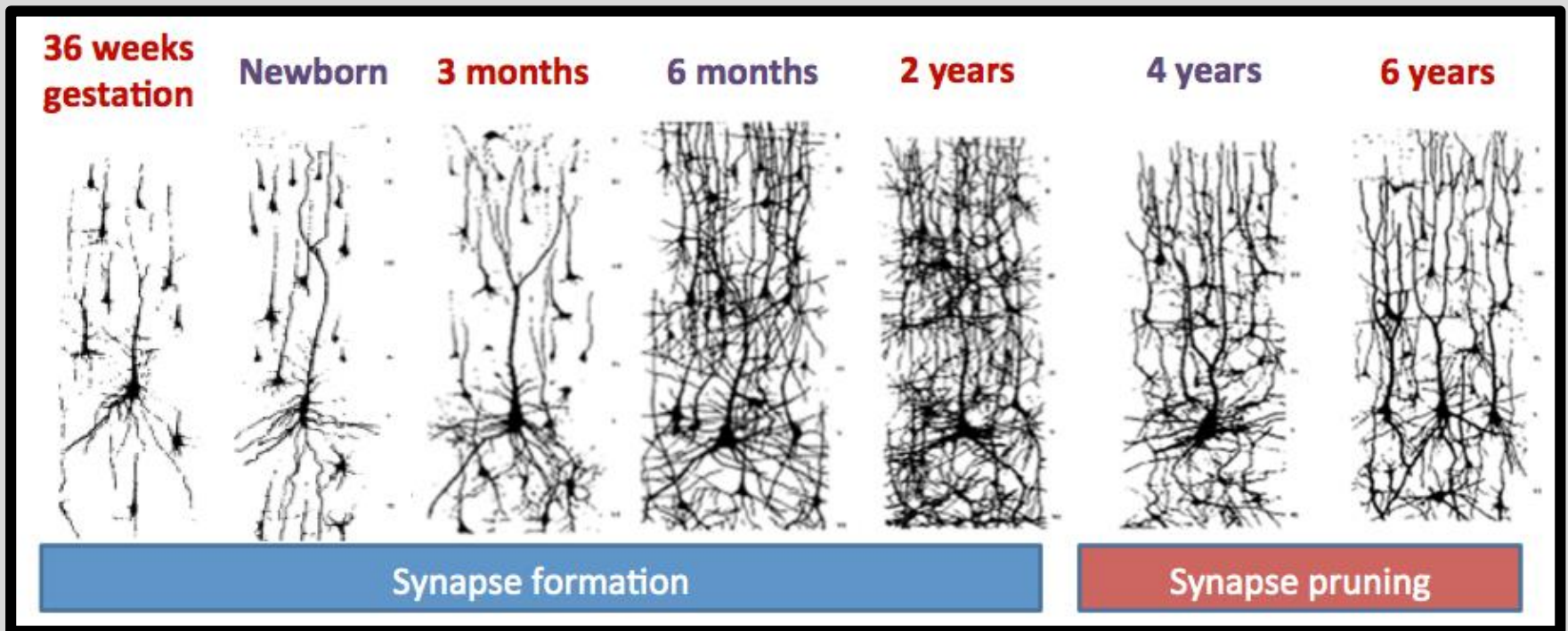
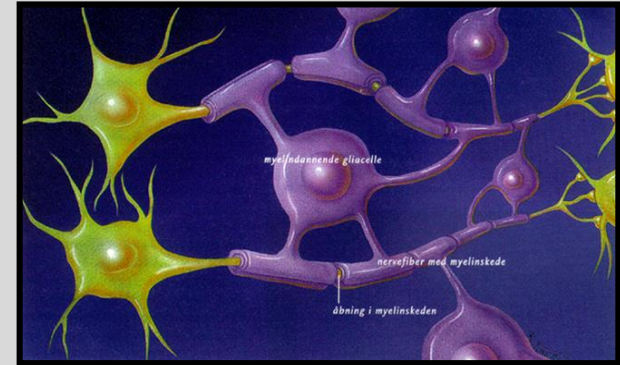
# HJERNER og TRIVSEL





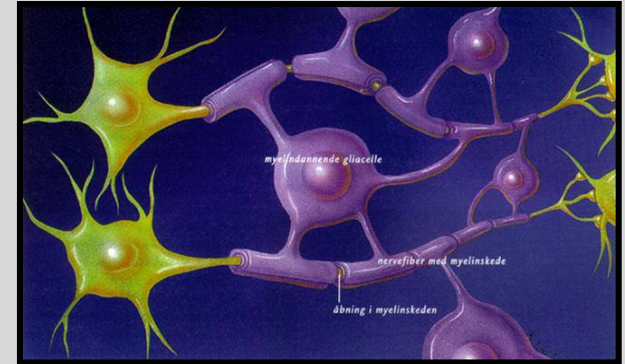
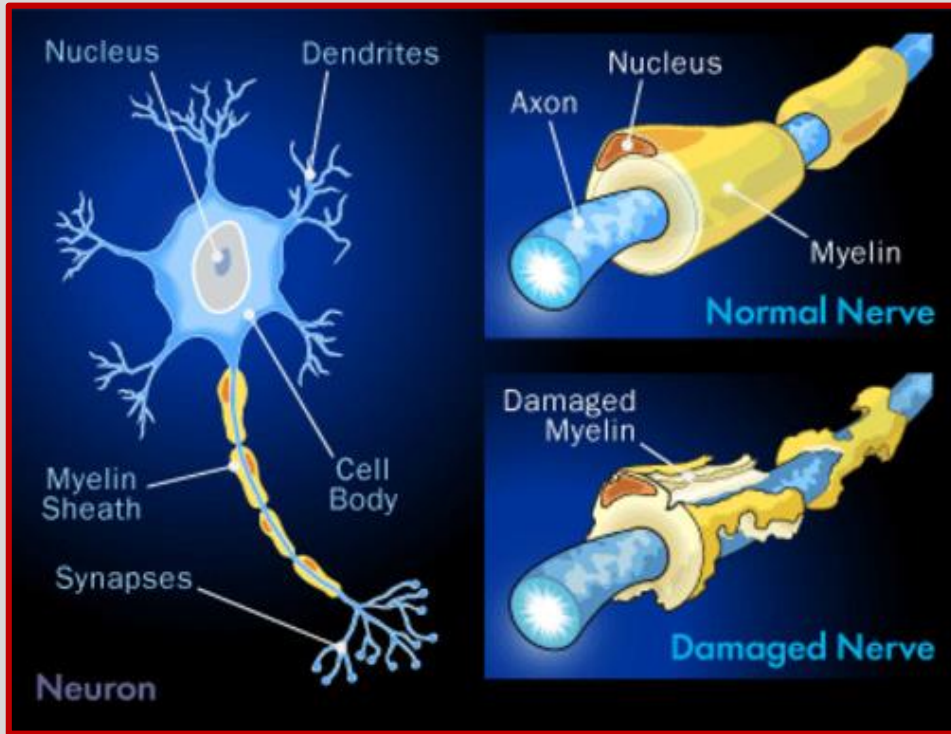
# Hjernemodning

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



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

# Myelin og hjernemodning

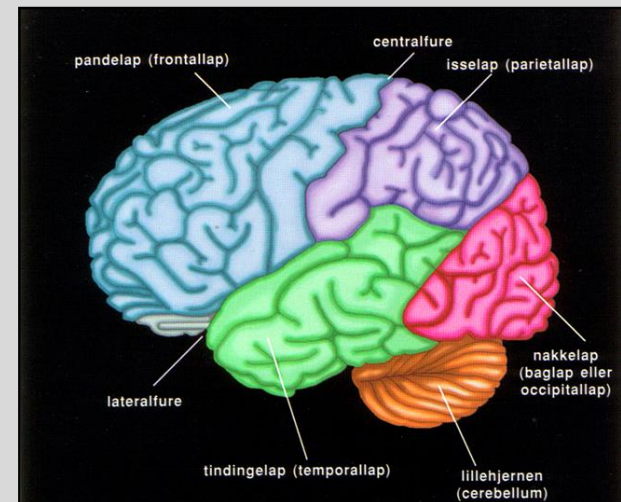


NEWS | [PEDIATRIC IMAGING](#) | MAY 09, 2016

Researchers Track Critical Development in the Young Brain  
*Study uses two MRI techniques to assess size of nerve fibers and myelin thickness*

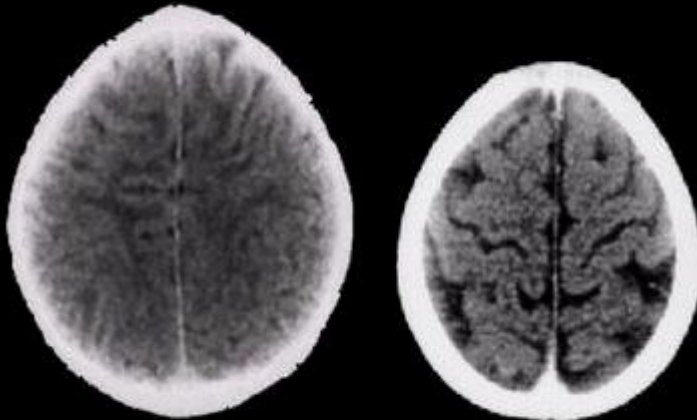
Præmature børn, koncentrationsproblemer, graviditets og fødselsskader, læringsprofil.  
**Hypersensibilitet?**

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





## 3 Year Old Children



Normal

Extreme Neglect

www.ChildTrauma.org

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

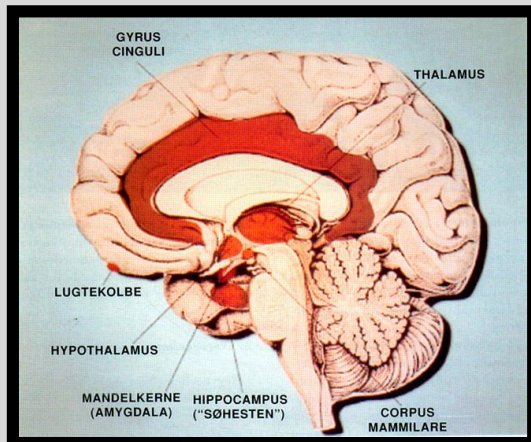
# Hjerne og miljø

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

Young Children Develop in an Environment of Relationships.

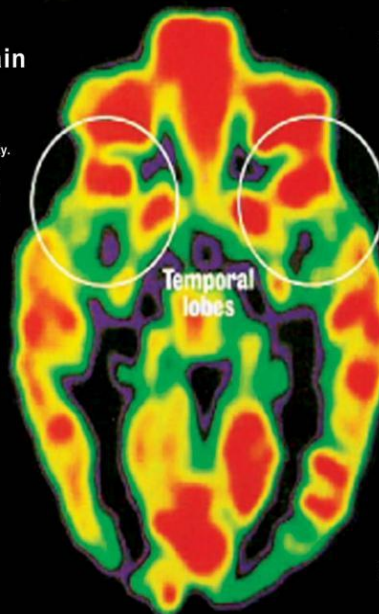


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### Healthy Brain

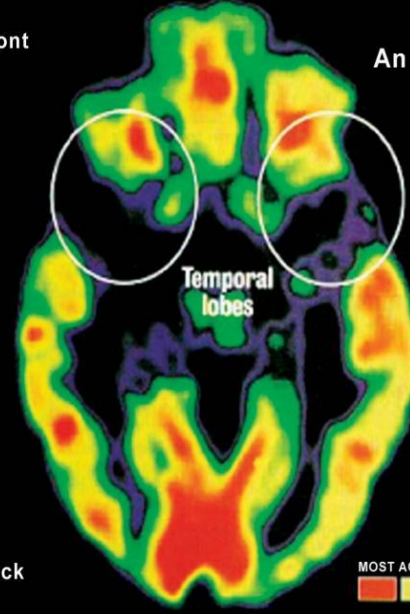
This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



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.



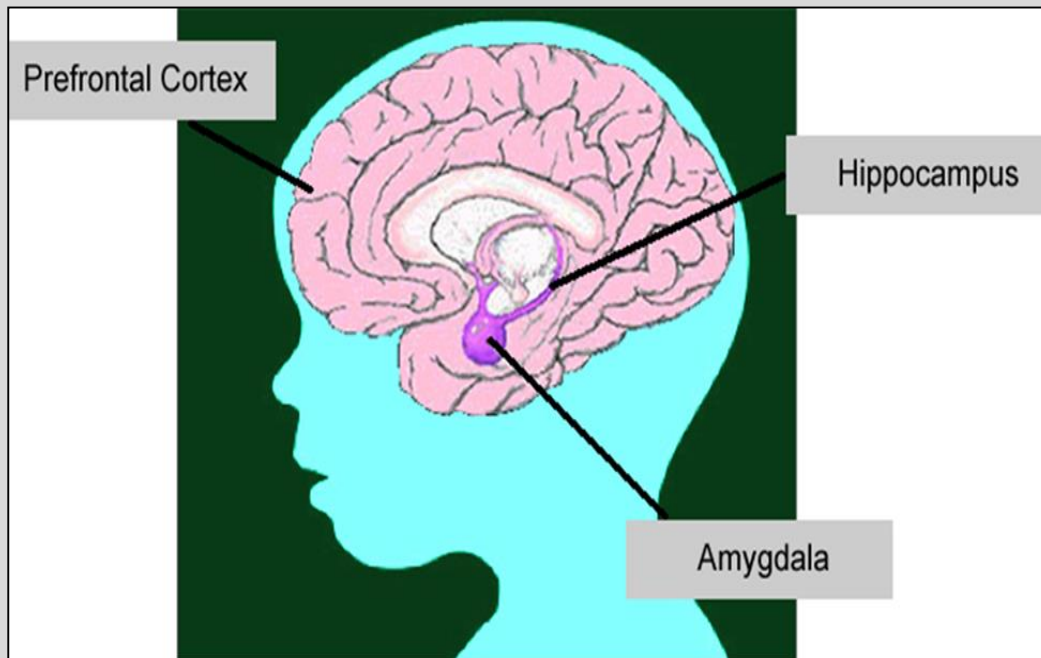
Back

MOST ACTIVE    LEAST ACTIVE  
[Red] [Yellow] [Green] [Black]

www.ann-e-knudsen.dk

# SVIGTENDE KONCENTRATION – PÅTRÆNGENDE ERINDRINGER

## *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.

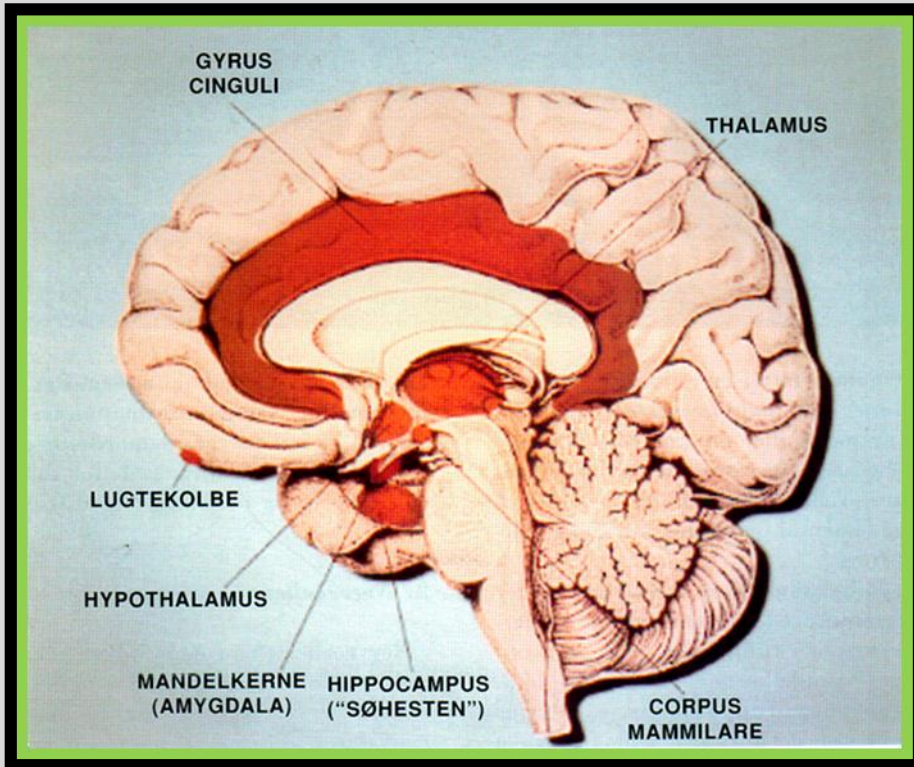
<https://doi.org/10.1016/j.yfrn.2018.02.001>

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



# Hvordan modvirke stress?

Leg uden læringspres



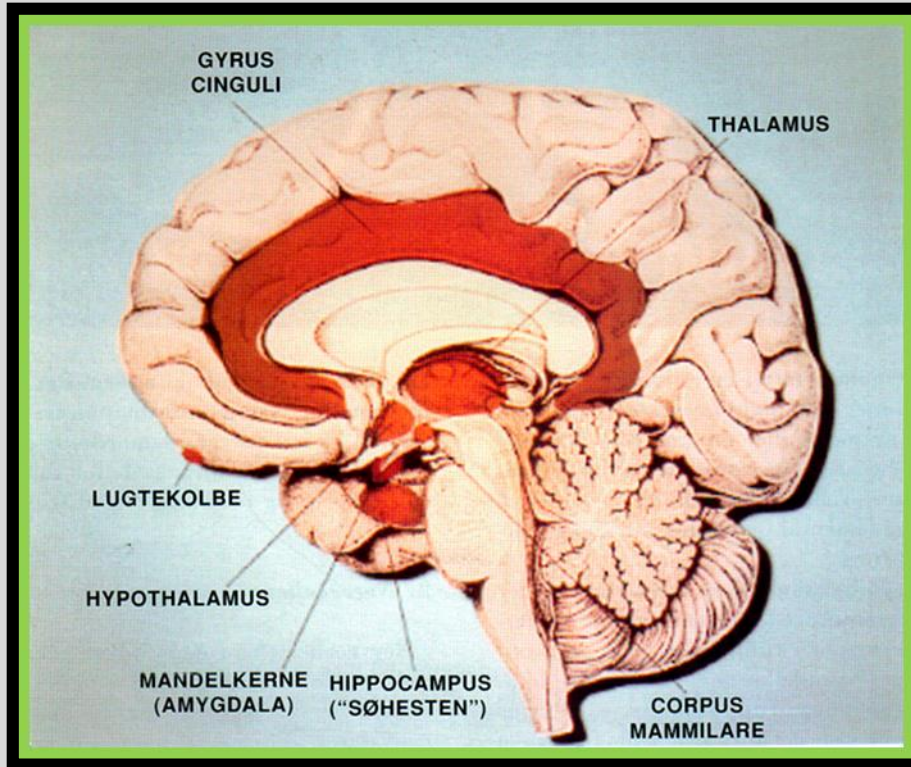
Et stressfyldt miljø får alle til at opføre sig, som om de har ADHD!

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 eller STRESS?



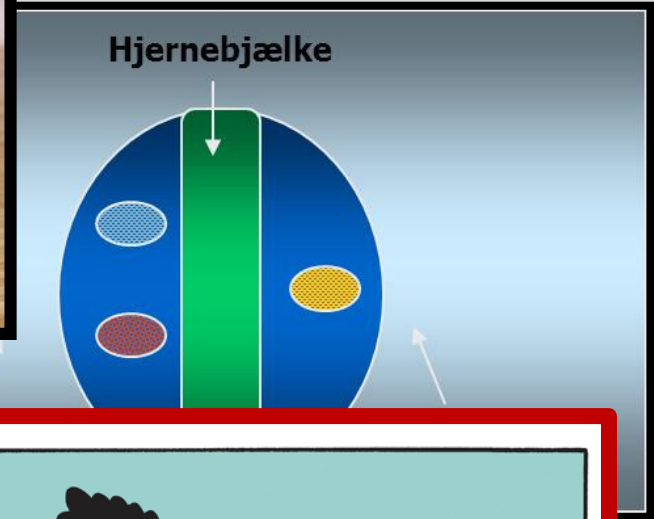
For høj og for lav  
hjernestammeaktivitet –  
stresshormoner?

Jakob, Frederik, Anders og "lille  
Lise"

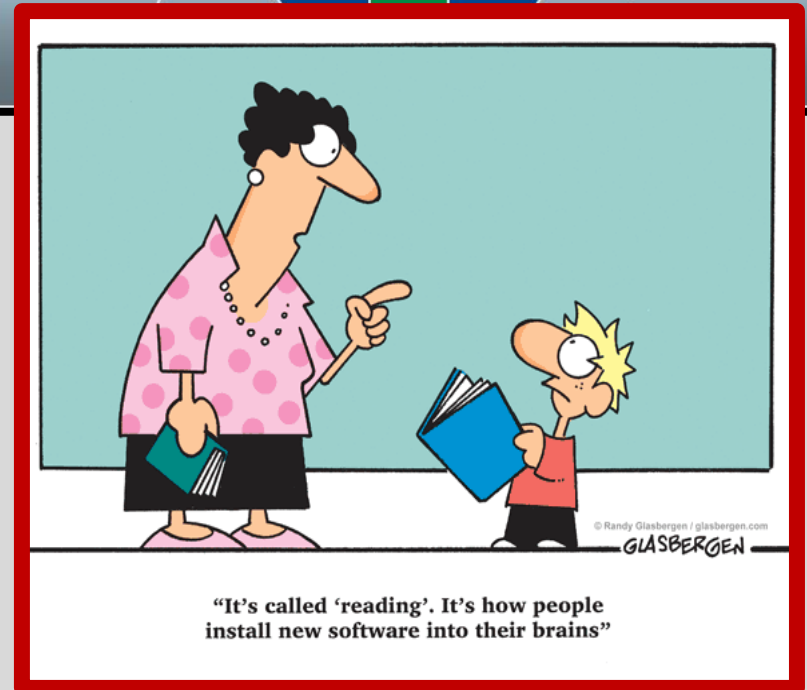
[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)



# KRYDSMODAL PERCEPTION



- Mere tegning, idræt og musik?
- Læring af bedst fungerende kanal
- Associationsområde – finmotorik

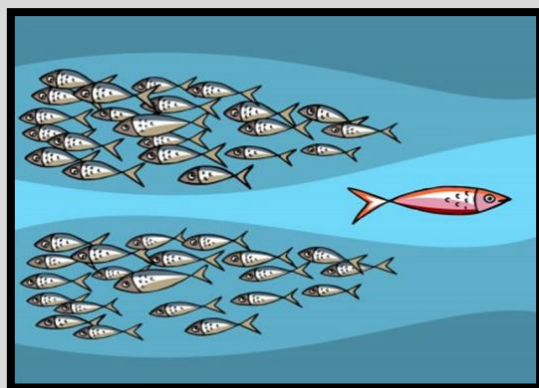


“It’s called ‘reading’. It’s how people install new software into their brains”



# TRAUMER ÆNDRER HJERNEN, MEN DET GØR RELATION OGSÅ!

- Mønsterbrud
- 'Name the Devil'

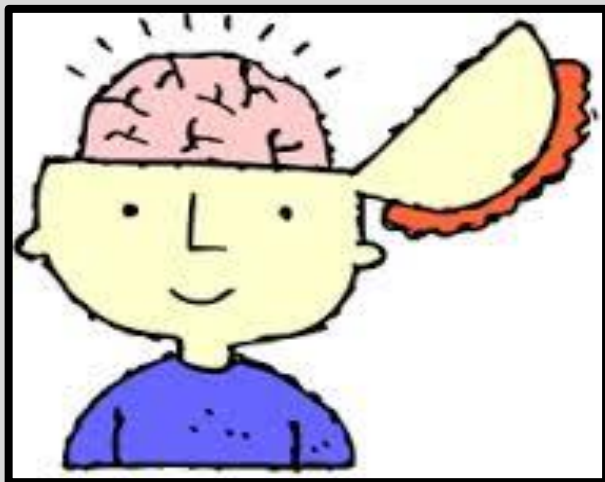


[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)



# Diagnose eller opdragelse?

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

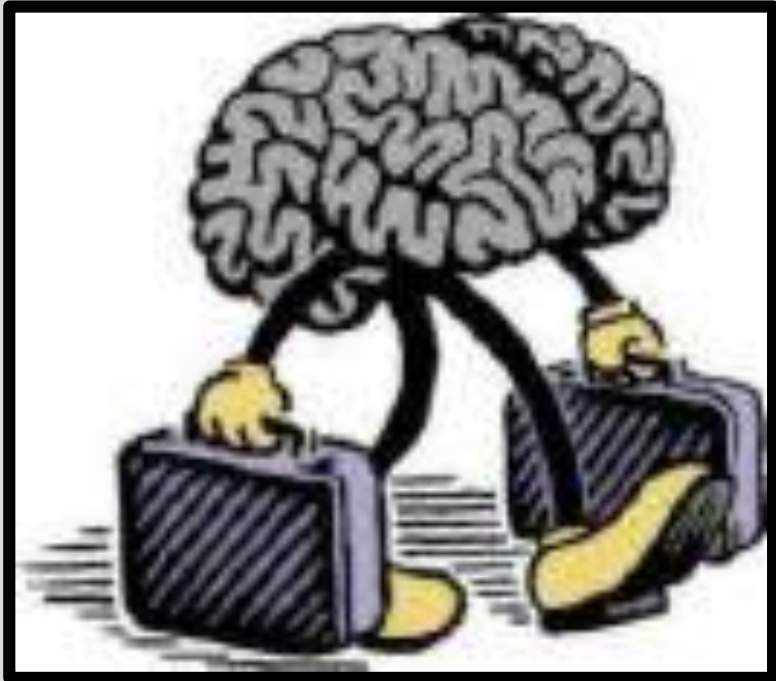


[www.ann-e-knudsen.dk](http://www.ann-e-knudsen.dk)





Tak for i dag



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