**Importance of 0-5 years in Early Education & How Parents Can Fill the Gaps At Home.**

Maria Montessori rightly quoted that “[The most important period of life is not the age of university studies, but the first one, the period from birth to the age of six.](https://www.azquotes.com/quote/767895)” However we as parents sometimes fail to understand the importance of early education in a child’s life. The human brain undergoes the most growth during the first three years. Therefore, that is the time a child must receive the most nurture and care to have a fulfilling life later on. It is a time when they start learning how to interact with people, including their teachers, their peers, their parents, and others. Moreover, during the early years, a child starts developing interests that stay with them for the rest of their lives. In the period 0-5 years the primary and fundamental development that takes place are:-

* Physical Development (Gross Motor & Small Motor)
* Social Development
* Emotional Development
* Cognitive Development
* If all these developments are in sync then the child will surely scale height in future.
* The present pandemic has taken a toll on the little ones, they are not only restricted to the boundaries of their homes, but also sometimes are victims of their parents furry. We as adults need to understand them and help them to come to terms with the ongoing situation. It is very important for us to stay calm and patient during these tough times and find out ways to release the stress. We have to learn to stop labeling our child as it hampers the self confidence and morale of a child.

We will have to allow our children to reach out to things & explore them in other ways making them independent which will help in their cognitive development.

In order to deal with an issue related to a child, we as parents will have to educate all adults in the family and be on the same page from the first day to avoid bigger problem.

Screen time is important as we cannot stop the little ones from watching their favorite cartoons suddenly and switch off everything but we can put restrictions on screen time i.e. 1 hour a day or so.

In order to inculcate reading habits in children, we should start reading to them from an early age at home. It will be more enriching for them to learn reading words rather than pictures.

We will have to allow our children to interact and communicate. Why not arrange zoom party sessions for the child, let them interact with their fellow age group to chat and have fun.

Let us all join our hands to help our buds to bloom into beautiful flowers.