

Alice Wolf

GUTMAN LIBRARY | DIRECTORY | CALENDAR | MYGSE LOGIN

ABOUT US | ACADEMIC PROGRAMS | ADMISSIONS & FINANCIAL AID | PROFESSIONAL EDUCATION | FACULTY & RESEARCH | ALUMNI & FRIENDS | NEWS & IMPACT

Home > News & Impact > Headlines > The New Science Behind Early Education

ALL HEADLINES USABLE KNOWLEDGE PROFILES OF IMPACT ED. MAGAZINE ASKWITH FORUMS

Show: ALL MEDIA TEXT ONLY VIDEO AUDIO IMAGES

Headlines

Listen to our latest podcast, watch our most recent video, read about upcoming events, and learn what's happening in the HGSE universe. It's all in Headlines.

The New Science Behind Early Education

BY NEWSEDITOR

APPLY | RECRUIT | DONATE

Recommend 1,490 people recommend this. Be the first of your friends. 02/04/2014 11:15 AM Add a Comment

This piece originally appeared on WGBH News' Innovation Hub .

Everyone knows how it feels to be stressed. Your heart is pounding, your blood pressure is up, and you feel a rush of adrenaline. Now, imagine feeling like that all the time.

For many children living in unstable home environments -- where the next meal or rent check is a constant source of anxiety -- that feeling is a reality. According to Dr. Jack Shonkoff, director of the Center on the Developing Child, the presence of that kind of constant stress has some serious health implications.

"That can have a real wear and tear effect on the body if that level of stress is present a lot of the time," he says, "particularly for a young child whose brain is developing, whose other organ systems are maturing and developing."

That maturing process, Shonkoff says, can be drastically interrupted by toxic stress, and the results are serious. Not only are these children more prone to conditions like hypertension or heart disease, but they're also less likely to develop skills that are essential to succeeding in school, like paying attention and following directions. That means that when many children begin attending school for the first time, a gap has already opened up between students with unstable home environments and their more well-off peers. ...

Read and listen to more at wgbh.org.

faculty, Jack Shonkoff, media, stress

MOST POPULAR

- Are You Down With or Done With Homework?
- Harvard University to Offer Groundbreaking Doctoral Program for Education Leaders
- All Along
- Do Middle Schools Make Sense?
- The First Year of HarvardX
- What's TFA Got to Do with It

LATEST ACTIVITY

- Why Do Kids Believe in God but Not Harry Potter? | Harvard Graduate School of Education
248 people recommend this
- HGSE Admissions
3 people recommend this
- The Power of Making Music: Enrique Marquez | Harvard Graduate School of Education
12 people recommend this.
- Request Information
41 people recommend this.
- Director's Message
4 people recommend this
- Tuition and cost

UPCOMING EVENTS

View All >

0 comments
gse
Login
Sort by Best

Share Favorite

Start the discussion...

SIGN IN WITH



Sign up for Disqus OR PICK A NAME

Disqus is a conversation network

ARCHIVES

2007 | JAN FEB MAR APR