

The Importance of Movement in Early Childhood Development

MOVING TOWARD PHYSICAL INTELLIGENCE



THE PQ FORMULA

We move to learn. We become smarter through our movement experiences. So, our Physical Intelligence (PQ) is foundational to our cognitive intelligence (IQ). PQ increases IQ.

What we may not know, or fully understand, is that our PQ is also tied to our Emotional Intelligence (EQ). EQ encompasses self-awareness, empathy and relational skills. This awareness comes from the brain-body connection through the nervous system, where emotions like joy, fear, and anger are physically felt.



Movement shapes the nervous system, impacting the skills needed for emotional regulation. PQ is essential for EQ.

Movement Matters

PURPOSE

Did you know physical movement is important for a child's developing brain?

Encourage at least 30 minutes of healthy play daily.

Tip: incorporate into daily routines

Our earliest movement experiences are reflexes in our mother's womb. Integration of these reflexes through movement is essential. Daily physical activity in infancy provides a foundation for critical developmental milestones. Movement shapes the nervous system, helping manage sensory sensations, emotions and behavior.

Early physical activity can help reduce sensory symptoms related to the developmental, behavioral, and learning challenges associated with ADHD, dyslexia, and autism. This can prove life changing for children experiencing those challenges.

Lasting Action

LIFELONG IMPACT

Research shows that 80% of our brain development occurs during the first three years of life.

Unlocking a lifetime of health and vitality begins in the earliest stages of life. Lack of early movement puts children at risk for developmental and learning delays, uncoordinated movement patterns, sensory disorders, behavioral issues, learning difficulties, and emotional dysregulation.

By prioritizing movement in the early stages of life, we can foster greater emotional and physical resilience in our children.



Join The Movement

Visit www.pqinitiative.com for more information on why movement matters.

© 2024

PQInitiative

