

Your Child Needs This To Be Happy

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=C4Q_EERYGFG](https://www.youtube.com/watch?v=C4Q_EERYGFG)
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SUMMARY

The speaker emphasizes the importance of diverse experiences and multiple exposures for children's development, particularly in the context of reducing screen time and enhancing patience. A practical example from India illustrates how a group of mothers collaborated to provide children with enriching experiences away from gadgets, leading to noticeable improvements in behavior.

- *The brain improves with multiple exposures and diverse experiences.*
- *A practical intervention involved mothers taking turns supervising children to reduce screen time.*
- *Within 15 days, children showed reduced reliance on gadgets.*
- *Schools noted significant behavioral improvements in the children.*
- *The initiative highlighted the benefits of community collaboration among parents.*
- *India's diversity offers unique opportunities for varied learning experiences.*

Similarly, the brain needs multiple exposures to really really really get better and that can be done fortunately in a country like India. The biggest advantage is diversity. I'll give you an example during COVID. I had a dear friend, you know, child used to watch a lot of TV etc. And so I suggested to her that she anyway is a like a CEO or she was a CEO there. So select six seven mothers whom you can give a couple of hours off from work once a week. So select six mothers six mothers. One mother comes home by the time the child comes back from school. Otherwise, every child is on the TV at home or the gadgets. So one mother would come home all the other five children would go to this mother's house. Other mothers are working. The next day this lady goes back the other. Now if you do this, what we saw actually is in 15 days all the kids got off the gadgets. But secondly, these kids were having a lot of complaints from school. The parents were called back to school. They said "What have you done?"

But still the complaints are there. This time they are called back to ask "What have you done?" "How come your children have become so patient?" Similarly, the brain needs multiple exposures to really really really get better and better and better. And that can be done fortunately in a country like India. The biggest advantage is diversity.