



# The Gold Age of Childhood: Maximizing Education Efforts for Optimal Development

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**Abstract.** “Gold period” childhood development is vital. At this age, children are eager to learn and master their surroundings. Children are vulnerable to environmental teaching at this age. This era prepares children for all developmental tasks and behaviors. Educators and parents work together to treat, nurture, and educate children, creating an atmosphere where they can learn and grow. This study examines how childhood schooling affects child development. This study reviewed childhood education material. Education during infancy improves children’s cognitive, social, and emotional skills. This study suggests that educators and parents should focus on early education to help children grow and succeed.

**Keywords:** childhood · education · development · sensitive period · potential

## 1 Introduction

Early childhood is a crucial period in a child’s life when they undergo unique growth and development. This includes the development of physical coordination, language and communication skills, thinking abilities, emotional intelligence, and spiritual or religious intelligence. To lay the right foundations for the child’s holistic development, it is essential to provide them with purposeful learning experiences that are based on real-life situations, foster curiosity and enable them to actively engage in the learning process [1].

Children from birth to six years of age experience a golden period, where they are highly receptive to various types of stimuli. During this sensitive period, children’s physical and psychological functions mature, and they are better able to respond to the environment. Each child’s sensitive period is different and corresponds to their individual growth and development rates. This time is crucial for laying the foundations of cognitive abilities, language skills, motor skills, and socio-emotional development in early childhood [2].

Therefore, it is crucial to create a conducive learning environment for young children that promotes curiosity and encourages active participation. The sensitive period in early childhood is an opportunity to stimulate the child’s development, lay the right foundations and maximize their potential for growth and development.

## 2 Methodology

This type of research is library research or library research, namely research that collects data and information as well as material contained in various sources such as books, newspapers, magazines and so on. The steps in this study include: topic selection, information exploration, determine research focus, collect data sources, prepare data presentation, and preparation of reports.

## 3 Results and Discussion

### 3.1 Philosophical Foundation

Education is one attempt to humanize humanity That means through the educational process expected to be born humans the good one. The human standard “good” differs between societies, nation or country, because of differences philosophical view his beliefs. The difference in philosophy adopted from a nation will bring a difference in orientation or educational purposes.

The Indonesian nation, adheres to the Pancasila philosophy, believes that the formation, Pancasilaist people become an orientation, The aim of education is to make Indonesian people completely. Nation Indonesia is also very appreciative difference and love democracy contained in the motto *Bhinneka Tunggal Ika* which means “different but one”. From the motto the Indonesian nation is also very uphold individual rights as a creature of God who can not ignored by anyone. Son as very entitled individual to get that education according to your needs and ability. By education what is given is hoped that the child will get grow and develop accordingly with its potential so that they will become children of the nation which are expected. Indonesian nation adheres to the philosophy of Pancasila believe that the establishment Pancasila manusai becomes an orientation The aim of education is to make Indonesian people completely. With respect to views philosophical is then the curriculum as a tool to achieve goals education, its development must attention to philosophical views nation in the educational process going on.

### 3.2 Scientific Foundation

The scientific concept of PAUD is isomorphic, meaning the scientific framework PAUD is built from interdisciplinary knowledge which is a combination of several disciplines, including: psychology, physiology, sociology, science child education, anthropology, humanities, health, and nutrition as well neuroscience or neuroscience development of the human brain.

Based on a thorough review psychology and educational science, period. Early age is a laying period foundation or initial foundation for child growth and development. What did the child receive at the time early age, whether it is food, drinks, as well as stimulation from environment makes a huge contribution to child growth and development at that time and had great influence on growth and development furthermore.

Growth and development children cannot be separated with the development of brain structures. From an empirical point of view a lot research that concluded that very early childhood education important, because in human time born, according to Clark [2] completeness his brain organization reached 100–200 billions of ready brain cells developed and actualized to reach a developmental level optimal, but the results of research stated that only 5% potency a brain that is used up due to lack stimulation that works for optimizing brain function [3].

### 3.3 Discussion

#### Early Childhood Education Programs

##### 1. Educational Implementation Path Early childhood

Under the law on the National Education System stated that the education of children aged Early Childhood Education (PAUD) is an effort coaching aimed at children from birth to the age of six years done through gifts educational stimulus to form physical growth and development and spiritual so that children have readiness in entering further education [4].

Implementation of Children's Education Early Age can be done in the form formal, non-formal and informal. Every the form of holding has own peculiarity. Administration early childhood education on track formal is Kindergarten (TK) or RA and similar institutions. Providing education for children early age on non-formal channels held by the upper class the needs of the community itself, especially for children who with its limitations are not served in formal education (kindergarten and RA). Informal education is carried out by family or environment. Informal education aims give religious belief instill cultural values, moral values, ethics and personality, aesthetics as well increase knowledge and the skills of students in the framework achieve national education goals [3].

##### 2. Early Childhood Education Unit

Early childhood education unit is an educational institution for young children early who provide services education for newborns up to 6 years. In Indonesia there is several early childhood education institutions that has been known so far general public, namely:

- a. Kindergarten (TK) or Raudhatul thfal (RA) TK or RA is a unit form education for early childhood in formal channels that organize education for children aged 4–6 years, which are divided into two groups: Group A for children aged 4–5 years and Group B for children 5–6 years old.
- b. Group Play (Play Group) Playgroups are wrong a form of early childhood education on the path of non-formal education administering educational programs as well as a welfare program for children aged 2 to 4 years.
- c. Child Care Park (TPA) One of the nursery parks form of early childhood education on non-formal education pathways organize programs education and upbringing and well-being of children from birth up to 6 years old. Landfill is a vehicle for education

and child welfare development function as a surrogate for the family for a specified period of time during parents are absent or not have enough time taking care of their child because of work or other reasons [3].

### 3. Foundation of Early Childhood Education

Juridical Foundation, early childhood education programs is a part of achievement of educational goals national, as stipulated in Law Number 2 of 1989 about the National Education system namely the intellectual life of the nation and developing people Indonesia is completely human who believe and fear God Almighty and virtuous noble, knowledgeable and skills, physical health and spiritual, steady personality and independence and sense of responsibility society and nationality.

[5] Concerning protection children stated that “Every child right to education and teaching in the context of personal development and level Intelligence according to interest and talent.”

[4] On the National Education System Chapter 1, article 1, point 14 stated that “Early childhood education is a coaching effort addressed to children from birth up to the age of 6 years This can be done through the provision of educational incentives to help growth and development physically and spiritually so that children have readiness to enter education Furthermore”.

Article 28 on Early Childhood Education states that education for young children can take place before they finish basic education. This education can be formal, non-formal, or informal. Formal education options include kindergarten, religious-based education or other equivalent forms. Non-formal education options include programs such as KB and TPA or other equivalent forms. Informal education options can be provided by families or the child’s environment. The specific regulations related to early childhood education are further outlined in government regulations.

### 4. Characteristics of Early Childhood Education Early

The statements of the experts confirm early childhood education indeed has a special character or characteristic distinguishes it from that education children will experience at a later stage namely basic education. Character or feature specifically it is:

- a. Develop all aspects the humanity of students, in the context of this intelligence means develop intelligence intellectual (IQ), intelligence emotional (EQ), spiritual intelligence (SQ), multiple intelligences and other forms of intelligence.
- b. Prioritize activities encourage children’s active participation students feel different an all encompassing experience aspects of humanity, psychology and body, mind and all senses.
- c. Making play a spirit for learning process because for growing children play-learn.

d. Making art and physical education as the main menu which is carried out in a full atmosphere joy, fun and free [6].

#### 5. **Early Childhood Education Goals**

In general, the purpose of early childhood education early is to develop a variety potential of children from an early age as preparation Specifically the purpose of children's education early age are to live and adapt with the environment.

1. So that children believe in existence God and able to worship as well love each other.
  2. So that children are able to manage body skills included gross and motor movements smooth and receptive sensory stimulation.
  3. Children are able to use language for passive language comprehension and can communicate effectivel so it can be useful for think and learn.
  4. Children are able to think logically, critically, give reasons, solve problems and find relationships cause and effect.
  5. Children are able to know the environment nature, social environment, roles society and value social and cultural diversity as well able to develop self-concept positive and self-controlled
  6. Children have sensitivity to rhythm, pitch, various sounds, as well appreciate creative [3].
- a. Principles of Early Childhood Education Early

There are a number of learning principles in early childhood education, is as follows:

- a. Children as active learners Education should direct child to become a learner active. Designed education creatively will produce active learner. Children will get used to study and study various aspects knowledge, skills and abilities through various observing, searching, find, discuss, conclude and present himself various things found on the surroundings. Process education like this is form of focused learning on children's learning activities active or known as Cara Active Student Learning (CBSA = Student Active Learning).
- b. Children learn through sensory and the five senses Children learn through sensory and five senses according to sight basic Montessori belief that the five senses are doorsvarious entrance gates knowledge in the human brain (child), because of its very role strategic then all five senses must have the opportunity to grow accordingly function.
- c. Children construct knowledge Alone From birth the child is given a variety ability. In this concept child allowed to learn through experiences and knowledge experienced since the child was born and knowledge that the child has acquired during life. This concept is a given so that the child is stimulated to add to existing knowledge provided through the materials presented by the teacher with own way. Child is given facilities to support build their own knowledge.
- d. Children think through concrete objects Children remember more about an object that can be seen, held more lasting and acceptable by the brain in sensation and memory (long term memory in the form symbols). Child is expected can think through the

media (concrete objects) or the nearest with children directly. Child early age can absorb experience easily through objects concrete (real).

- e. Children learn from the environment Education is a conscious endeavor done intentionally and planned to help the child develop potential optimal so that the child is able adapt to the environment. This definition contains meaning that the essential essence of the ultimate goal of education is child's ability to do adaptation to the internal environment broad meaning. Thus the goal education should be the basis to direct processes education (learning) in order bring children closer environment.

There are six important principles to consider when providing early childhood education. First, learning activities should be focused on the needs of the child, taking into account their physical and psychological development, including intellectual, language, motor, and socio-emotional aspects. Second, learning through play is a key component of early childhood education, allowing children to explore and discover through fun and engaging activities.

Creating a conducive and safe learning environment is also crucial, providing a comfortable and interesting space that promotes learning through play. Integrated learning in play with attractive and contextual themes helps children understand various concepts easily. Developing multiple life skills through habituation processes enables children to become self-sufficient, independent, responsible, and disciplined. Finally, using various educational resources and media, including natural surroundings and materials prepared by educators, teachers, and parents, enriches the learning environment, supporting young children's development.

### **Definition and Characteristics of Children Early age**

Children are unique human beings with distinct characteristics that set them apart from adults. They are always active, curious, and enthusiastic about exploring and learning new things through their senses. Children are egocentric, have short attention spans, and are highly social beings with rich imaginations.

Early childhood is a critical period of rapid development that lays the foundation for the rest of a child's life. It spans from birth to six years of age, during which time a child undergoes significant growth and development across various aspects of their being. Therefore, the learning process for young children should be tailored to their unique characteristics and developmental stages. [3].

There are various studies of nature early childhood, especially kindergarten children among them by Bredecam & Copple Brener, and Kellough [7] as follows:

1. Children are unique
2. Children express their behavior relatively spontaneous
3. Children are active and energetic
4. The child is egocentric
5. Children have a strong curiosity and enthusiastic about many things
6. Children are explorative and spirited adventurer
7. Children are generally rich with fantasy
8. Children are still easily frustrated
9. Children still lack deep consideration Act

10. Children have great attention short
11. Childhood is a period of learning the most potential
12. The child is increasingly showing interest towards friends

### **Early Childhood Development**

Growth and development is a natural process that occurs in human life, begins from within content until the end of life. Growth more emphasis on physical changes quantitative in nature, meanwhile significant qualitative development a series of progressive changes as as a result of the maturation process and experience [1].

Age from birth to entry Basic education is the golden age as well as a critical period in stages life, which will determine subsequent child development. This time is the right time to put basics of capacity building physical, language, social-emotional, self-concept, arts, morals and religious values [1].

So that the baby can grow and develop healthily and intelligently, then parents should at least comply the child's needs. Need the basis of the child is protection and love love, food, housing and clothing, fresh air and enough sunshine, play and rest, disease prevention and accidents, skills training and habits necessary for life daily. The child's psychological needs are noble values as human beings, feelings loved, a sense of security because they feel they belong, have an interpersonal relationship strong, knows the environment, no pressured by various restrictions, discipline, sense of responsibility and opportunity to help others chance to get success in the field of work, opportunity to learn from experience, opportunity to be free from dependency on others. The active role of parents is needed so that their children can grow and develop healthy and intelligent, concretely parents should always pay attention supervise and provide facilities for its growth and development. Various aspects of development covering early childhood development including aspects of motor development, cognitive, emotional, social, language, moral and religion. The five aspects are a unit that cannot stand alone and are related to each other. This matter can be described as follows (Fig. 1):

### **Principles of Childhood Development Early**

According to Bredekamp & Coople [9], there are twelve principles of early childhood development. First, physical, social, emotional, and cognitive development in children are interrelated and influence each other. Second, development in children occurs in a certain predictable order across various aspects such as physical/motor, emotional, social, language, and cognitive development. The third principle emphasizes that development occurs within ranges that vary between children and between functions.

The fourth principle highlights the cumulative and delayed influence of early experiences on a child's development. Fifth, child development progresses to become increasingly complex, specialized, organized, and internalized. Sixth, development and learning occur in a plural social and cultural context. Seventh, children are active learners, building their understanding of the physical and social world through their experiences. The remaining principles emphasize the role of play, the importance of challenging children to practice skills, the existence of various learning modalities, and the need for a safe and supportive community that fulfills the child's physical and physiological needs..

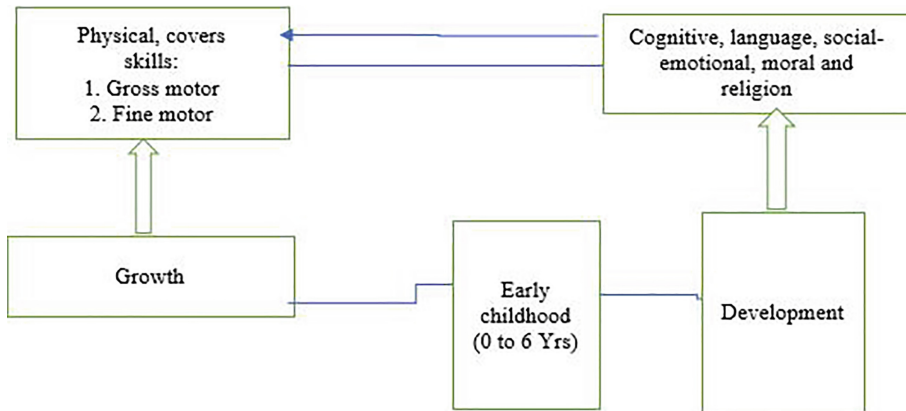


Fig. 1. The scope of AUD developmental psychology [8]

## 4 Conclusion

Early childhood is in a period golden throughout the age range human development. This period is sensitive period, during this period the child especially easy to receive stimuli from the environment. At this time Children are ready to carry out various activities in order to understand and master environment. The golden age is the time when aak starts to be sensitive to receive a variety of stimulation and variety educational efforts from the environment are good intentional or unintentional. On This sensitive period is the maturation of physical and psychological functions so that they are ready respond and realize all the expected developmental tasks appear in their daily behavior patterns.

Early childhood education is a coaching efforts aimed at children from birth to 6 years of age done through giving educational stimulus to help physical growth and development and spiritual so that children have readiness in entering further education.

Education in early childhood on basically includes all efforts and actions taken by educators and people parents in the process of care, parenting an education in children by creating aura and the environment in which the child gets explore that experience give him a chance to know and understand experience learning from the environment, through observing, imitating and ongoing experimentation repeatedly and involve the whole potential and intelligence of children.

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