

BÖLÜM 4

Erken Çocukluk Döneminde Sosyal Duygusal Gelişim (0-6 Yaş)

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ERKEN ÇOCUKLUK DÖNEMİNDE SOSYAL DUYGUSAL GELİŞİM

Erken çocukluk dönemi bireyin gelişiminde kritik dönemlerden biri olarak ifade edilmektedir. UNİCEF (2025) bu dönemi “Erken çocukluk dönemi, çocuğun doğumdan 8 yaşına kadar olan yıllarını kapsar ve bu dönem, beynin gelişiminin ve öğrenme yeteneğinin en hızlı olduğu kritik bir süreçtir” şeklinde ifade etmektedir. Dünya Sağlık Örgütü (WHO, 2025) ise “Erken çocukluk, doğumdan 8 yaşına kadar olan dönemi kapsar ve çocukların sağlıklı büyüme, öğrenme ve duygusal gelişimi için kritik bir fırsat penceresi sunar” tanımlamasını yapmaktadır. Evrensel tanımlarda 0-8 yaş aralığı olarak ifade edilen erken çocukluk dönemi, ülkemiz eğitim sistemi özelinde okul öncesi dönem ve ilkökul birinci sınıf çocuklarını kapsamaktadır. Bu dönemde, sosyal-duygusal gelişim, dil gelişimi, kişilik oluşumu ve zekâ büyük ölçüde şekillenmekte; zihinsel beceriler, duygusal düzenleme kapasitesi ve davranışsal alışkanlıkların önemli bir bölümü kazanılmaktadır. Bireyin yaşamı boyunca etkili olacak bu temel özelliklerin gelişimi, çocuğun erken çocukluk döneminde maruz kaldığı çevresel koşullar ve aldığı eğitimin niteliğine bağlı olarak farklılık göstermektedir (AÇEV ve ERG, 2016). Bu kitap özelinde çocuğun gelişiminde eğitim kademe-lerindeki yapısal ve uygulama farklılıkları nedeniyle içeriğin daha bütüncül sunulabilmesi için erken çocukluk dönemi 0-6 yaş ile sınırlandırılmıştır. İlkokula başlangıçtan itibaren ise çocukluk dönemi bölümü (bknz. bölüm 5) içerisinde bilgilere yer verilmiştir.

Milli Eğitim Bakanlığı (MEB) (2013) tarafından “Okul öncesi eğitim dönemi, çocuğun doğumundan ilkökula başlamasına kadar geçen ve çocuğun tüm gelişim alanların-

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Okuma ve İzleme Önerileri

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- Film: *The Beginning of Life* (2016)
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- Kitaplar: TÜBİTAK Okul Öncesi Kitaplığı. <https://yayinlar.tubitak.gov.tr/kategori/okul-oencesi-kitapligi-71?yas-grubu=2-yas,3-yas,4-yas,5-yas,6-yas>
- Utangaç Ayı Monti- Duncan Beedie
- Uç Paytak Uç- HYPERLINK "<https://www.iskulttur.com.tr/yazarlar/melanie-joyce>"Melanie Joyce
- Duygularıya Arkadaş Olan Çocuk- Dr. Lauren Rubenstein
- Sevgi Canavarı Son Çikolata -Rachel Bright
- Bir Kabuğu Paylaşmak- Julia Donaldson

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