

Changing Concepts in Child Birth Process: “The Intelligence of Child Birth”



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Does the mother's age at childbirth play any role in her child's intelligence?

- Dec 21, 2015, as per the data of British kids, it is confirmed.
- Over an extended period, information was gathered by using 18000 children. Research was done by researchers from the London School of Economics state that “kids born to first time moms in their 30's has better cognitive scores and behavior outcomes than first born children with mothers in their 20's”.
- “The Times Health” published in 19th Dec 2015 by Tom Whipple, he stated that in his article to start a family in your 30's and your children are likely to be cleverer.
- According to both the above articles stated that, first child in their 30's has smarter and healthier babies.
- Journal from Bio-demography and Social Biology concluded that child's born to women in their 30's is more likely to be intelligent, score higher in cognitive testing than women of 20's or 40's
- Example for first time mothers in their 30's: have planned their pregnancies, more educated, higher incomes, stable relationships, healthier lifestyles, seek prenatal care earlier.
- Women in 40's tends to breast feed their children more and play less. So, they might have obese children.
- Study by Jenny Hope, May 2012, children of mothers over 40's are healthier, more intelligent, vaccinated and less likely to have accidents. Additionally, she added their IQ test score higher; they develop broader vocabulary from a young age.
- Women who are delaying their motherhood, for them it is good news.
- Latest research shows that advantages for older mothers possibly due to their greater experience and maturity.
- According to researchers at the Institute of Child Health University College London report, “older mothers can make better parents”. May be because of less impulsive, calmer and more life experience.
- Study done by Randy in 2014 (Health Day News) concluded that, women aged 35 and more face a lower risk of having children with birth defects.

Do the children, who have parents with more resources to offer, are likely to be intelligent?

- Kid's parents with more resources (good schools, tutors, high quality nutrition etc.) are better when it come to school and tests.
- Book Learning and Intelligence really the same thing? Jacqueline Cote answers "it is not so because the two children I had in my 20's are honor students"
- Care giving in the first place is child's advantage from having the family resources.
- Research shows that there is a myth that, mothers who return to work believe their milk is essential to their babies' future intellect.
- Babies have higher intelligence, who were breast fed than bottle fed. Reason for the correlation is in the mother's brain, not her breast.
- Intelligent parents provide more stimulating environment and pass their genes. So smart mothers have smart babies.
- Environment and resources support baby's intellectual development.
- Adopted children, who are not breast fed have higher IQ. Why? Because of the better family environment.
- Family's socioeconomic status is the key factor in the development.
- In middle - class family are good enough to allow most children to approach their full genetic potential.
- Low social status often means economic insecurity, unsafe neighborhoods and chaotic households and it means increased secretion of stress hormones.
- Families with modest means and effective strategies help a baby's brain growth.
- Communicating with their social circle is the best way to learn.
- Training the mothers to be more responsive to their babies tend to improve cognitive development.

First born had higher IQ's and were perfectionist while later born had higher grades and were more extroverted. Is it a myth and belief or is it proved to be scientifically correct?

- Generally, first born child is responsible, middle are people pleasers and youngest ones are attention seekers.
- Evidence for a link between birth order and personality even scientists have failed to find.
- Recent study by National Academy of Sciences and data was taken from 20000 individuals, concludes that birth order does matter when it comes to IQ.
- The first born usually has the
- Undivided attention of their parents for first born for some time. Even mother's nutritional score is good in initial stage than later born.
- According to Francis Galton, Alfred Adler and Frank Sulloway, first born receives the most attention, care, love in the beginning and have burden to look after younger siblings. Recent study from three longitudinal studies from US, UK and Germany proved that, first born had higher IQ than 2nd born siblings and 2nd born had higher IQ than 3rd born and so on.
- It is because parents had more time to give in the early cognitive and language development of the first born and also older siblings are "teachers" to younger siblings.
- Power of the sibling bond, positive sibling ties and interactions can facilitate cognitive development.
- Jealousy and rivalry presents between siblings and documented since ancient times.

- Spacing between siblings is too short (less than 2 years), it will cause risk factor of poor bonding of mother with any of them, also makes more impact in the child's IQ because "bigger the family size, lower is the kid's IQ".

What is the optimal birth spacing between children?

- According the traditional cultures, proper spacing between children was necessary to ensure that younger siblings were as healthy and smart as the first. Minimum time was 2.5 -03 yrs.
- Columbian researchers found in an analysis of 67 studies between 1966 & 2006, that pregnancy intervals shorter than 18 months increased the risk of low birth weight, pre-term birth and small size for gestational age. Intervals longer than 59 months or 5 yrs increased for the same problems.
- Modern notion "2 years between children is best" is clearly a fallacy and very dangerous for the health of younger siblings.
- Today's until the previous child celebrates his/hers second birthday based on this research; women should really not try to get pregnant again.
- Women must take an active role in proper spacing and refilling their nutritional stores of the fat-soluble vitamins like A and D in order to ensure that their younger children are as capable and healthy as their first. These 2 nutrients are critical to optimal fetal development. Particularly the brain and other vital organs.
- Proper spacing preserves the long-term health of the mother.

Do babies born naturally have higher IQ's than those delivered by caesarean section?

- According to recent research when women give birth naturally, there are higher levels of a special protein in baby's brains that helps boost intelligence as they develop. Scientists at Yale University in the US say that the increased levels of the protein called UCP2 in babies born naturally could help foster their short-term and long-term memories.
- After studying the hippocampus region in the brains of mice born naturally and by caesarean, they made the discovery.
- Mice born by C-section were found to have lower levels of UCP2 and as a result suffered impaired adult behaviors.