

Topic: Child Development

Component 1 Children's Growth and Development

Def of Growth

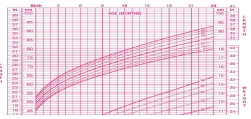
Growth is an increase in size and mass. Changed to physical size, the skeleton, muscles and the brain, children's height, weight and head circumference.

How Growth is Measured

Weighing the child
Measuring length and then height
Measuring head circumference

How is Growth Recorded

Personal Child Health Record (PCHR) 'red' book
Centile charts
Parents/carers' own records
Two-year Health Check
National Child Measurement Programme (NCMP) for 4-5-year-old children.



Roles & Responsibilities

Health Professionals - midwives, health visitors, GP.
Social Care - Social workers, family support workers.
Early years educator - childminder, nursery manager, key person.

Principles of Development

Skills and knowledge gained over time. Can happen at different rates for different children.
Milestones - developmental norms - expected development of children.
Holistic Development - development occurs across a range of areas. Rarely in one area on its own.

0 - 18 months

Communication and Language Development

Crying (hungry, too cold/hot, pain, uncomfortable, something has startled them). First communication - 6 weeks smiles, 3 months- moves head to familiar voice. -Crying less and making more sounds- from 6 months babies start to 'babble'. 9 months-tuneful babbling.
Starting to use words - at around 12 months old.

Cognitive/Intellectual

Problem Solving skills. Development of the senses- Touch, Taste, Hearing, Vision and Smell. Recognition of Self- can smile at themselves in a mirror at around 9 months. 1-year olds know their own name and respond to it. Attention Span - 3 months can concentrate and play for short periods of time. By 6 months- recognise familiar objects and people, responds to pitch and tone of carers voice. Explores objects with hands and mouth. Learning through play- start to play socially around 9 months old.

Social Development

Forming relationships- from 3 months old, responds with pleasure to loving attention, like to be held. From 6 months can distinguish between familiar people and strangers. 9 months- may cry when parents are not nearby. 12 months- enjoys peekaboo. 15months- interested in watching other children playing.

Emotional Development

Development of Bonds, developing preferences, separation Anxiety, Being Curious, asserting their feelings and Jealousy.

Physical Development

Head to foot development. Infant reflexes- rooting, suckling, startle reflex, grasping reflex, walking reflex. 3 months- lifts heads and shoulder, watches fingers move. 9 months- sits/crawls, passes a toy from one hand to another. 12 months-walks with one handheld, picks up objects, can finger feed. 15 months-first steps alone, grasp crayon scribbles.

18 months - 3 years

Communication and Language Development

18 months says words, gestures, repeats what adults say. 2 years- says over 50 words. Joins two words together. 2 years, 6 months, says 200 words, simple sentences.

Cognitive and Intellectual

18 months- knows names and can point to parts of the body. 2 years-recognises pictures in books, simple make-believe play. 2 years 6 months- knows own name asks simple questions.

Social Development

18 months- understands 'you' and 'my'. 2 years can undress and dress with help, toilet training and be more independent.



Emotional Development

18 months- mood swings, start to show empathy. 2 years- tantrums start! Can be distracted, not good at waiting for attention. 2 years, 6 months- developing self identity, learning to cope with emotions and strong feelings, testing boundaries.

Physical Development

18 months- walks steadily, climbs stairs with hand being held, can ride a balance bike and sit and ride chairs. 2 years runs safely, throws a ball. Holds a chunky pencil or crayon. 2 years, 6 months, jumps from small step, kicks ball, copies lines.

3 - 5 years

Communication and Language Development

3 years- clear speech, asks why, uses pronouns, listens to stories, understand instructions. 4 years- talks about future and present, enjoys jokes, listens carefully. 5 years- fluent speech, grammatically correct, can understand complex instructions.

Cognitive and Intellectual

3 years- matches names and colours, sort objects, understands time passing, yesterday, tomorrow etc. makes marks on paper. 4 years- counts to 10, repeats nursery rhymes, simple problem solving.

Social Development

3 years- plays with other children, starting to share,. 4 years shows sensitivity to others, likes to be independent, sense of humour. 5 years choses friendships, understands why we need rules,, enjoys m games.

Emotional Development

3 years, can wait for needs to be met, more co-operative, can express feelings and make requests. 4 years confident, able to feed, dress and undress, wash and dry hands and face, clean teeth. 5 years, close friendships, cope with emotions, bounce back, understands social rules but may need adult to support.



Physical Development

3 years- walks on tip-toe, balances on one foot, rides a tricycle using pedals. 4 years runs and avoids obstacles, good balance when walking on a line. 5 years runs, climbs, skips, hops and good pencil control.

LOB Understand how Factors impact on Children's overall Development

Physical Factors

Factors in pregnancy affecting child. Disabilities/additional needs. Health status (asthma/eczema). Benefits of healthy balanced diet. Amount of exercise.



Environmental Factors

Housing - positive and negative aspects. Home environment (stable support, contact with extended family etc)

Social Factors

Effects of discrimination, relationships with primary carers. Effects siblings and relationships with extended family.



Financial Factors

Low income, High Income and Access to services(health services, early years education and experiences).