

# Component 1 Children's Growth and Development

## Definition 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.

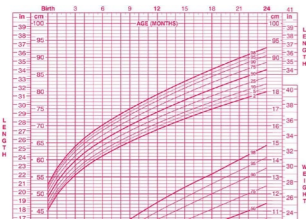
## How Growth is Measured

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

## Roles and Responsibilities of Health Professionals

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

## The 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 near. 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 hand held, picks up objects, can finger feed. 15 months- first steps alone, grasp crayon scribbles.

## 18 months- 3years

### 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-draws circles and lines. 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 chooses friendships, understands why we need rules,, enjoys team 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).