

Child Growth and Development

How children develop

Infancy

Birth - 12 months



Toddler

3 yrs - 6 yrs



Preschool

12 months - 3 yrs



School Age

6 yrs - 12 yrs



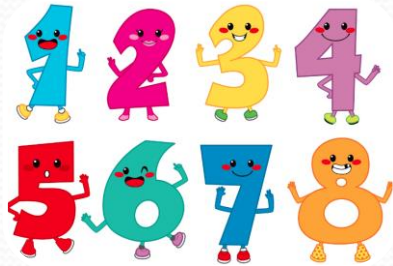
Adolescents

12 yrs - 18 yrs

Child Development Basics

- ✓ Parents and other childcare takers should not focus on physical growth only, instead they should also know whether children are growing healthy in all four domains: cognitive, social emotional, Language, and physical.
- ✓ The early years of life are very important for a child's health, growth and development.
- ✓ Children grow through playing, singing, reading, and talking.
- ✓ Proper nutrition, physical exercise, and also sleep make a big difference in child's growth and development.
- ✓ Children don't grow at the same pace. Usually, a difference of 2-3 months (or longer) is possible for two kids to reach the same milestone at different times. However, if it takes much longer it might imply a delay in growth and development.

Developmental Domains



Cognitive
Development



Social - Emotional
Development



Communication and
Language
Development



Physical Development

Parents' support for a child's healthy development

* Respond to a child

- Show a warmth and sensitivity
- Read books together
- Speak to and play with your child
- Have time for story telling

* Have rules to prevent some incidences

- Use appropriate discipline
- Help a child to manage his/her emotions
- Sleep and wake up on time

* Do school work together

- Teach them good character
- Let them have a fun
- Provide a healthy diet

Developmental Milestones

- Developmental milestones are activities that children are expected to do at a certain age. They give a general idea of the changes to expect as a child gets older.
- Children reach milestones through the way they play, learn, speak, behave, and move (for example, crawling, walking, speaking, waving, smiling, talking, feeding, dressing up, holding...).
- Children develop at their own pace, so it's impossible to predict exactly when a child will learn a given skill.
- If your child is not meeting the milestones for his or her age, there might be a problem with your child's development, so contact your child healthcare provider.

Developmental Monitoring and Screening

Developmental monitoring

Developmental Monitoring is observing how your child grows and changes over the time.

Check if your child is on the right track or falling behind the milestones at his/her age

Observing your child through playing, learning, speaking, behaving and moving

Developmental screening



Take a closer look at how your child is developing.



A missed milestone could be a sign of a problem.



Have a brief test by a specialist.



Take a child's Evaluation for developmental delay.

Play, learn, speak, act & move:

A – two- month old baby: Social / Emotional

He/she calms down when spoken to or picked up.

He /she looks at your face when spoken to or picked up.

He /she is excited when you come or walk up to him/ her.

He /she smiles back.



Play, learn, speak, act & move:

A – two- month old baby: Language & Communication

He /she starts to coo and make vowel sound.

He /she can reacts /turns when he /she hears sounds.

He/she become calm when spoken to.

He/she cries differently for different reasons.



Play, learn, speak, act & move:
A – two- month old baby: Cognitive

He /she looks at people.

He/she looks at object for
some seconds.

He /she may be bored with
routines.



Play, learn, speak, act & move:

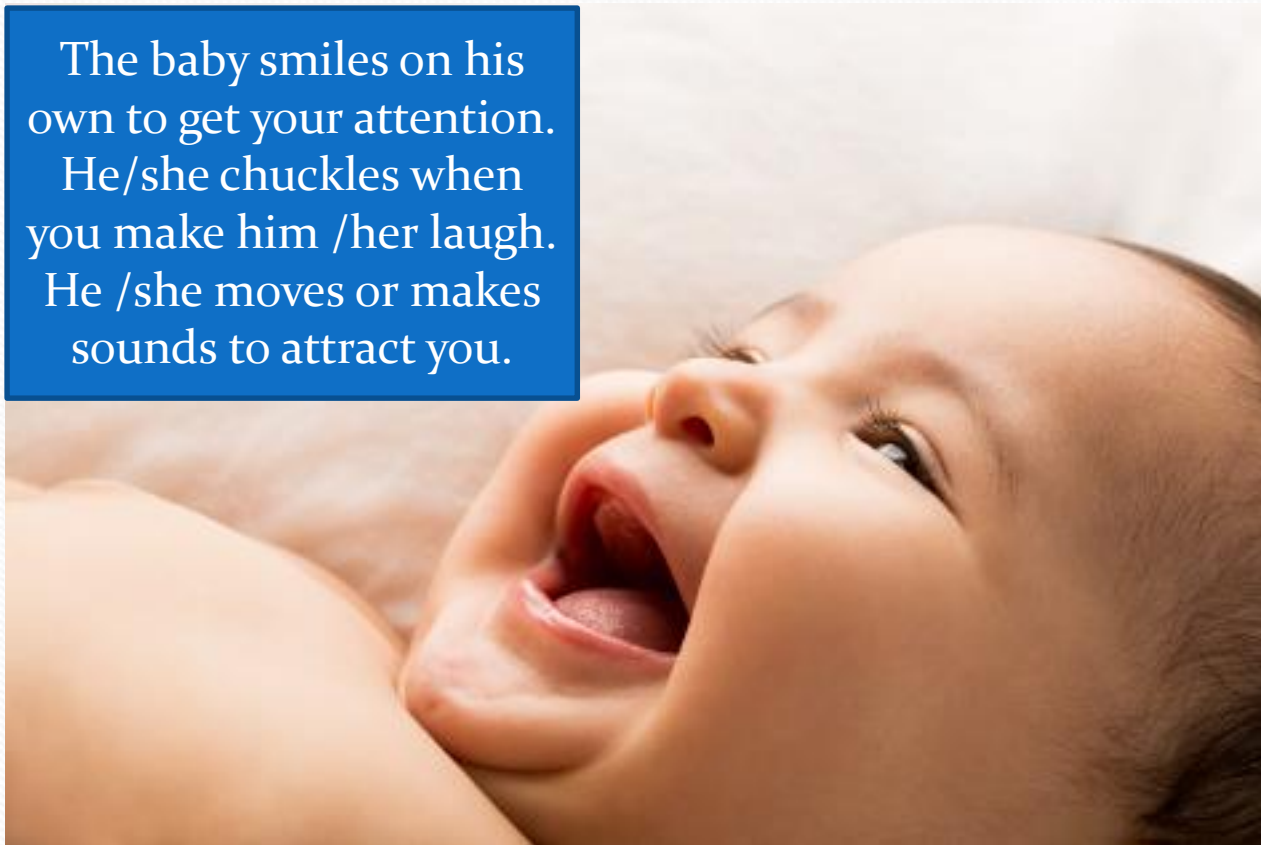
A – two- month old baby: Physical Development

- He /she begins to lift head for longer.
- He /she moves legs and arms.
- He /she opens hands slightly.
- He / she grasps things
- Follows objects with eyes.



Play, learn, speak, act & move:
A – four- month old baby: Social/Emotional

The baby smiles on his own to get your attention.
He/she chuckles when you make him /her laugh.
He /she moves or makes sounds to attract you.



Play, learn, speak, act & move:
A – four- month old baby: Language / Communication



Makes sounds like
“oooo”, “aahh”
(cooing).
He/she begins to
babble and imitates
sounds . He /she
turns head towards
the sound of the voice
He /she laughs.

Play, learn, speak, act & move:

A – four- month old baby: Cognitive

She /he opens mouth when she /he is hungry or when she /he finds the breast.



He/she discovers his/ her fingers and looks at them with interest.



Play, learn, speak, act & move:

A – four- month old baby: Physical Development

He/she hold his head steady without a support when being hold. He /she wants to reach objects. He /she can swing toys . He /she start sucking his hands and begins to push up elbows and forearms. He /she might roll over.



Play, learn, speak, act & move:

A – **six-** month old baby: **Social & Emotional**

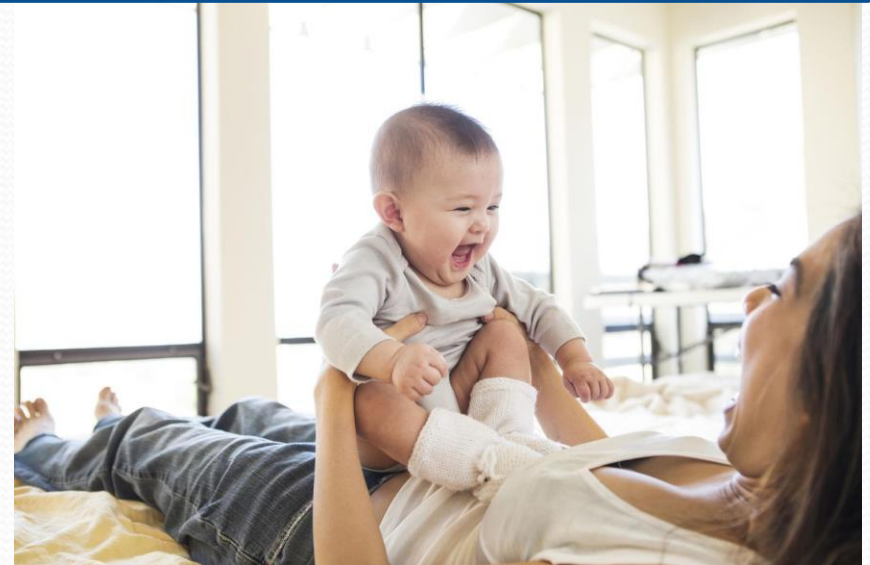
At around 6 months, the baby enjoys to look at self in mirror. He /she already knows familiar people, and has an incredible laughter. He/ she enjoys playing with people, responds to facial expressions and imitates different voice tones.



Play, learn, speak, act & move:

A – **six-** month old baby: **Language and Communication**

The baby blows strawberries, takes turns to mimic sounds and can also make high pitch sound or squeal.



Play, learn, speak, act & move:
A – **six-** month old baby: **Cognitive**

The baby puts everything in the mouth in order to explore them. he./ she closes lips to show that he /she is no longer hungry. He /she passes things from one hand to another. Brings his /her hands up to mouth, and notices music. He/she stretches to grab things.



Play, learn, speak, act & move:

A – **six-** month old baby: **Physical Development**

A baby leans on his /her hands as a support when he/she starts sitting up. He / she pushes up with straight arms when on tummy. She /he can roll from tummy to back and vice versa. He /she sees things and tries to reach them as he /she crawls.



Play, learn, speak, act & move:

A – nine- month old baby: **Social / Emotional**

Your child might be afraid of strangers, be shy or clingy . She / has different faces: happy, sad, excited, or angry. He/she turns around or looks at you when you call her/him. She smiles/laughs when you play a peek –a – boo. He may stare at you when you leave or cry.



Play, learn, speak, act & move:

A – nine- month old baby: Language & Communication



The baby communicates with his arms up or cries when looking for a help. It is time for sounds like mamamama or babababa.

Play, learn, speak, act & move:
A – nine- month old baby: Cognitive



The baby bangs two things together. When things or toys fall or they are hidden, he /she looks for them.



Play, learn, speak, act & move:

A – nine- month old baby: Physical Development



The baby gets to a sitting position by him/herself.
He/ she can crawl.



He/she moves things from one hand to another.



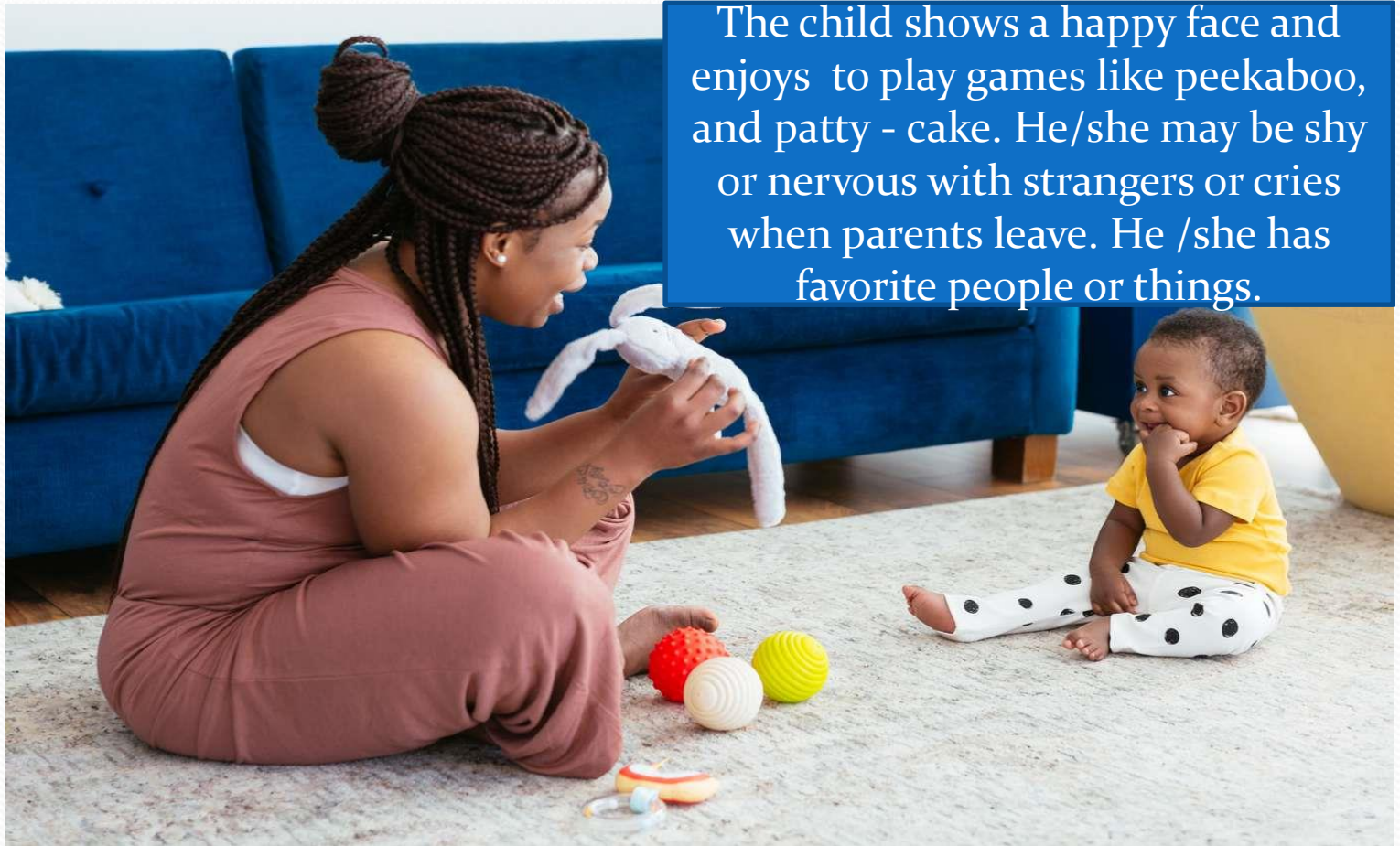
He /she rakes food towards him/her by fingers.



She /he can sit without support.

Play, learn, speak, act & move:

A – one year- old child: Social & Emotional



The child shows a happy face and enjoys to play games like peekaboo, and patty - cake. He/she may be shy or nervous with strangers or cries when parents leave. He /she has favorite people or things.

Play, learn, speak, act & move:

A – one year- old child: Language and Communication

He/ she uses simple gestures and
can wave “bye –bye.”

Also, he / she can say “mama”,
“dada”

He /she can understand “ no”
and stops what he /she is going
to do.



Play, learn, speak, act & move:

A – one year - old child: Cognitive



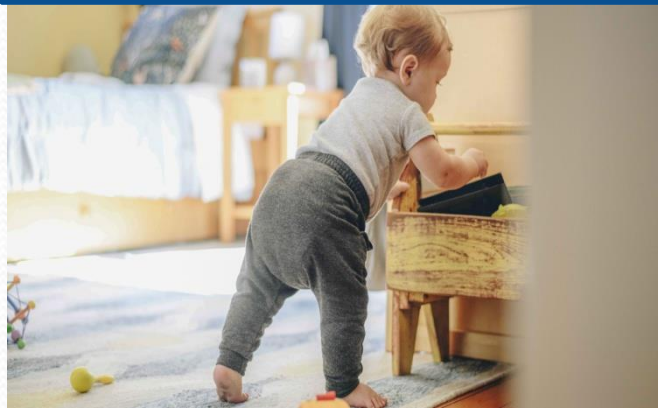
He/she starts putting things in containers. He /she searches things you hide him / her



He /she begins holding things correctly. He / she can follow directions.

Play, learn, speak, act & move:
A – one year - old child: Physical Development

He/she pulls up things to stand. He / she can also walk holding on something like a chair, a wall or sometimes stand alone.



He/she can make first steps and sits sometimes. He/she drinks from a cup when you hold it, and picks things but between the thumb and pointer finger.

Play, learn, speak, act & move:

A – fifteen month - old child: Social & Emotional



Your child shows you affection through hugs, cuddles and kisses. He/ she hugs his / her dolls. He /she has preference of object over others and can clap when he/she is happy . He /she imitates other children games.

He /she may have some tantrums already.



He/she can sometimes have a sudden withdrawal or self-isolation

Play, learn, speak, act & move:

A – fifteen month - old child: Language and Communication

He/ she points to something to get something. He / she may say a few syllables like ba for banana or some words like waving bye-bye



She/he can understand and follow through your directions like give me a toy.



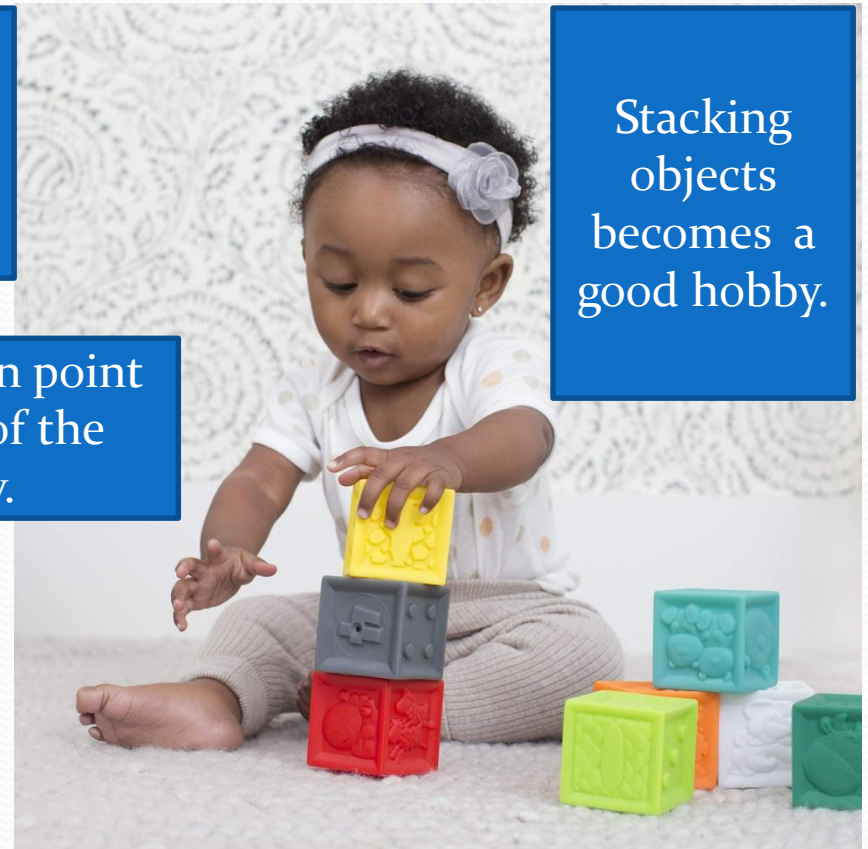
Play, learn, speak, act & move:

A – fifteen month - old child: Cognitive



He/ she is able to use things according to their uses like toy phone.

He /she can point to parts of the body.



Stacking objects becomes a good hobby.

Play, learn, speak, act & move:

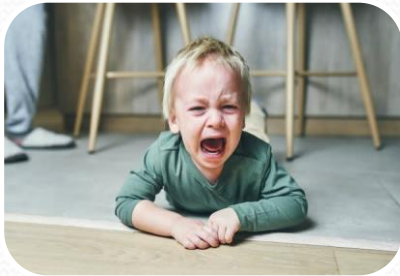
A – fifteen month - old child: Physical Development

- He /she can make a few steps on his / her own.
- He/She can feed herself
- He /she walks holding on surfaces
- He /she can stand alone
- May drink from a cup by his / her own



Play, learn, speak, act & move:

A – eighteen month - old child: Social & Emotional



1-3 years tantrums:
They cry



Tantrums: they
fight



He/she wants to wash
his/her hands on his
/her own



He/she helps you to
address him /her



Tantrums: they
bite



Tantrums: they
resist



He /she wants to look
at photos in a books
with you



He /she points to
show interesting
things

Play, learn, speak, act & move:

A – eighteen month - old child: Language and Communication

He /she tries to say several words. He /she can listen to your instructions and carry them out. Like “no, put it down.”



Play, learn, speak, act & move:

A – eighteen month - old child: Cognitive

He /she imitates you like doing chores.



Plays and pushes his /her toys.



He/ she can scribe.



He /she can point to a part of a body.



He/she listen, follow instructions and do as told.

Play, learn, speak, act & move:

A – eighteen month - old child: physical development



Your little one can now walk by herself



he /she loves scribbling



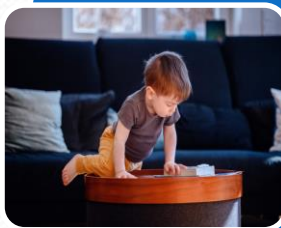
He /she can drink from a cup without you holding it



He /she can feed with a spoon.
First teeth should have erupted (13-19 months)



He/she can eat from his /her plate with fingers.



He /she climbs chairs / tables / sofas without help
He she tries to walk up stairs.



Play, learn, speak, act & move:

A – 2 year- old child: Social / Emotional

He/she is empathetic!



He /she notices and looks at others when they are emotionally hurt. He/she may share with others. May cry if something drops and break

To express their affection, they run with open arms to hug you! May not go to bed at night or even cry if mom is not home yet.



Play, learn, speak, act & move:

A – 2 year- old child: Social / Emotional (continued)

Offer to help with tasks like putting away toys, or arranging things together

They are excited and proud of accomplishing an activity

Recognizes him /herself in mirror, and may make faces.

Enjoys play dates.

May defy directions like “sit down” “give me” or “come back here”

May explore surroundings if parent stays close by.



Play, learn, speak, act & move:

A – 2 year- old child: Language and Communication



He/she can point to things in a book when you ask like “where is a car?”



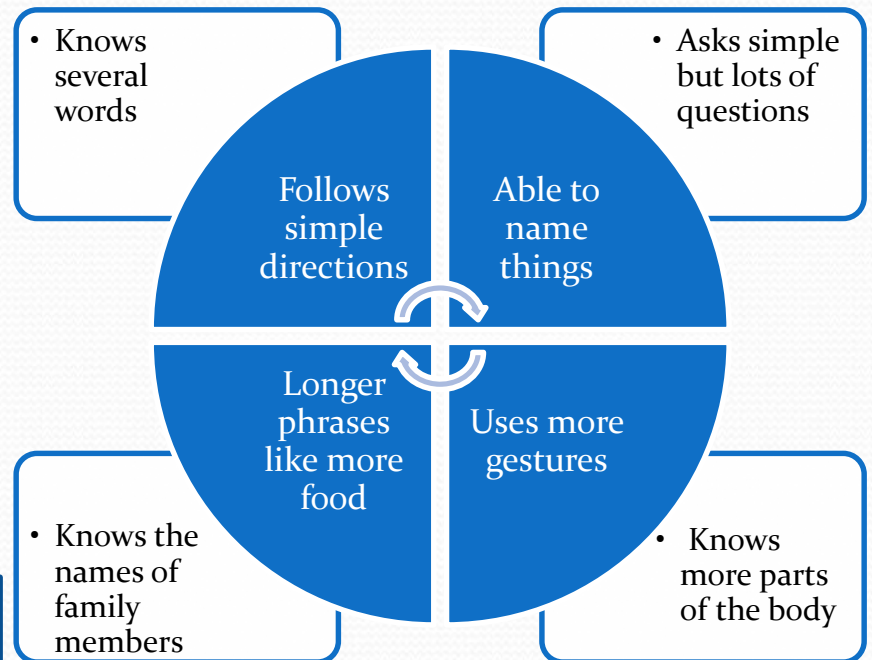
It is time to hear or tell short stories and songs .

Play, learn, speak, act & move:

A – 2 year- old child: Language and Communication (cont'd)



He /she needs your time to report what happens at home, school or visited places



Play, learn, speak, act & move: A – 2 year- old child: Cognitive



Builds towers from blocks

Can follow simple two-part instructions

Groups shapes and colors together

Knows what common objects do

Scribbles (notebooks, doors ...)

Tries to use switches, knobs, buttons

Holds one thing in one hand and another thing in the other hand

Play, learn, speak, act & move:
A – 2 year- old child: Physical Development



Kicking or
throwing the ball



Jumping up and
down



Drawing lines
and shapes



Toe walking



Running



Climbing



Dancing



Pulling things
/toys

Play, learn, speak, act & move:

A – 3 year- old child: social & emotional



Likes to play
with others



Learns how to
get dressed



Offers to help



Offers
affection

- Shows empathy for hurt or crying children and she /he might cry too, get angry or fight
- Knows “mine” and “yours”
- May get upset if activities are interrupted
- Knows how to take turns
- Cries when parents leave but calms down later
- Wishes to be absent from school and stays home if parents stay in
- Wants you to look at him /her when he /she is doing something
- Obeys or disobeys instructions like: clean up or pick up your toys
- Toys become “babies”, they carry and feed them
- “mom or dad: do you love me or you don’t?”

Play, learn, speak, act & move:

A – 3 year- old child: Language and Communication



- He/she can make short but a clear sentence
- He /she can name and understand like household objects
- He /she understands words like: “in your room” “on table”
- He /she asks questions using who, where, what, when, why
- He/she tells what action is happening in a picture or book when asked, like “drinking,” “sleeping,” or “playing.”
- He /she says his first name and can call family members in their names
- He /she can hold a conversation
- He/she shifts blame in case of a mistake
- He /she might keep silent if asked about his /her mistakes

Play, learn, speak, act & move: A – 3 year- old child: Cognitive



Tries keys to open for you



Can turn pages easily



Uses toys with levers or buttons



Put together a 2-3 puzzle together

Pretends to feed dolls with something else, uses papers or leave as money for shopping



Stands on stool or chair to reach something

Can count , mentions colors but cannot match them

Play, learn, speak, act & move:

A – 3 year- old child: Physical Development



He/she can stand on one leg for a little while



He/she can puts on or take off clothes by himself



Strings things together



He/she can run with ease



He /she can jump off the ground with both feet with ease



He/she can use a fork



He /she can walk up/down stairs with one foot



They become your coach – eager to show you how to do things

Play, learn, speak, act & move: A – 4 year- old child: social & emotional



- Plays games that have roles like “ teacher” and “students”, “parent”
- Plays with siblings or neighbors
- Expresses his /her likes and dislikes
- Cries or gets angry when the child’s belongings are used without permission
- Comforts others when they are sad or cry, (he/she cries or becomes angry too)
- Likes to help
- Wants to eat together with mom or dad
- Likes to feed their mom or dad
- Keeps a sweet or something else for siblings or parents
- May cry and want to go with mom or dad
- May cry or insist to call mom or dad if not home
- Asks mom or dad to bring him /her something
- Sits on lap or hugs parents

Play, learn, speak, act & move:

A – 4 year- old child: Language & Communication

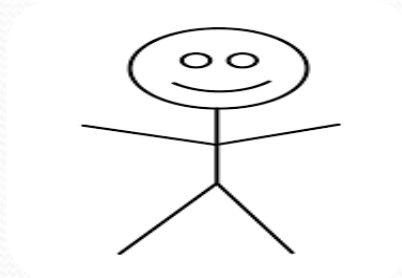


- Can talk about what happens in daycare, at school or at home
- Makes sentences
- May say some words from a song, a prayer, story, or a nursery rhyme
- Able to say first and last name
- Answer simple questions like “what is a pencil for?” “What is a cup for?”

Play, learn, speak, act & move:
A – 4 year- old child: Cognitive



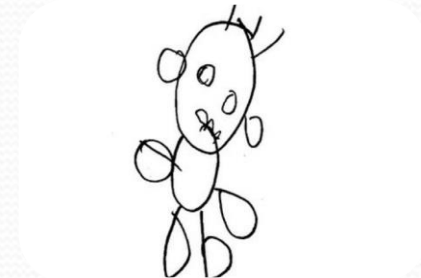
Can name a few colors, numbers, and letters



Can draw stick figures



Can predict what comes next in a well-known story



Draws a person with three or more body parts



Can play easy board games



Can count



Can draw and shade some images



Starts copying letters

Play, learn, speak, act & move:

A – 4 year- old child: physical development



Wants to serve (food & drinks) him/herself when parents are eating



He/she catches a larger ball



He/she can hammer a peg into the hole



He/she walks backwards



He/she can button or unbutton his clothes .



He / she holds the pencil between fingers and a thumb (not a fist)



Climbs stairs without a problem



He/she can hop.

Play, learn, speak, act & move:

A – 5 year- old child: Social & emotional



They are aware of their gender

They enjoy to play with friends

They like to sing, dance, and act

They tend to become defiant instead of compliant

They know the difference between what is real or made-up

They follow rules when playing a game

They do simple chores like matching socks, folding clothes, cleaning and keeping their shoes

Play, learn, speak, act & move:

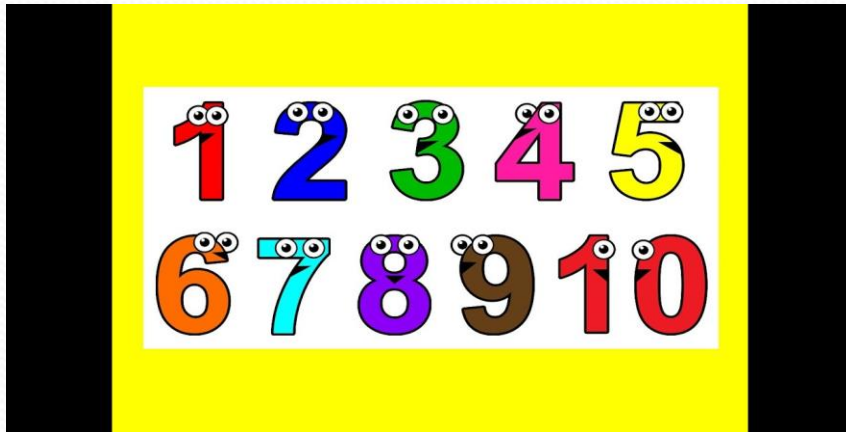
A – 5 year- old child: Language & Communication

- ❖ Able to retell or make up stories that seem to be on track
- ❖ Can recite nursery rhymes or sing songs
- ❖ Can recite poem recitations
- ❖ Can name letters and numbers
- ❖ Answer simple questions about a book story you read together
- ❖ Listens and takes turn in a conversation



Play, learn, speak, act & move:

A – 5 year- old child: Cognitive



Can count to 10, copy letters & numbers, say name, address, colors, make compound sentences, sustain attention and name numbers or letters when pointed to



Play, learn, speak, act & move:
A – 5 year- old child: Physical Development



Able to use
scissors



He /she can bend
over



Hide and seek
game



Ride a bicycle



Can swing on
swingset



She can hop more
than 10 seconds



Can Play a ball



Can Climb

A family is the bedrock of successful learning and life

Family SES (socioeconomic status) and parenting styles /skills influence how children grow ,develop and succeed in life.

Richer families tend to be smaller, happier and more successful.



Poorer families tend to be larger, unhappier , and less successful.



Whatever family's strengths and struggles, make your child your first priority.

SCHOOL AGE



Developmental Domain: Cognitive

6 -8 years



6 - 8 years

They can count

They know left and right

They can tell the time

They can read simple words and sentences

They can perform simple addition, subtraction & multiplication

They have increased memory, attention span, and impulse control

They understand the concepts of yesterday, today & tomorrow

Developmental Domain: social and emotional

6 -8 years

6 -8 years

- May play with kids of different genders
- Mimics adult behaviors
- Can show empathy and compassion
- Want to be liked and accepted by friends.
- Can control their feelings (dissatisfaction, tantrums, outbursts, anger, sadness)
- Show increased desire for independence from parents



Developmental Domain: **Language & Communication**

6 -8 years



6 -8 years

Can read books at grade level

Use clear and specific
vocabulary

Uses grammar correctly

Can write well

Communication with parents,
peers, friends and teachers
clear and developed way

Developmental Domain: Physical

6 -8 years

- Can jump rope or ride a bike
- Can draw
- Can brush teeth & comb hair
- Can gallop
- Can swim
- Throw and catch the ball well
- Can kick ball with more accuracy
- Loves to run and plays with others
- Can walk on balance beam

6 -8 years



Developmental Domain: Cognitive

9-11 years



9-11 years

- It is time for concrete operations
- Deductive reasoning
- Able to sort items
- They have increased attention span
- They are learning to use good judgment
- They can write stories
- They are able to demonstrate abstract thinking
- They can do well with school work if they have no learning disability

Developmental Domain: Social and Emotional

9-11 years



9-11 years

- They are loyal to friends, clubs
- They identify with individuals of the same gender
- They prefer to work in groups
- They try to negotiate and compromise with peers
- Starts to resist physical affection from parents
- Explores identity through hair, clothing, hobbies, and friends
- Become more aware of his or her body as puberty approaches.
- May show signs of rebellion

Developmental Domain: Language and Communication

9-11 years

- Has developed reading skills
- Pays more attention to and listen to things interest them most
- Able to express written or verbal opinions
- May keep a diary for brief and personal notes
- Can make logical inferences from what heard or read
- Can plan and give a speech
- Can state main idea and expand to paragraphs
- Can use specific and varied vocabulary
- Can use grammar correctly

9-11 years



Developmental Domain: **Physical Development**

9-11 years



9-11 years

- May experience signs of early puberty (breast development, axillary and pubic hair)
Increased pleasure in sports and physical activities
- Need to sleep and eat more
- Experiences growth spurts
- Smell unexpected order as sweat glands have begun to be active

Developmental Domain: Cognitive

12-14 years

- Thinking, memory, attention, reasoning, planning, solving problems skills, judgment, and understanding their surroundings has improved
- Uses more complex thinking
- Begins to question authority or parents and society's standards
- Develops an ability to focus on the future

12-14 years



Developmental Domain: Social and emotional

12-14 years

- May appear happy and easy-going
- Struggle with mood swings
- Feels embarrassed by parents
- Wants to be liked
- Has friends of both sexes
- Shows interest in romantic relationships
- Needs some privacy (his/her room, personal things...)
- Mistakes may increase causing constant behavioral issues with parents

12-14 years



Developmental Domain: Language and communication

12-14 years

- Can develop views and opinions that may differ from parents' ideas
- Can understand figurative language
- Can form and speak his or her own thoughts and views on many topics.
- Can talk about favorite sports, movies, songs, or books
- Talk about their future: what to do when they graduate
- May spend more time on texting and social media with friends
- Can understand unfamiliar words from the context, can use complex language structure, and has enough vocabulary

12-14 years



Developmental Domain: **Physical Development**

12-14 years



12-14 years

- Many females will have started menstruating
- Secondary sex characteristics like armpit hair and voice changes continue
- Boys' sex may enlarge
- Height or weight will increase quickly and followed by a slow growth
- Wet dreams may appear
- Physical activity may increase or not

Developmental Domain: Cognitive

15-19 years

- They are better at handling a more demanding high school curriculum
- Their memory and organizational skills have improved.
- They develop skills of time management, test preparation, and study skills.
- Identify career goals and prepare to achieve them

15-19 years



Developmental Domain: **Social and emotional**

15-19 years



15-19 years

- Increased interest in dating and sexuality
- Spends more time with friends than family
- Feel empathetic
- Skillful at intimacy
- They may compare themselves to their peers
- Experience some conflicts with parents
- Show more independence from parents.
- Chats. Calls, visits, night life increase

Developmental Domain: Language and Communication

15-19 years

- May show an interest in political, moral, social, and sports topics.
- Can speak, read, listen, and write fluently and easily
- Can write persuasively
- Can understand proverbs, figurative language, and analogies

15-19 years



Developmental Domain: **Physical** Development

15-19 years



15-19 years

- Growth spurt in height
- Acne may occur
- Most females will have reached menarche
- Closer to reaching adult height and weight.
- Growth of pubic, underarm hair and beard
- Facial hair and deeper voice
- Breast development

Important to All Parents

Knowledge of developmental milestones: physical, cognitive, emotional and social is critical for parents to tailor learning activities to their child's abilities.

They may detect earlier any developmental delay and seek support.

This will allow children to grow healthier, stronger, brighter, and happier, and then thrive in life.

Quality early childhood education lead to academic, career and life success.



**MOST SUCCESSFUL PEOPLE
START SMALL
AND EARLY.
WITH KNOWLEDGE OF
DEVELOPMENTAL MILESTONES,
YOUR CHILD WILL BECOME ONE
OF THEM.**

IF YOU WANT YOUR
CHILD TO SUCCEED IN
LIFE DON'T FOCUS ON
ONE DOMAIN –
COGNITIVE AS MOST
PARENTS AND SCHOOLS
DO! ALL FOUR DOMAIN
ARE INTERDEPENDENT!

