

I'm not robot!

Child development describes the changes children experience as they grow older. As children grow physically, they also develop in their knowledge, skills, and behavior. Parents and other adults, such as grandparents and child care providers, play important roles in children's development. As a parent, you are the most important teacher in your child's life. You also know your child best. Learning more about how children grow and develop is one way to build on what you already know and get new ideas about how to support your child's learning and well-being. The following table shows some of the main areas of child development. Area Description Cognitive How children think, learn, understand, solve problems, and remember. Language How children learn to speak sounds, words, and sentences and use sign language and body language to communicate with others. This area also includes how children learn to understand these types of communication from others. Social and emotional Social development is how children learn to develop relationships and cooperate with family, friends, and teachers. Emotional development is how children learn to express, understand, and manage their own emotions, as well as respond to the emotions of others. Physical How children learn to move and use their muscles. This can be separated into large motor skills (such as using muscles to sit, stand, walk, run, keep balance, and change positions) and small motor skills (such as using hand muscles to eat, draw, dress, and write). Approaches to Learning How children are interested in learning and take part in learning activities. This also includes how they take the lead in activities and demonstrate confidence, curiosity, and creativity in interactions and play. All these areas of development are connected. We should always think about the whole child. For example, once children learn to use words, it is much easier for them to express their emotions. And once they begin to crawl, they begin to explore more and learn about other parts of the world around them. Children develop at their own pace, so you never know exactly when your child will learn a new skill. Developmental milestones are skills that children often learn at a certain age. Developmental milestones give you an idea of the changes you can expect as your child gets older. It's helpful to be familiar with these milestones, but remember that small variations are perfectly normal. The following resources can help you keep track of your child's development. They also include information about things you can do to help your child grow and develop. Find resources to help parents understand children's developmental stages. Ages and Stages HealthyChildren.org Gives parents information on developmental stages from pregnancy to age 21. Child Development Centers for Disease Control and Prevention Outlines topics related to children's development and health including developmental milestones, positive parenting tips, information on children's mental health, scientific articles, and more. Creating a Secure Attachment in an Adopted Child Hafetz The Attached Family Outlines the attachment process and examples of how families cope with a child struggling from an attachment disorder. The article also provides principals of adoptive parenting as well as parenting solutions for helping children who misbehave as a result of an attachment disorder. Developmental Milestones Centers for Disease Control and Prevention Reviews developmental milestones for children at various ages from 2 months to 5 years and provides parents with a checklist and links to a milestone tracker for their use. Early Brain Development and Health Centers for Disease Control and Prevention Explores brain development in children, specifically focusing on the early years and the importance of early childhood experiences for healthy brain development. Encyclopedia on Early Childhood Development Centre of Excellence for Early Childhood Development Covers over 30 topics related to the psychosocial development of the child, from conception to age 5, and presents the most up-to-date scientific knowledge. Learn the Signs, Act Early National Center on Birth Defects and Developmental Disabilities Lists developmental milestones for children from birth to 5 years to help parents measure their child's growth. Includes interactive tools for parents, fact sheets on developmental disabilities, and public awareness resources for health-care and childcare providers. Parenting Knowledge Among First-Time Parents of Young Children Child Trends (2018) Highlights findings from Child Trends' study of first-time parents of young children (under age 3) and their knowledge about parenting and child development. The Period of Purple Crying National Center on Shaken Baby Syndrome Describes the point in a baby's life when they cry more than any other time and equips caregivers with strategies to soothe the baby and cope with stress. Positive Parenting Tips Centers for Disease Control and Prevention Provides information for parents to learn about their children's development, positive parenting, safety, and health at various stages of a child's life. (Back to Top) As parents, we experience many joys (and sometimes frustrations!) with our child's rapidly changing behaviors, skills, and feelings. One way to better understand your child is to know more about child development. With advances in brain science, we are learning more about how a child develops and the importance of good early experiences. The more you know, the more you can help your child. Helpful Websites Help Me Grow Providing resources for families to understand developmental milestones and learn if there are concerns. Zero to Three Information to support the health and development of infants and toddlers. Minnesota Business for Early Learning Help your child prepare for kindergarten. Founded in 1636 and located in the heart of the Netherlands, Utrecht University is one of Europe's leading research universities, recognised internationally for a high-quality, innovative approach to research and teaching. Studying at Utrecht University means studying at one of the world's best universities, with a total student body of around 30,000 students and 12 Nobel prize winners. Utrecht University offers over 90 graduate programmes (MSc, MA) and 12 undergraduate programmes (BSc, BA, LL.M). All programmes are fully English-taught, and cover a wide range of academic disciplines including Natural Sciences, Law, Governance, Life Sciences, Humanities, Social Sciences and Earth Sciences. Adverse fetal and early childhood experiences can lead to physical and chemical disruptions in the brain that can last a lifetime. The biological changes associated with these experiences can affect multiple organ systems and increase the risk not only for impairments in future learning capacity and behavior, but also for poor physical and mental health outcomes. The environment in which one develops before and soon after birth provides powerful experiences that chemically modify certain genes in ways that then define how much and when they are expressed. Thus, while genetic factors exert potent influences on human development, environmental factors have the ability to alter family inheritance. For example, children are born with the capacity to learn to control impulses, focus attention, and retain information in memory, but their experiences as early as the first year of life lay a foundation for how well these and other executive function skills develop. Close relationships with other nurturing and reliably available adults do not interfere with the strength of a young child's primary relationship with his or her parents. In fact, multiple caregivers can promote young children's social and emotional development. That said, frequent disruptions in care and high staff turnover and poor-quality interactions in early childhood program settings can undermine children's ability to establish secure expectations about whether and how their needs will be met. Far from it! Basic aspects of brain function, such as the ability to see and hear effectively, do depend critically on very early experiences as do some aspects of emotional development. And, while the regions of the brain dedicated to higher-order functions—which involve most social, emotional, and cognitive capacities, including multiple aspects of executive functioning—are also affected powerfully by early influences, they continue to develop well into adolescence and early adulthood. So, although the basic principle that "earlier is better than later" generally applies, the window of opportunity for most domains of development remains open far beyond age 3, and we remain capable of learning ways to "work around" earlier impacts well into the adult years. When compared with children who have been victimized by overt physical maltreatment, young children who experienced prolonged periods of neglect exhibit more serious cognitive impairments, attention problems, language deficits, academic difficulties, withdrawn behavior, and problems with peer interaction as they get older. This suggests that sustained disruption of serve and return interactions in early relationships may be more damaging to the developing architecture of the brain than physical trauma, yet it often receives less attention. Although children who have these experiences clearly are at greater risk for adverse impacts on brain development and later problems with aggression, they are not doomed to poor outcomes. Indeed, they can be helped substantially if reliable and nurturing relationships with supportive caregivers are established as soon as possible and appropriate treatments are provided as needed. There is no doubt that children in harm's way should be removed from dangerous situations immediately. Similarly, children experiencing severe neglect should be provided with responsive caregiving as soon as possible. That said, children who have been traumatized need to be in environments that restore their sense of safety, control, and predictability, and they typically require therapeutic, supportive care to facilitate their recovery. The capacity to adapt and thrive despite adversity develops through the interaction of supportive relationships, biological systems, and gene expression. Despite the widespread yet erroneous belief that people need only draw upon some heroic strength of character, science now tells us that it is the reliable presence of at least one supportive relationship and multiple opportunities for developing effective coping skills that are the essential building blocks for strengthening the capacity to do well in the face of significant adversity. Suggested citation: Center on the Developing Child at Harvard University (2016). 8 Things to Remember about Child Development. Retrieved from www.developingchild.harvard.edu.

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