



ENSURE YOUR CHILD'S GROWTH SPURT IN EARLY CHILD DEVELOPMENT

Constructs of childhood and family are influenced by social changes impacting by Technology, global migration, changing culture of world of work

The purpose of this ECD brochure is to highlight signs and symptoms at glance and guidance only, -of early childhood development stages from 0-5 years and activities in parenting practice to stimulate positive nurturance of their lovely child. The growth and development of your child's early years includes many positive changes- - milestones for how he or she plays, learns, speaks, and acts. Learn what to look for in your child. talk with your child's doctor about these milestones, if ,not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay. it is also denoting alert signs indicators for appropriate pediatrician consultations



What is Early Childhood Development?

Early Childhood Development (ECD) refers to the physical, cognitive, linguistic, and socio-emotional development of a child from the prenatal stage up to age eight. This development happens in a variety of settings and internal and external environments factors impact the childhood bringing up foundation to adulthood.. The neighbor hood, homes and family members, schools, health facilities, community-based centers; and it involve a wide range of activities from child care to nutrition to parent education. Providers of services can include public, private, and non governmental agencies and the professional bodies and Institutes engaged in child care and health related educational pursuits



Did you know?.

- ✓ 85% of the human brain develops by age 5. It is more difficult to improve
- ✓ Cognitive development later.
- ✓ 50% of a child's cognitive capacity is influenced by his/her environment India is home to the largest number of children in the world, significantly larger than the number in China.
- ✓ India Leads World in Deaths of Children under Five By **SRUTHI GOTTIPATI**
- ✓ SEPTEMBER 14, 2012 9:22 AM September 13, 2012 9:22 am
- ✓ In India, 2.1 million children die before their fifth birthday. Half of these children die even before they are 28 days old, accounting for one-fourth global infant deaths. Of the 9.7 million child deaths worldwide annually, one-third occur in India. The statistics are equally shocking among neonates—children new born to a maximum age of 28 days old.
- ✓ While around 4 million children die within the first 28 days of life across the planet every year, India records around one million of these cases



WE MAY, & NOT KNOW?

The early child period is considered to be the most important developmental phase throughout the lifespan. Healthy early child development (ECD)—which includes the physical, social/emotional, and language/cognitive domains of development, each equally important—strongly influences well-being, obesity/stunting, mental health, heart disease, competence in literacy and numeracy, criminality, and economic participation throughout life. What happens to the child in the early years is critical for the child's developmental trajectory and life course. What children experience during the early years sets a critical foundation for the entire life span? This is because ECD-including health, physical, social/emotional and language, cognitive domains-strongly influence basic learning, school success, economic participation, social citizenry and health. In most of the situations- the parents, and in absence; care givers, family members and the community –where children live and learn will have the most significant impact on their development.

IISP advocates and profess that Child Survival, Child Health, education for all (RTE) and Child Rights -agendas are inseparable and interdependent with ECD.

A woman –as Mother, remains a primary care giver for children because of their home maker instinct, which can be further, synthesized with right parenting skills development – they may be induced to join home, or distance mode- short study courses on “Early childhood nurturing and Health care” to gain multiple benefits for children 0-5 years initially and improving school success from pre -school onwards.

Development and Importance of Attachment

The quality of the attachment between parents and children is an important factor in helping children develop into competent, happy, productive adults. Attachment is related to different patterns of behavior with long-term effects. It is through warm, caring, and trusting relationships between parents and children that children learn life-long social, emotional, and cognitive skills. When children feel safe and secure in the world, they explore the world more fully, try new things, make mistakes, build meaningful relationships with other children and adults, and view the world in a positive light. Babies begin to understand how the world works when they see, touch, hold, and shake things. Inspecting things also helps them coordinate and strengthen their hand muscles

Research shows that a relationship with a supportive, caring adult can help children successfully overcome life's adversities and challenges.

Essentials of improved parenting Skills & process

- ☑ Playful activities contribute to overall Child's development
 - ☑ Better home and harmonious family relationships stimulates qualities and sustainable support to the child
 - ☑ Mother with pink of health, positive outlook, All aspects of human life to view self and others activities ,making friendship, relationship and feeling happy ,depressed ,enjoyment from own doing, all stem from mental growth through intricate and internal mental actions, inside the learners' mind and not outside
 - ☑ If parents are stressed or having other personal difficulties, they may want to seek help or support from a family member, friend, or professional. To take care of a baby, parents also need to take care of themselves.
- Development stages essentially mean change as a result of the complex interactions between many processes - biological, social and cognitive.

1. Biological processes involve changes that are physical in nature. Our genetic heritage, growth of body organs, acquisition of motor skills, hormonal changes at puberty, all reflect the role of biological processes in development.

2. Cognitive processes involve changes in the thinking, intelligence and language of the child. Perception, attention, understanding, problem solving, memorizing, imagination, all reflect the cognitive processes in children's development.

3. Social processes involve the changes in the child's relationship with other people, emotions and personality. The first smile of an infant, the development of attachment between the mother and child, children learning to share, to assert, to take turns, to play with others, all reflect the social processes in development.

You must remember that all these processes are intricately interwoven which means they constantly influence each other. The cognitive processes promote socio-emotional processes and the biological processes influence cognitive processes. For example, a sick child (biological process) is irritable and cries frequently (socio-emotional). If unable to attend school regularly, the child lags behind in studies (cognitive processes).

Children develop intellectually, physically and socially, step by step, in a progressive manner. Skills are learned gradually as a child moves through the stages of development. In order to provide an age appropriate program with activities that enhance the numerous stages of growth and development in children, the adult should have a good understanding of where the child is coming from, where the child is at currently, and where he or she is heading in the near future, developmentally.

Constant irritability also influences the relationship with others (social processes)



✓ highlight socio-emotional development;

✓ trace cognitive development;

✓ describe language development;

✓ discuss care of and behavioral problems in children

*The following **EXAMPLE** information will provide a basic overview of patterns of development in the growing child.*

THE INFANT (0-1 YEAR OLD)

Infants are learning all skills including memory, language, thinking and reasoning. A baby is learning to recognize sounds. She is also learning to focus her vision.

Language development is more than uttering sounds, or words. Listening, understanding, and knowing the names of people and things are all components of language development. This child enjoys games like peek-a-boo and pat-a-cake. Looks in direction of sounds and recognizes words for common items. Begins to respond to requests and begins babbling.



IN THE FIRST YEAR OF LIFE, CHILDREN GROW AT AN ASTOUNDING RATE -- MANY TRIPLING THEIR BIRTH WEIGHTS.



MILESTONES



SUCH AS **LIFTING HEAD, ROLLING, SITTING, CREEPING, AND CRAWLING** WILL ALL BE OBSERVED DURING THIS STAGE, A BABY IS ALSO DEVELOPING BONDS OF LOVE AND TRUST WITH YOU. THE WAY YOU CUDDLE, HOLD, AND PLAY WITH BABY WILL SET THE BASIS FOR HOW SHE WILL INTERACT WITH YOU AND OTHERS.

COGNITIVE DEVELOPMENT



Cognitive development for your baby means the learning process of memory, language, thinking and

PHYSICAL DEVELOPMENT

In the first year of life, children grow at an astounding rate -- many tripling their birth weights. Milestones such as lifting head, rolling, sitting, creeping, and crawling will all be observed.

SOCIAL/EMOTIONAL DEVELOPMENT

During this stage, a baby is also developing bonds of love and trust with you. The way you cuddle, hold, and play with baby will set the basis for how she will interact with you and others.

DEVELOPMENTAL DELAY WARNING SIGNS

The following are possible signs of developmental delay during the first months of a baby's life:

- ✓ Sucks poorly and feeds slowly.
- ✓ Does not blink when shown a bright light.
- ✓ Does not focus and follow a nearby object moving side to side.
- ✓ Rarely moves arms and legs, seems stiff, or seems excessively loose in the limbs or floppy.
- ✓ Lower jaw trembles constantly, even when not crying or excited.
- ✓ Does not respond to loud sounds.
- ✓ Does not crawl by twelve months.

WHAT DO BABIES NEED?

Babies require...

- ✓ A loving caregiver who can respond to their cries and gurgles.
- ✓ Someone who gets to know their special qualities.
- ✓ Someone to keep them safe and comfortable.
- ✓ Opportunities to move about and practice new physical skills.
- ✓ Safe objects to look at, bat, grab, bang, pat, roll, and examine.
- ✓ Safe play areas.
- ✓ Opportunities to hear language and to make sounds.

LANGUAGE DEVELOPMENT

Language development is more than uttering sounds, or words. Listening, understanding, and knowing



the names of people and things are all components of language development.

- ✓ Enjoys games like peekaboo and pat-a-cake
- ✓ Looks in direction of sounds.
- ✓ Recognizes words for common items like cup, shoe, juice.
- ✓ Begins to respond to requests ("Come here," "Want more?").
- ✓ Babbling has both long and short groups of sounds such as "tata upup bibibibi."
- ✓ Uses speech or sounds to get and keep attention.
- ✓ Imitates different speech sounds.
- ✓ Has one or two words (bye-bye, dada, mama) although they may not be clear.

WHAT MOTHER CAN DO

- ✓ Talk to baby. It is soothing to hear your voice.
- ✓ Sing to baby.
- ✓ Play music. This helps baby develop a love for music and math.
- ✓ Read to baby. This helps her develop and understand language and sounds.
- ✓ Praise baby and give her lots of loving attention.
- ✓ Spend time cuddling and holding baby. This helps her to feel cared for and secure

BABIES GROW AND CHANGE DRAMATICALLY DURING THEIR FIRST YEAR.

During this time they begin to...

- ✓ Develop some control over their bodies. They learn to hold up their heads; roll over; sit up; crawl; stand up; and, in some cases, walk.
- ✓ Become aware of themselves as separate from others. They learn to look at their hands and toes and play with them. They learn to cry when parents leave, and they recognize their name.
- ✓ Communicate and develop language skills. First babies cry and make throaty noises. Later they babble and say mama and dada. Then they make lots of sounds and begin to name a few close people and objects
- ✓ Play games. First they play with their hands. Later they show an interest in toys, enjoy putting in and taking out games, and eventually carry around or hug dolls or stuffed toys
- ✓ Relate to others. First they respond to adults more than to other babies. Later they notice other babies but tend to treat them like objects instead of people. Then they pay attention when other babies cry.



A CHILD DEVELOPMENT MILESTONES



0-6 month



Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
Listens attentively to sounds and voices (by 1 month)	Coos, makes gurgling sounds Turns head toward sounds	Reacts to discomfort and pain objects; sucks on everything!	Usually responds to objects or faces as they move	Talk with and hold baby. Give him/her interesting things to see.
Cries deliberately for assistance (by 1 month)	Makes some sounds other than crying (by 2 months)	Reacts to sound of voices, rattle or bell	Can hold head up and begins to push up when lying on tummy	Perform "the itsy bitsy spider" or other fun finger plays.
Coordinates eye movements (by 2 months)	Begins cooing one syllable (by 3 months)	Vocalizes to him/herself, people and toys	Makes smoother movements with arms and legs	Provide safe, washable toys for children to look at and suck on.
Discovers hands and feet as extension of self (by 3 months)	Makes first consonant sounds (by 4 months)	Can raise him/herself up on forearms (while on tummy) and hold head up	Plays with fingers, hands and toes	Place toys near and above baby, encouraging him/her to roll over for a better view.
Likes to repeat enjoyable acts (by 4 months)	Babbles spontaneously	Rolls from back to tummy (by 4-6 months)	mirrors to point out the beautiful baby	Play instruments in the classroom. Talk about the instrument.
Recognizes and responds to name (by 5 months)	Acquires sounds of native language (by 6 months)	Can smile at self in mirror (by 5 months)	Puts together long series of syllables	Respond quickly to a child's cry. Children at this age need to know they can trust you.
Studies objects intently (by 6 months)		Can grab at objects (by 6 months)	Responds appropriately to a few specific words (by 9 months)	Use wall and floor about familiar events
			Speaks a few recognizable words	Waves bye-bye
			Produces gestures to communicate (by 7 months)	
			Learns how to take turns making sounds in "conversation"	
			Learns to crawl, stand up and walk	
			Sits without support (by 8 months)	
			Transfers toys from hand to hand	
			Sees almost everything with good vision	
			Begins to cruise and eventually walk	
			Develops eye-hand coordination	



A CHILD DEVELOPMENT MILESTONES



6-12 month

Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
Anticipates events (by 7 months)	Puts together long series of syllables	Enjoys being with other children	Learns to crawl, stand up and walk	Provide safe and steady furniture.
Finds hidden objects (by 10 months)	Responds appropriately to a few specific words (by 9 months)	Has an increased drive for independence	Sits without support (by 8 months)	Place interesting things in the environment so the children will want to get them.
Can point to body parts	Speaks a few recognizable words	Expresses anger more dramatically	Transfers toys from hand to hand	Play a mimic game. Put a toy in one hand and then transfer it to the other. Encourage baby to do the same.
Puts nesting toys together correctly	Produces gestures to communicate (by 7 months)	Has a fear of strangers	Sees almost everything with good vision	Play instruments in the classroom. Talk about the instrument.
Develops expectations	Learns how to take turns making sounds in "conversation"	Is aware of social approval or disapproval	Begins to cruise and eventually walk	Hold baby's hands as he/she takes steps. Be sure to cheer!
		Performs for others	Develops eye-hand Coordination	Play social games such as peek-a-boo and pata-cake. It helps develop social, language and physical skills.
		Has pride in personal accomplishments		





A CHILD DEVELOPMENT MILESTONES



12-18 month

Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
Identifies family members in photographs	Has Expressive vocabulary of 4-10 words (by 13-15 month)	Prefers to keep caregiver in sight while exploring environment	Picks up small objects with pointer finger and thumb	Put small pieces of soft food on baby's high chair so he/she practice picking up food.
Enjoys cause and effect relationship	Has Expressive vocabulary of 10-20 words (by 18 month)	Demands personal attention	Can build a tower of cubes	Stick with daily routines to help children develop a sense of order.
Is able to make choices between clear alternatives	Can listen and respond to simple directions	May reveal stubbornness	Can throw a ball	Display toys clearly on low shelves.
Begins to solve problems		Unable to share	Walks well	Talk with the children Read to them.
Remember more		Responds to simple requests	Turns pages in a book	Gather family photos and create a classroom photo album. Talk about the pictures
			Can walk while holding an object	Use age-appropriate gross motor equipment, soft blocks, soft balls and bean-bags in your classroom.



A CHILD DEVELOPMENT MILESTONES



18-24 month

Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
Sort shapes and colors	Has expressive vocabulary of 20-25 words	Is possessive	Can draw scribbles	Let them help you prepare a snack or other task
Mimics adult behavior	Uses 2-word phrases to communicate	Begins to show empathy	Kicks backward and forward	Try to expand their language. If a toddler says, "ball" say "yes, this is a big red ball!"
Points to and names objects	Uses gestures to communicate	Reveals a sense of trust	Stand on a balance beam	Stock art area with lots of crayons and paper. Encourage table drawing as well as easel drawing.
Refers to self by name	Begins using courtesy words (please, thank you) occasionally	Begins to play next to children	Walks up stairs with help	Have more than one of everything. Sharing is difficult at this age.
Learns by helping		Show emotions of pride and embarrassment	Runs well	Encourage children to show off their skills. Include a big round of applause!
Learns concepts such as size, shape and weight as he/she moves and plays with objects in the environment		My dawdle	Enjoys riding small-wheeled riding toys	
		Test limits of behaviour	Drinks from a straw	
		Preforms for an audience		



A CHILD DEVELOPMENT MILESTONES



2-3 year



Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
<p>Comprehends size</p> <p>Beginning to understand time sequences(e.g befor lunch)</p> <p>Matches shapes and colors</p> <p>Counts and manipulates objects</p> <p>Is beginning to think about consequences</p> <p>Is able to concentrate for longer periods of time</p>	<p>Combines words to form short sentences</p> <p>uses plurals</p> <p>Answers routine question</p> <p>Provides appropriate answers</p> <p>Comprehends some pronouns</p> <p>Follows two step directions</p>	<p>Has a strong sense of ownership</p> <p>May being cooprerative play</p> <p>May show Need for securi-ty object</p> <p>Is becoming more indepen- dent</p>	<p>Walks backwards</p> <p>Can balance on one foot (by 3 year)</p> <p>String large beads</p> <p>Hold scissors correctly</p> <p>Zips and snaps</p> <p>Learns to use the potty</p> <p>Walks up and down stairs independently</p>	<p>Provide dolls and simple propslike cups and plates to encourage imagin- ation and role play.</p> <p>Stringging avtivities are great at this age!</p> <p>Play games that require balancing.</p> <p>Practice cutting with scis- sors on a one-on-one basis.</p> <p>Help them snap and zip their own coats.</p>





A CHILD DEVELOPMENT MILESTONES



4-5 year



Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
Comprehends special concepts (e.g around, in front, high, next to) Rote counts up to 20 Can complete a 6-8 piece puzzle Begins to understand time concepts Understands simple math concepts Recalls main details of a story	Uses possessives Uses double negatives Joins sentences Can answer how, who, when questions Follows up to 4 steps directions Uses third person Tells simple jokes	Enjoys being with other children Has an increased drive for independence Expresses anger more dramatically Is aware of social approval or disapproval Performs for others Has pride in personal accomplishments Develops sex role identification Begins taking turns and negotiating	Can hop on one foot, skip and jump Can catch a ball with both hands Can catch a beanbag Dresses and undresses him/herself Can copy a simple design Uses scissors to cut a straight line	During circle time, engage children in conversation with you and each other. Encourage dramatic play with puppets, dress up clothes, etc. Tell Children When things will happen. Give them warnings before time is up. Add show and share time to weekly activities. Add puzzles to manipulatives area. Help them when they first try a new puzzle. Develop a math area complete with cash register, money, sorting toys and calculators. Provide books that encourage positive gender associations, rather than gender bias.



Developing Trust & that building positive relationships is mainly about positive “time and attention” and not giving your child “things.” With Your Baby

Newborn babies need to become attached to at least one person who provides security and love. This first and most basic emotional attachment is the start for all human relationships. What do you need? You need loving arms and music.

Here's what to do!



- ✔ Include happy rituals in your baby's schedule. For example, at bedtime, sing the same song every night, rock her, or rub her tummy.
 - ✔ Pick up your crying baby promptly. Try to find out what's wrong. Is she hungry? Wet? Bored? Too hot? Crying is your baby's way of communicating. By comforting her you send the message that language has a purpose and that someone wants to understand
 - ✔ Gently move your newborn's arms and legs. Or tickle her lightly under the chin or on the tummy. When she starts to control her head, lie on the floor and put your baby on your chest. Let her reach for your nose, or grab your hair. Talk to her and name each thing she touches.
 - ✔ Sing and cuddle with your baby. Hold her snuggled in your arms or lying face up on your lap with her head on your knees. Make sure the head of a newborn is well-supported. Sing a favorite lullaby.
- ✔ Dance with your baby. To soothe her when she's upset, put her head on your shoulder and hum softly or listen to recorded music as you glide around the room. To amuse her when she's cheerful, try a bouncy tune.

Remember, feeling your touch, hearing your voice, and enjoying the comfort of physical closeness all help a baby to develop trust.

Babies begin to understand how the world works when they see, touch, hold, and shake things. Inspecting things also helps them coordinate and strengthen their hand muscles.

Today's
parental issues might include:

- ✔ parents feel they do not have enough time (work, other children)
- ✔ parents are too stressed
- ✔ sibling rivalry
- ✔ an unsupportive partner in the household
- ✔ parents with a history of unsupportive relationships (how their parents treated them)
- ✔ a child who presents lots of challenging behavior
- ✔ parents not knowing how to play with their child that building positive relationships is mainly about positive “time and attention” and not giving your child “things.” But.....

Every **child needs** someone who is crazy about him/her.

This is such an important quote for us to remember! It is important for every child to have someone who is crazy about him/her! We want to be the person in our child's life who makes him/her feel loved and special. The person that he/she can always count on, just like the special person in our life that we just talked about.

With this in mind, let's talk a little about the idea of spending quality time with our children. We have all heard that it is important to have quality time with our children. But the reality is that getting quality time may be a little challenging! Let's talk about what those challenges might be and then what we can do about it.

And more.....Read in the **IISP ECD STUDY MODULE 04-** distance mode course on **ECD & Health Care.**

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by the end of 6 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.



Constructs of childhood and family are influenced by social changes impacting by Technology, global migration, changing culture of world of work

What are those challenges and as parents, we face, might be facing and what resources are available to gain improved parenting skills. Important ideas for helping our children:

- ☑ *make them feel safe, secure , loved, special for the family,*
- ☑ *get confidence to do and act competently, about all the things they can do*
- ☑ *build relationships, appropriate to the family structures*
- ☑ *develop friendships*
- ☑ *learn how to follow directions, make choices*
- ☑ *learn to manage their emotions and*
- ☑ *let us know what their behavior is trying to communicate, and*
- ☑ *learn new skills to replace challenging behavior*

And more..Read in the *IISP ECD STUDY MODULE 04-* distance mode course on *ECD & Health Care pre school/primary school teachers/ school counselors professional studies program , all design and graphics –copyrights HMJFOUNDATIONINC 2005*

This brochure is a collaborative effort of Faculty, & IISP Students. Masters' counselors' & psychotherapists Professional studies program of the Institute.

***- Ms. K. jayasree Malla,
- Ms. Pooja Mitra***

INDIAN INSTITUTE OFSCHOOL PSYCHOLOGY ,SCHOOL COUNSELLING & GUIDANCE (not for Profit constituent of h m j foundation Inc 2005)

www.schoolcounselorsindia.org

Contact- Flxavier@yahoo.com,vanideepi@gmail.com,

h.m.kulshrestha@gmail.com

Tel-040-27800590,9394323038