**Learning Activity 4: Chapter 7 and 8 Reflection**

Bhoomi Panchal

Georgian College

Child Development (Conception to 6 years) (ECED 1012)

Isabelle Deschamps

November 26

Learning Activity 4: Chapter 7 and 8 Reflection

20F Child development

Learning activies #4: (Bhoomi Panchal)

Part A:

1. Autisms spectrum disorder (ASD) is a development disability caused by differences in the brain. Because it has different causes for different people that is why scientists didn’t find out proper caused with ASD. (Johnson, 2019) There are several challenges for people who are suffering from ASD like the learning, thinking and problem-solving abilities. ASD begins before the age of 3 and last throughout a person’s life. In some cases symptoms may improve over time. In ASD, symptoms may not show up until 24 months or later. The important thing to know about ASD is that some people without ASD might also have some of these symptoms. A person with ASD might have hard time to respond to their names by 12 months, they lose interest to the objects by 14 months. (Johnson, 2019) Most common is they don’t make an eye contact and wants to be alone. Child can also delayed speech and language skills. They might have unusual reactions to the way things like sounds, smell, taste, and look or feel anything. (Johnson, 2019) Child might have echolalia; they repeat words or phrases over and over. The most common symptoms in all of the types of ASD do not have just social “difficulties” like shyness. (Johnson, 2019) For example they only interacts to achieve a desired goal, they avoid or resists physical contact as well. Some child might have some unusual behaviors like they lines up toys and other objects. Easily gets upset by minor changes. Some of has to follow certain routines children with ASD might also learn a hard skill before they learn on easy one. (Johnson, 2019)
2. Temperament is your child’s behavioral style which determines how they react to the different situations and how they expresses and regulates emotions. Temperament characteristics include activity level, distractibility, sensitivity, adaptability and quality of mood.( Mary, 2012). The major types of temperaments are easy, slow to warm up and difficult. Children have their own characteristics and way of behavior that influences the way they respond to their daily life. A temperamental behavior represents to distinctive patterns of feelings in the child’s biology and that appear early in development.( Mary, 2012). Temperament develops over time. Whether the baby has a happy, or in a positive mood most of time or an unpleasant or negative mood. I have been babysitting one kid, he was 3 years old. He tends to has long and frequent crying episodes. He used to have very irregular routine, and all the time he has intense reactions toward every question. He avoids eye contact and always in angry mood.

Part B:

1. Motor skills are the one that enable the movements and tasks we do on daily basis. Fine motor skills work the smaller muscles of the hands, fingers and wrists, which requires a high degree of control. (Mauro, 2019). While gross motor skills are the one involve the bigger muscles in the body and require broader movements such as walking and jumping. Elements of fine motor skills include being able to grip and manipulate objects, for example use with both hands or use just the thumb and one finger to pick something up. (Mauro, 2019). An activity I would like to provoke child to do, such like grasp and hold onto objects like toys or such as a bottle or I can make them to eat themselves with fingers foods. While doing activity or song make them to claps. Telling them to wear their jackets by zip it up and unzip it. Some milestones for gross motor skills also involve eye-hand coordination such as throwing a ball. For that activity I would like to implement with kids jumps using both feet simultaneously. Performs jumping jacks and toe touches.
2. Sleep is the most important thing in the development of young minds. (Pacheco, 2020) Children and adolescents need at least nine hours of sleep per night. A lack of sleep can have negative impact on children’s performance in school during activities and also social relationships. (Pacheco, 2020). We can make sure the temperature in the bedroom is comfortable for children. We can also avoid noise in the house while they are sleeping. Relaxing activity helps them to sleep clam. Sometimes a bedtime routine is easier said than done. Sleep issues they might have to face like nightmares and night terrors. Sleep disorder like snoring and problems with sleeping through the night. If they messed up sleeping schedule then it become challenging for them to sleep throughout at night.

References

C.P., J. (2019, August 27). Signs and Symptoms of Autism Spectrum Disorders. Retrieved November 26, 2020, from https://www.cdc.gov/ncbddd/autism/signs.html

K, M. (Ed.). (2012, June). Temperament: Synthesis. Retrieved November 26, 2020, from http://www.child-encyclopedia.com/temperament/synthesis

Mauro, T. (2019, November 07). How to Know If Your Children Are on Track With Motor Skills. Retrieved November 27, 2020, from https://www.verywellfamily.com/what-are-motor-skills-3107058

Pacheco, D. (2020, November 19). Children and Sleep. Retrieved November 27, 2020, from https://www.sleepfoundation.org/children-and-sleep