

Child Development

**Growing and changing physically,
cognitively and socially**

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When I Was One

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When I was One,
I had just begun.

When I was Two,
I was nearly new

When I was Three,
I was hardly Me

When I was Four,
I was not much more

When I was Five,
I was just alive

But now I am Six, I'm as clever as clever
So I think I'll be six now for ever and ever



Infant

0-1 years old

- First smile
- First Step
- Waving “Bye-bye”
- Rudimentary language: “Mama”
“Dada”
- Develops attachments



Infant (age 0-1)

Activities to Encourage Development

- Talk to your baby grandchild
- Repeat the sounds the baby makes and add words
- Sing and play music
- Cuddle and hold and gaze
- Spend time on the floor



Infant → Toddler → Preschooler → Middle Childhood → Young Teen → Adolescent → Young Adult

Infant (age 0-1)

Health and physical development

- Breast feeding is best. (Do not shame mother's choices)
- Between 6 and 12 months introduce healthy foods
- Get baby moving and exploring
- Swings, strollers, exercise saucers are fine but don't leave them there too long
- Limit screen time unless video chatting

Infant (age 0-1)

Safety

- Support newborns head (Do not shake a baby -----Ever)
- Sleep should be on their back to avoid SIDS. No covers or stuffed toys in bed of newborn.
- Protect from second hand smoke
- Avoid choking by cutting foods into small pieces and not allowing them to play with small objects
- Watch for bags and other objects that can cover babies face (smothering hazard)
- Never carry hot liquids/food while holding baby
- Vaccines protect baby and community from serious disease

Toddler

1-2 years old

- Imitates the actions of others
- Recognize themselves in the mirror or in pictures
- Recognizes the names of familiar people and objects
- Forms simple phrases
- Moving around and becoming independent (defiant)



Toddler (age 1-2)

Activities to encourage development

- Ask them to find objects and name them
- Name body parts (head, shoulders, knees and toes)
- Let them help with dressing and feeding themselves
- Take field trips to Park (ride on the bus) and point things out
- Read, sing and play (pat a cake)



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Toddler (age 1-2)

Health and physical development

- Avoid sugary drinks, feed healthy foods (can still supplement with breast milk)
- Toddlers may become picky eaters (pick your battles, they don't need as much food as an infant because they are not growing as fast.)
- Let them be active. Brain and muscle development enhanced by exploration
- Sleep 11-14 hours per day (including naps)
- Limit screen time (except video chatting)

Toddler (age 1-2)

Safety

- Do not leave children unsupervised around water.
- Block off stairs with a gate. Lock doors to dangerous places. Safety locks on cupboards containing dangerous items
- Put plug covers on outlets
- Sharp objects in a safe, out of reach place
- Guns need to be locked and unloaded and stored out of reach
- Use rear facing car seat in the back seat of car. Never leave a small child alone in a vehicle

Toddler

2-3 years old

- Begins to assert independence
- Follows simple instructions
- Sorts objects by shape and color
- Imitates behavior of adults and children
- Expresses a wide range of emotions



Infant → **Toddler** → Preschooler → Middle Childhood → Young Teen → Adolescent → Young Adult

Toddler (age 2-3)

Activities to encourage development

- Read (have a designated time)
- Pretend play (tea parties)
- Walks and wagon rides
- Simple songs and rhymes (itsy bitsy spider)
- Shape sorting toys and puzzles



Toddler (age 2-3)

Health

- Food preferences change. Introduce new healthy foods
- Encourage free play (let them explore)
- Sleep requirement is 11-14 hours per day (includes naps)
- No TV in Childs room . Screen time limit 1 hour per day

Toddler (age 2-3)

Safety

- Do not leave unsupervised around water
- Encourage sitting to eat so as to avoid choking
- Check toys for loose or broken parts
- Don't hold hot drinks while child is in your lap
- Car seat should include a harness and be in the back seat
- Lock up guns or don't have them

Preschooler

3-5 years old

- Acquire skills like naming colors Hopping, skipping and climbing
- Enjoys making loud noises
- Toilets, bathes and dresses independently
- Limit testing, assigns authority to few people (“you aren’t the boss of me”)
- Thinks potty words are hilarious
- Moves from parallel play to interactive play with other children
- Rapid language development by age five has a vocabulary of over 2000 words (mostly “No” or “Why”)
- Can help with clean up, put toys away



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Preschooler (age 3-5)

Activities to Encourage Development

- Make moving and activity fun
- Keep reading
- Let child help with simple chores
- Speak to them in complete sentences



Preschooler (age 3-5)

Health and Physical Development

- Child should brush teeth regularly and see a dentist during this time
- Tends to be accident prone
- Small muscle control lags behind large muscle control
- Feed healthy foods in small portions from all food groups (eat meals together)
- Recommended amount of sleep is 10-13 hours per day (includes naps)
- Limit recreational screen time (one hour per day)

Preschooler (age 3-5)

Implications for safety

- Wear helmet when riding bikes or trikes or scooters (set example as an adult)
- Keep child away from knives, power tools, mowers etc.
- Teach child about poisons and choking hazards, but also limit access
- Be careful of hiding places that are air tight
- Check play equipment for hazards and loose parts
- Street safety; Hold hands with grown up and look both ways, never run after stray balls



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Middle Childhood

6-8 years old

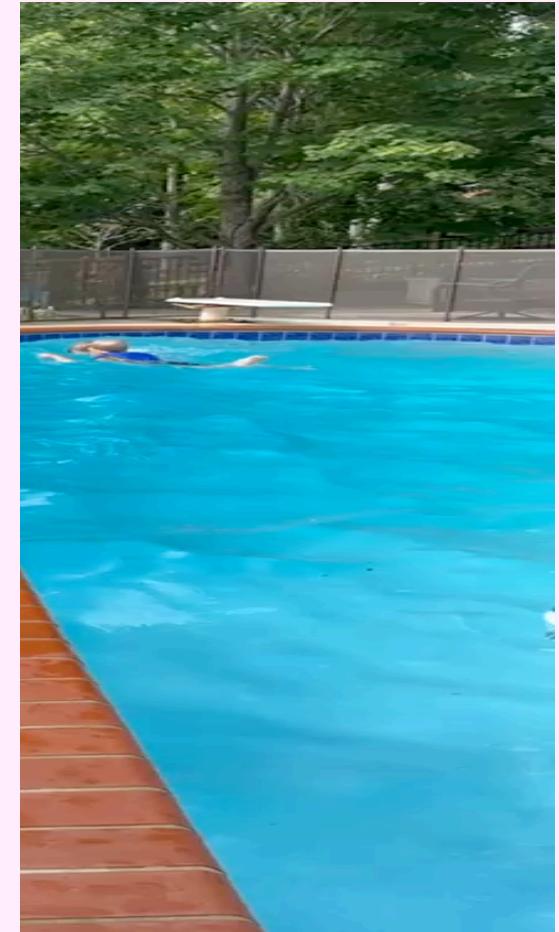
- Rapid development of mental skills
- Becomes more independent from family
- Becomes more focused on the needs and feelings of others
- Wants to be liked and accepted by friends



Middle Childhood (age 6-8)

Activities to promote development

- Talk to child about school and friends and things they look forward to
- Do activities that help people in need
- Teach “first things first”
- Go places (museums, parks etc)
- Be a cheerleader: attend sporting events and recitals
- Offer to pay for things like piano lessons (if possible)



Middle Childhood (age 6-8)

Health and wellness

- Choose healthy foods with limited sugar and fats
- Child should have a minimum of one hour of physical activity daily
- Child should get 9 to 12 hours of sleep per night
- Limit of one hour of recreational screen time (should be quality programming)

Middle Childhood (age 6-8)

Implications for safety

- Reinforce traffic safety
- Water safety. Pools should always be supervised
- Supervise risky activities like climbing
- Keep harmful household products, tools, equipment and FIREARMS out of reach
- Talk to the child about asking for help when they need it, but encourage accomplishment

Middle Childhood

9-11 years old

- Forms stronger friendships
- Gains a sense of responsibility
- Physical changes (beginnings of puberty)
- Has an increased attention span
- School may become challenging



Middle Childhood (age 9-11)

Activities to promote development

- Talk with child about friends and school
- Spend time with child, take to ball games or movies
- Encourage participation in sports, dance etc by attending events
- Involve the child in household tasks, (cooking, gardening)
- Family game nights teach many social and strategic skills



Infant → Toddler → Preschooler → **Middle Childhood** → Young Teen → Adolescent → Young Adult

Middle Childhood (age 9-11)

Health and wellness

- Provide plenty of healthy fruits and vegetables
- Keep TV out of bedroom and limit screen time.
- Encourage physical activity (an hour a day if possible)
- Sleep 9 to 12 hours per day

Middle Childhood (age 9-11)

Implications for safety and opportunities for support

- Depending on height and weight may still need to be in a car booster seat
- Parents or Caretakers should know where the child is and who he is with and when she is expected home
- Clear rules should be in place for children who are home alone.
- Educate child about stranger danger
- Guns locked and out of reach. Make sure to check the gun situation in homes in which the child visits

Young Teen

12-14 years old

- Puberty: hormonal changes cause a shift from childhood bodies to adult bodies
- Make more of their own choices about friends, sports and school
- Have more ability for complex thought
- Develop a stronger sense of right and wrong



Young Teen (age 12-14)

Activities to encourage development

- Get to know the teens friends (and parents)
- Talk to teen, respect their opinion (encourage healthy, safe choices)
- Form a book club, help with science fair projects
- Discuss teens goals and plans to reach them
- Support interests, attend events and recitals
- Ideal age to teach skills you may have (sewing, golf, woodworking)

Young Teen (age 12-14)

Health and Wellness

- Stress to do well at school and sports may create anxiety
- Screens should be monitored for signs of bullying and everything else
- Should wear helmets when skateboarding, biking or playing contact sports
- Have a plan for picking up the teen if he finds himself in an uncomfortable situation
- Limit screen time and try to have computers in public areas of the house.
- Sleep 8 to 10 hours a night

Young Teen (age 12-14)

Implication for safety and opportunities for support

- Self-conscious feelings lead to emotional problems
- Peer pressure can lead to drug use or other risky behavior
- Teens should be educated on the dangers of drugs, drinking, smoking and risky sexual activity
- It is important for adults in the teens life to know where they are and who they are socializing with
- Teens home alone need guidelines about answering the door and how to handle emergency situations

Adolescent

15-17 years old

- Gains a broader understanding of abstract ideas (justice, love)
- Gains an understanding of the results of actions by using logic
- Has interest in romantic relationships and sexuality
- Actually begins to have less conflict with parents



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Adolescent (age 15-17)

Activities to promote development

- Family meals with extended families are a gift to this age
- Trips and outings to encourage interests
- Adolescents are in particular need of mentors

Adolescent (age 15-17)

Health and Wellness

- May feel sad or depressed which can lead to problems in school and elsewhere
- Signs of serious mental illness may begin in this age group
- Sports injuries can lead to addiction to pain killers
- Eating disorders develop at this age and can have lifelong health ramifications
- Encourage physical activity and healthy eating
- Televisions out of bedrooms
- Sleep 8 to 10 hours a day

Adolescent (age 15-17)

Implications for safety and opportunities for support

- Peer pressure may result in eating disorders or drug and alcohol use. (Talk to them about this)
- Teens underestimate risk and overestimate their ability to handle things.
- Grandparents have an opportunity to be a safe adult to talk to.

Young Adult

18-21 years old

- **Developing Skills include learning to:**
- Reflect before acting
- Make independent decisions
- Filter out irrelevant information
- Regulate emotions
- Problem solve
- Understand the influence of others on their thoughts and feelings



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Young Adult (age 18-21)

Opportunities for engagement

- Invite out to eat or for a visit
- Send a care package
- Text an encouraging message

Young Adult (age 18-21)

Implications for safety and opportunities to support

- Young adult brains are wired to focus on the present. The effects of their behavior on the future might be missed.
- Pressures may become overwhelming. (It is good to have an adult who expresses confidence in their ability to handle things)
- Mental illness (many mental illnesses first present at this age)