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Child Development

As children grow older, they develop in several different ways. Child development includes physical, intellectual, social, and emotional changes.

Children grow and mature at very different rates. It's hard to say what "normal" is. There can be big differences in height, weight, and build among healthy children. Diet, exercise and genes are all factors. Some children begin puberty [\[https://medlineplus.gov/puberty.html\]](https://medlineplus.gov/puberty.html) or are close to it before they are teenagers.

Children start to become more independent from their parents. They may rebel. They also look outward - to their friends, who are usually of the same sex. Peer approval becomes very important. Your child may try new behaviors to be part of "the group." This can also be the time that parents or teachers recognize learning disabilities [\[https://medlineplus.gov/learningdisabilities.html\]](https://medlineplus.gov/learningdisabilities.html) or behavioral problems [\[https://medlineplus.gov/childbehaviordisorders.html\]](https://medlineplus.gov/childbehaviordisorders.html) in children. These problems can get worse as time goes on, so it is important to get help early.

Start Here

- Child Development [\[https://www.cdc.gov/child-development/\]](https://www.cdc.gov/child-development/) (Centers for Disease Control and Prevention)
- Growth and Development [\[https://kidshealth.org/en/parents/growth/\]](https://kidshealth.org/en/parents/growth/) (Nemours Foundation)

Diagnosis and Tests

- Developmental and Behavioral Screening Tests [\[https://medlineplus.gov/lab-tests/developmental-and-behavioral-screening-tests/\]](https://medlineplus.gov/lab-tests/developmental-and-behavioral-screening-tests/)  (National Library of Medicine)
Also in Spanish [\[https://medlineplus.gov/spanish/pruebas-de-laboratorio/pruebas-de-evaluacion-del-desarrollo-y-el-comportamiento/\]](https://medlineplus.gov/spanish/pruebas-de-laboratorio/pruebas-de-evaluacion-del-desarrollo-y-el-comportamiento/)
- Developmental Monitoring and Screening [\[https://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/DevelopmentalScreening.pdf\]](https://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/DevelopmentalScreening.pdf) (Centers for Disease Control and Prevention) - **PDF - In English and Spanish**
- Growth Charts (For Parents) [\[https://kidshealth.org/en/parents/growth-charts.html\]](https://kidshealth.org/en/parents/growth-charts.html) (Nemours Foundation)
Also in Spanish [\[https://kidshealth.org/es/parents/growth-charts.html\]](https://kidshealth.org/es/parents/growth-charts.html)

Treatments and Therapies

- Medications to Treat Bed-Wetting [\[https://www.kidney.org/medications-to-treat-bed-wetting\]](https://www.kidney.org/medications-to-treat-bed-wetting) (National Kidney Foundation)
- Physical Therapy (For Parents) [\[https://kidshealth.org/en/parents/phys-therapy.html\]](https://kidshealth.org/en/parents/phys-therapy.html) (Nemours Foundation)
Also in Spanish [\[https://kidshealth.org/es/parents/phys-therapy.html\]](https://kidshealth.org/es/parents/phys-therapy.html)
- Speech-Language Therapy (For Parents) [\[https://kidshealth.org/en/parents/speech-therapy.html\]](https://kidshealth.org/en/parents/speech-therapy.html) (Nemours Foundation)
Also in Spanish [\[https://kidshealth.org/es/parents/speech-therapy.html\]](https://kidshealth.org/es/parents/speech-therapy.html)

Related Issues

- 5 Ways to Promote a Positive Body Image for Kids [<https://www.eatright.org/health/wellness/weight-and-body-positivity/5-ways-to-promote-a-positive-body-image-for-kids>] (Academy of Nutrition and Dietetics)
- Bedwetting [<https://kidshealth.org/en/parents/enuresis.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/enuresis.html>]
- Bladder Control Problems and Bedwetting in Children [<https://www.niddk.nih.gov/health-information/urologic-diseases/bladder-control-problems-bedwetting-children>]
 **Easy-to-Read** (National Kidney and Urologic Diseases Information Clearinghouse)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-urologicas/problemas-control-vejiga-enuresis-ninos>]
- Emotions and Behavior [<https://kidshealth.org/en/parents/emotions/>] (Nemours Foundation)
- Magic of Play: How It Inspires and Aids Early Development [<https://kidshealth.org/en/parents/play-magic.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/play-magic.html>]
- Managing and Preventing Temper Tantrums [<https://familydoctor.org/managing-and-preventing-temper-tantrums/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/como-manejar-y-evitar-los-berrinches/?adfree=true>]
- Shyness in Children [<https://www.healthychildren.org/english/ages-stages/gradeschool/Pages/Shyness-in-Children.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/ages-stages/gradeschool/paginas/shyness-in-children.aspx>]
- Understanding Your Child's Temperament: Why It's Important [<https://www.healthychildren.org/english/ages-stages/gradeschool/Pages/How-to-Understand-Your-Childs-Temperament.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/ages-stages/gradeschool/paginas/how-to-understand-your-childs-temperament.aspx>]
- What Is a Developmental-Behavioral Pediatrician? [<https://www.healthychildren.org/English/family-life/health-management/pediatric-specialists/pages/What-is-a-Developmental-Behavioral-Pediatrician.aspx>] (American Academy of Pediatrics)
Also in Spanish [<https://www.healthychildren.org/spanish/family-life/health-management/pediatric-specialists/paginas/what-is-a-development-behavioral-pediatrician.aspx>]
- Your Child's Growth [<https://kidshealth.org/en/parents/childsgrowth.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/childsgrowth.html>]

Specifics

- Telling Your Child a Family Member Has a Serious Illness [<https://kidshealth.org/en/parents/serious-illness.html>] (Nemours Foundation)
Also in Spanish [<https://kidshealth.org/es/parents/serious-illness.html>]

Videos and Tutorials

- Development of the Young Brain [<https://www.youtube.com/watch?v=Xelvtx6HHLg>]   (National Institute of Mental Health)
- Videos from the Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD) [<https://www.nichd.nih.gov/newsroom/digital-media/videos>]
  (Eunice Kennedy Shriver National Institute of Child Health and Human Development)

Clinical Trials

- ClinicalTrials.gov: Child Development [<https://clinicaltrials.gov/search?cond=%22Child+Development%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Potential Efficacy of the MOVERS Professional Development Programme: A Pilot Randomised... [https://www.ncbi.nlm.nih.gov/pubmed/40741636]
- Article: School age outcomes of very premature infants randomized to cord milking... [https://www.ncbi.nlm.nih.gov/pubmed/40593324]
- Article: High dose arachidonic and docosahexaenoic acid in very preterm infants and... [https://www.ncbi.nlm.nih.gov/pubmed/40580806]
- Child Development -- see more articles [https://pubmed.ncbi.nlm.nih.gov/?term=%22Child+Development%22%5Bmajr%3Aneexp%5D+AND+child+%5Bmh%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guide%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+]

Find an Expert

- American Academy of Child and Adolescent Psychiatry [https://www.aacap.org/]
- Eunice Kennedy Shriver National Institute of Child Health and Human Development [https://www.nichd.nih.gov/] 
Also in Spanish [https://espanol.nichd.nih.gov/]
- KidsHealth [https://kidshealth.org/] (Nemours Foundation)

Children

- Bedwetting (For Kids) [https://kidshealth.org/en/kids/enuresis.html] (Nemours Foundation)
- Feeling Good About Yourself (Self-Esteem) [https://kidshealth.org/en/kids/self-esteem.html] (Nemours Foundation)
- How to Handle Peer Pressure [https://kidshealth.org/en/kids/peer-pressure.html] (Nemours Foundation)

Patient Handouts

- Bedwetting [https://medlineplus.gov/ency/patientinstructions/000703.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/patientinstructions/000703.htm]
- Developmental milestones record [https://medlineplus.gov/ency/article/002002.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/002002.htm]
- Developmental milestones record - 4 years [https://medlineplus.gov/ency/article/002015.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/002015.htm]
- Developmental milestones record - 5 years [https://medlineplus.gov/ency/article/002016.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/002016.htm]
- Developmental Monitoring and Screening
[https://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/DevelopmentalScreening.pdf]
(Centers for Disease Control and Prevention) - PDF - In English and Spanish
- Growth chart [https://medlineplus.gov/ency/article/001910.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/001910.htm]
- Normal growth and development [https://medlineplus.gov/ency/article/002456.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/002456.htm]
- Preschooler development [https://medlineplus.gov/ency/article/002013.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/002013.htm]
- School-age children development [https://medlineplus.gov/ency/article/002017.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/article/002017.htm]



MEDICAL ENCYCLOPEDIA

[Bedwetting](https://medlineplus.gov/ency/patientinstructions/000703.htm) [https://medlineplus.gov/ency/patientinstructions/000703.htm]

[Developmental milestones record](https://medlineplus.gov/ency/article/002002.htm) [https://medlineplus.gov/ency/article/002002.htm]

[Developmental milestones record - 4 years](https://medlineplus.gov/ency/article/002015.htm) [https://medlineplus.gov/ency/article/002015.htm]

[Developmental milestones record - 5 years](https://medlineplus.gov/ency/article/002016.htm) [https://medlineplus.gov/ency/article/002016.htm]

[Growth chart](https://medlineplus.gov/ency/article/001910.htm) [https://medlineplus.gov/ency/article/001910.htm]

[Normal growth and development](https://medlineplus.gov/ency/article/002456.htm) [https://medlineplus.gov/ency/article/002456.htm]

[Preschooler development](https://medlineplus.gov/ency/article/002013.htm) [https://medlineplus.gov/ency/article/002013.htm]

[School-age children development](https://medlineplus.gov/ency/article/002017.htm) [https://medlineplus.gov/ency/article/002017.htm]

[Temper tantrums](https://medlineplus.gov/ency/article/001922.htm) [https://medlineplus.gov/ency/article/001922.htm]

Related Health Topics

[Child Behavior Disorders](https://medlineplus.gov/childbehaviordisorders.html) [https://medlineplus.gov/childbehaviordisorders.html]

[Developmental Disabilities](https://medlineplus.gov/developmentaldisabilities.html) [https://medlineplus.gov/developmentaldisabilities.html]

[Growth Disorders](https://medlineplus.gov/growthdisorders.html) [https://medlineplus.gov/growthdisorders.html]

[Infant and Newborn Development](https://medlineplus.gov/infantandnewborndevelopment.html) [https://medlineplus.gov/infantandnewborndevelopment.html]

[Puberty](https://medlineplus.gov/puberty.html) [https://medlineplus.gov/puberty.html]

[Teen Development](https://medlineplus.gov/teendevelopment.html) [https://medlineplus.gov/teendevelopment.html]

[Toddler Development](https://medlineplus.gov/toddlerdevelopment.html) [https://medlineplus.gov/toddlerdevelopment.html]

National Institutes of Health

The primary NIH organization for research on *Child Development* is the Eunice Kennedy Shriver National Institute of Child Health and Human Development [https://www.nichd.nih.gov/Pages/index.aspx]

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