

Early Care and Education Training and Consulting

www.tymthetrainer.com

PO Box 271229

Flower Mound, Texas 75027-1229

PHONE: (214) 796-1220 FAX: (214)513-7571

Email: tym@tymthetrainer.com

Child Growth and Development

- Helps understand why and how children operate
 - Helps with parent communication
 - Makes you a professional in the field
 - Points to Remember...
 - Never diagnosis a child yourself!
 - Use this knowledge to help create developmentally appropriate activities and lessons
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- ⦿ **Gross motor:** using large groups of muscles to sit, stand, walk, run, etc., keeping balance, and changing positions
 - ⦿ **Fine motor:** using hands to be able to eat, draw, dress, play, write, and do many other things
 - ⦿ **Language:** speaking, using body language and gestures, communicating, and understanding what others say
 - ⦿ **Cognitive:** thinking skills: including learning, understanding, problem-solving, reasoning, and remembering
 - ⦿ **Social:** interacting with others, having relationships with family, friends, and teachers, cooperating, and responding to the feelings of others

Developmental milestones are a set of functional skills or age-specific tasks that most children can do at a certain age range. Pediatricians use milestones to help check how your child is developing. Although each milestone has an age level, the actual age when a normally developing child reaches that milestone can vary quite a bit.

Every child is unique!