

to clothe berself, draw, skip, ride a cycle em

I munth. Finld head breek for faw seconds

AREAS OF DEVELOPMENT, AND STAGES OF DEVELOPMENT: corression cookulmation has even tornous parts of the Body. To A holp last day, at it in addaily upon

Q. Growth and Development

Growth refers to physical increase in the size of the body. Increase in weight, height and the appears size of internal organs. Growth refers to a quantitative change that is a change that can be 3 Months: Kicks well. Hotal head up at 45 degree when hi signe measured.

Development refers to changes in a person's physical and behavioural traits that emerge in orderly way and last for a reasonable period of time. Child development focuses on the quantitative and qualitative changes that take place in children. or one looks afrectly and lawyered with confroly din intelling \hat{p}_i which e follows, but if e

(Example of qualitative changes: Thinking ability, social skills, function skills etc/ Intellectual growth, development of creativity, sociability and morality are qualitative changes- Development continues even when physical changes are not visible)

The human life span has been divided into the following stages: Zerorens: Rises on the unists, creeps on belieful short distinct

Prenatal stage: Prenatal development refers to the development from conception to birth. Before birth, development is extremely rapid and it is mostly physiological.

5 months: Turns from supine to adevery a Rolls to diene half sepres of the hyperburg we burn

- Neonate or the newborn: It refers to the period from birth to two weeks or so, ago is any it is the mid.
- Babyhood or infancy: It extends from the first month to two years. This is a very significant period. After birth, this is the period of most rapid growth and development.
- Childhood: The period of childhood is from two to twelve years of age. Development at this stage is not a rapid as during infancy. 11 moother Pulls up to stand, in will fill blistlight The stage of childhood is further divided into early childhood (2 to 6yrs) and late childhood (6yrs to 12 yrs)
- Adolescence: The next stage is referred to as the period of adolescence (12-18yrs). The beginning of this period is marked by puberty. Like infancy, there is rapid development at this stage.

AREAS OF DEVELOPMENT

The various developments that take place during the life span of an individual can be classified thus: physical and motor development, social development and language development.

Physical Development: It refers to the physical changes in the size, structure, and proportion of the parts of the body that take place from the moment of conception.

12 month become its one bend support stander along.

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O. Growth and Development

(Mainten physical changes are not visible)

Motor Development: It means the development of control over body movements. This results in increasing coordination between various parts of the body. Eg: A helpless newborn gradually learns to clothe herself, draw, skip, ride a cycle etc

1 month: Hold head erect for few seconds

2 months: Holds head up when prone, and whole the rule of the parameter synd of states of work size of internal organic foreign refers to a quantifative clipning that is a change bat can be

3 Months: Kicks well, Holds head up at 45 degree when in prone

Development refer to changes in a person subject and behaviour as we are to change to the

orgerly way and lost for a reasonable period of time. Cold development logs 4 Months: Lifts head and chest in prone position with forearm support, Holds head up at 90 degree is up and prone looks directly and lowered with control, diminishing primitive reflexes, Head control in relation to eye, Hand Coordination, hands to midline, looking at hands and the coordination, hands to midline, looking at hands

severappriets of creetivily, societility and metality are gualitative charagessig 5 Months: Holds head erect with no lag

6 months: Turns from supine to sideways, Rolls to Prone from Supine, Sits by propping on both hands

The human life span has been divided into the following sta 7 months: Rises on the wrists, creeps on belly for short distance

8 months: Crawls on belly

9 months: Turns around the floor wows as distill most business attact the transfer in producer and to estimate

Papying od or intancy. It extends from the first manth to twelved which it has said varylenging 10 Months: Creeps on hands and knees, Pulls up to sitting position, Sits without hand support and turns body to look sideways, shuffles on bottom, stands when held up the base of the body to look sideways.

Prenatal stayo: Prenatal development refer to the developerant from cond

Bufore afirth, development is exactific prabid and it is mostly physiological.

Ine rairous decelonments that that withing this life is an or sa

arts of the body that take place hain the maneut of conceptions.

striction as bion a tea a parte 11 months: Pulls up to stand, crawls reciprocally forward I.e. on hands and knees, stands holding

12 months: Maintain kneeling balance, walks sideways while holding onto furniture, walks with hand oeginning of this period intrarked by pulper of take hit sessy, taske is ropin a syllounally support.

13 montrhs: walks with one hand support, stands alone

14 months: walks alone for a few steps

15 months: walks independently, climbs up stairs, catches self when falls

16 months: Pushes pram, toy etc.

17 months: climbs onto chair

18 months: seats self in small chairs, picks up toys without falling

19 months: climbs up and down stairs the control assessment to a several transposition and the control of the c

20 months: jumps

21 months: Runs, walks upstairs



doubte wheat held, responds to touch.

If reserve to the development of more abouties that make me individu

playing stops, shows excitement with ann and left movement

with the expectation of the society. It is concerned why theightlid's rate

24 months: walks downstairs holding one rail, Two feet per stairs and appear and appear

24 months-36 months (2-3Years) a graph of the last the pen narry sentitle to again of sint of company 15-81

- -Holds rail and descends stairs using alternate feet
- -Ascends stairs using alternate feet without holding
- -Descends stairs using alternate feet without holding

36-48 months (3-4 Years)

- -Stands on one foot for 8-10seconds
- -catches and throw ball (306) and more adding inspection on the sold of adding the sold o
- -Kicks large ball when rolled to him 2-4 months: scribes and may laugh, copies some movements: and facial a spression
- -Walks backward easily

48-60 months (4-5 Years) and many another a single of redo of abnogsaff, south familiar awords address of the contract of the

-Hops on one foot

Language Development:

12 months shy with strangers, critis withen parent leaves, show somit feet, riggs is to a mi It refers to those changes that make it possible for an infant who in the early months uses crying for communication, to learn words and then sentences to speak fluently or clearly.

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e 9 months: may be aliqid of stranger, Recognizes family member 5, has forcurre loss, loves gans

- 0-3 Months: startled by sudden noises, blinks, screws up eyes, extend limbs, fans out fingers and the startled by toes, and may cry, coos, turns head towards sounds, Makes gurgling noises, cries to get food when a or this. Lengths, unusual things, is excited built coner, witness, show hungry or when uncomfortable
- 3-6 Months: Coos when spoken to, Oos and ahhs, Babbles with expression, copies sounds in environment, makes sounds to show joy and displeasure, Strings vowels together when babbling (ah, eh,oh), Takes turn with caregiver making sounds of approaching voices, footsteps, running bath The an montres started of a verte other shill the firefers to salt by a proughest water etc.
- 6-9 months: makes a lot of different sounds, mamamama babababa, copies sound of others, points at things, understand spoken words.
- 9-12 months: Attentive to sound, particularly voice. Understands no-no and bye-bye, responds to simple requests, uses simple gestures (shake hands, wave bye -bye) changes tone when making sounds, says mama dada and uh oh, tries to copy words
- 12-15 months: knows and immediately turns to own name. Comprehends simple instructions associated with gestures (eg: give it to daddy, come to mummy, where are your shoes? Clap hands and a second secon etc)
- 15-18 Months: Understands many things said, Points to what she wants, understands and obey



-Dreg cans stand using anomain fact without holding

Simple instructions (eg: don't touch, Give me the ball, Kiss Daddy goodnight) and a law arthur 150

18-24 months: Points to things or pictures when named, uses 50 or more recognisable words and obviously understands many more, joins in nursery rhymes and songs

Social Development:

It refers to the development of those abilities that enable the individual to behave in accordance with the expectation of the society. It is concerned with the child's relationship with people and her ways of interaction with them.

- 0-2 months: Attempts to look at parents, observes environment, smiles, prefers faces over all else, calms when held, responds to touch,
- 2-4 months: smiles and may laugh, copies some movements and facial expressions, may cry when playing stops, shows excitement with arm and leg movement
- 4-6 months: Knows familiar faces, Responds to other people's emotions, often happy, likes to look at self in mirror
- 6-9 months: may be afraid of stranger, Recognizes family members, has favourite toys, loves songs and rhymes
- 9-12 months: shy with strangers, cries when parent leaves, show some fear, repeats sounds to get attention, plays simple games to the strangers of the stranger
- 12-18 months: Recognizes self in mirror, may have tempered, tantrums, Plays simple pretend, points to show others something

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- 18-24 months: Laugh at unusual things, is excited with other children, shows defiant behaviour, plays begins to involve other children
- 24-27 months: May develop a fear of new things such as the doctor and haircuts, needs about 12 hours of sleep and 1 nap, has many strong feelings but trouble expressing them, has trouble sharing
- 27-30 months: starts to play with other children, refers to self by name, begins to share, practicing taking turns
- 30-33 months: has friends, refuses to listen
- 33-36 months: understands concept of mine and his, shows affection for friends, takes turns in games, has empathy

Cognitive Development: and a day are support, very more than to a local board as well as a large standard and a construction of the construction o

It means the emergence of thinking capabilities in the individual. The infant is not born with the thinking abilities of adults. The child's thinking abilities



0-3 months: Attends to voice, Follows moving person, look at spoon or objects, inspects fingers

3-6 months: Reaches for objects, inspects a toy, transfer objects from hand to hand

6-9 months: Bangs spoon, rings bell when given, imitates sound and actions,

9-12months: copies actions, uses 2/3 words. Plays with paper and explore it etc

12-15 months: places small objects in a cup after demonstration, uses 4/6 words, scribbles in imitation

15-18 months: imitate simple actions, eg: reading book, washing clothes etc, watches rolling, builds tower of 3 cubes, using preferred hands

18 months-2 years: identifies objects by name, builds tower of 6 blocks, ask name of objects

2 years -2 ½ years: continuously ask questions, what? Where? Recognise self in picture/photograph, builds tower of 7/8 blocks

2 ½ years-3 years: questions who, what, where? Builds tower of 9 blocks, matches 2 or 3 primary colours, Demands favourite stories over and over,

3-4 years: Always asking questions, Why, when, How and meaning of words. Name objects from memory, discrimination of forms, can answer simple questions, draws a man with head, legs, trunk and features, and matches four primary colours correctly

Developmental Screening

Only 20% of the children with developmental delay in the United States receive early intervention before three years. Early intervention is useful in high-risk children to improve their cognitive and academic performance. Less than 50 % of clinicians are only using standardized screening tools in practice. Time constraints, lack of training are essential barriers in using the developmental screening tool. The Ages and Stages Questionnaire (ASQ), the Parents' Evaluation of Developmental Status, and the Child Development Inventory are standard screening tools used in practice. ASQ tool can be used for up to 66 months. The PEDS tool can be used up to eight years of age. Gross and fine motor milestones are assessed at every well-child visit in the first four years. Standardized developmental assessments using ASQ are mandatory at 9, 18, and 24 or 30 months. [18]

The clinician may screen more frequently if there are risk factors like prematurity, lead exposure, or low birth weight. Autism screening needs to be done at 18 and 24 months of age. If the screening tool reveals developmental delay, the child needs referrals to developmental pediatricians. Children up to three years with developmental delay are referred to early intervention programs, and children above three years of age are referred to special education services.



Red Flags in Growth and Development and Development and the second secon

Red flag signs in motor development are persistent fisting for more than three months, the persistence of primitive reflexes and rolling before two months, and hand dominance before 18 months.

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Only 10% of the children wath developmental delaying the United Season est

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Developmental Senseming

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sers. Always asking abeations, Why, where, how and monthing of word. Is the concernment menerare elscrimination of lombs, captanayatifainule dynittönd, drans a muchwith ment, (e.g., c.

4-6 months: Reaches are objects, in perisology, sonder objects from the car.

- No babbling by twelve months, no single words by sixteen months, no twoword sentences by two years, and loss of language skills are red flags.
- Children whose height or weight readings below the 5th percentile, above the 95th percentile, or cross two major centile lines need further evaluation.

Reference:

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