



Child Growth & Development

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Development is a progressive change the child undergoes which increases the physical, social, mental and emotional capacities of the child.



Difference between growth and development

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Growth

1. Growth is quantitative.
2. Growth comprises of height, weight, size and shape of body organs like brain, etc.
3. It is due to cell division.
4. Growth is for limited period.
5. Growth can be measured.
6. Growth tells about one aspect of personality but in limited scope.

Development

1. Development is quantitative as well as qualitative.
2. In this with the physical changes cognitive social and emotional change are also included.
3. It happen due to motor and adjust mental processes and their interplay.
4. Development takes place till death.
5. It can be observed by matured behavior.
6. Development deals with all the aspect of personality and has a vast scope.

PRINCIPLES OF DEVELOPMENT

1. DEVELOPMENT INVOLVES CHANGE- The human being is never static. From the moment of conception to the time of death, the person undergoes continued and progressive changes. At every age, some of the developmental changes are just beginning, some are at the peak and others are in the process of decline.

2. DEVELOPMENT IS CONTINUOUS -

One stage of development lays the foundation for the next stage of development. Infants can move their limbs (arms and legs) before grasping an object. Mastery of climbing stairs involves increasing skills from holding on to walking alone



3. EARLY DEVELOPMENT IS MORE CRITICAL THAN LATER DEVELOPMENT

The environment in which children live during early formative years of life has a strong impact on their hereditary potentials. Favorable relationships with members of the family, liberal child training methods, a stimulating environment result in the development of better adjusted individual in the later life.

4. DEVELOPMENT IS PRODUCT OF MATURATION AND LEARNING

Maturation refers to the sequential characteristic of biological growth and development. The biological changes occur in sequential order and give children new abilities. Changes in the brain and nervous system account largely for maturation. These changes in the brain and nervous system help children to improve in thinking (cognitive) and motor (physical) skills.

5. THE DEVELOPMENTAL PATTERN IS PREDICTABLE

1. Development proceeds from the head downward.

This is called the **cephalocaudal principle**. This principle describes the direction of growth and development. According to this principle, the child gains control of the head first, then the arms, and then the legs. Infants develop control of the head and face movements within the first two months after birth.

2. Development proceeds from the center of the body outward.

This is the principle of **proximodistal development** that also describes the direction of development. This means that the spinal cord develops before outer parts of the body. The child's arms develop before the hands and the hands and feet develop before the fingers and toes.

6. DEVELOPMENT PROCEEDS FROM GENERAL TO SPECIFIC

In motor development, the infant will be able to grasp an object with the whole hand before using only the thumb and forefinger. The infant's first motor movements are very generalized, undirected, and reflexive, waving arms or kicking before being able to reach or creep toward an object.

7. THERE ARE INDIVIDUAL DIFFERENCES IN DEVELOPMENT

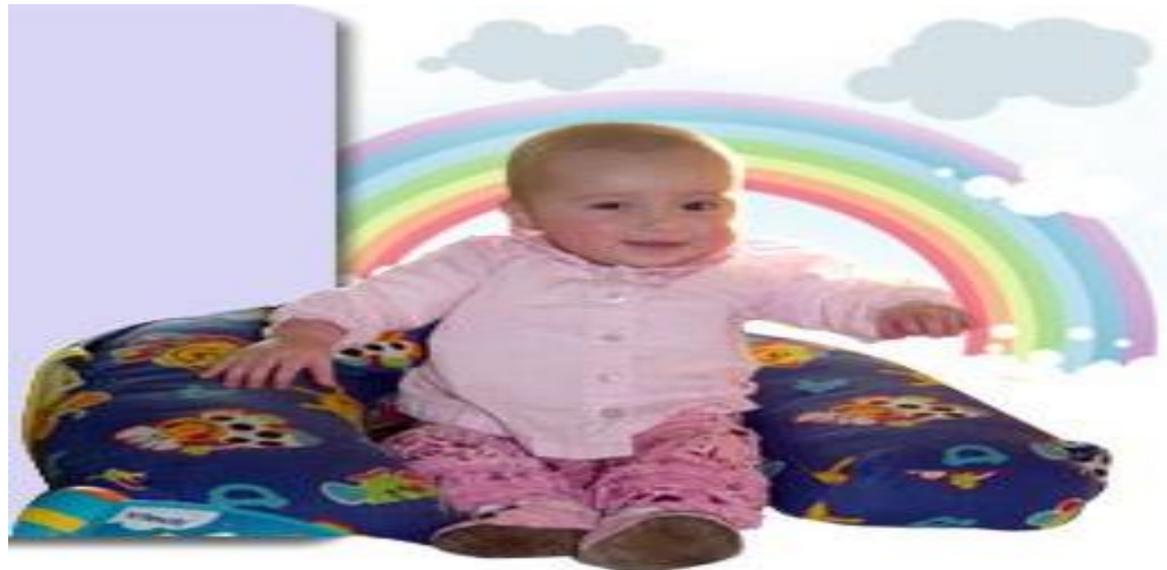
Although the patterns and sequences for growth and development are usually the same for all children, the rates at which individual children reach developmental stages will be different. Some children are more active while others are more passive

8. THE CHILD DEVELOPS AS A UNIFIED WHOLE

His intellect is related to his physical well-being. Physical well-being is affected by his emotions and emotions are affected by his successes and failures in school and by the environment in the family. The children who are physically weak are slow in the development of mental processes also.

9. DEVELOPMENT FOLLOWS AN ORDERLY PROCESS

The development of the child takes place in an orderly sequence. A child learns to sit before he walks, he babbles before he speaks clearly and he learns to sit before he stands.



10. EACH DEVELOPMENT TAKES PLACE IN STAGES

The development of the child takes place in stages. Each stage has certain unique characteristics and in each stage, certain types of behaviour or traits are more conspicuous than others. The entire period of development is divided into following five stages:

1. PRENATAL-PERIOD- It is mainly physiological and consists of growth of all body parts.

1. **INFANCY**- This is a period of newborn. Growth is temporarily at a standstill.
2. **BABYHOOD**- At this stage, the babies are completely helpless during the early part. Gradually they learn to control the muscles so that they can become independent.
3. **CHILDHOOD**- This period lasts from two to thirteen years of age. It is subdivided into two parts:
 - **EARLY CHILDHOOD**- The child learns to gain control over the environment and starts learning to make social adjustments.
 - **LATE CHILDHOOD**- It is the period when sexual maturity occurs and adolescence begins. The major development is socialization and is referred as 'gang age'.

5. ADOLESCENCE- It is twelve years onwards till the individual assumes adulthood. It is again divided into two stages:

- **EARLY ADOLESCENCE-** Physical growth is rapid in both boys and girls. There is enhanced mental activity in general.
- **LATER ADOLESCENCE-** it is characterized by tapering off of physical growth but the psychological development continues in many complex ways preparing him to adjust to the demands of society as an adult.

6. **ADULTHOOD-** By this time, physical changes are nearly complete but the psychological adjustments continue throughout the entire stage.

11. **EACH DEVELOPMENTAL STAGE HAS CERTAIN CHARACTERISTIC TRAIT-** There are some peculiar traits that are observed in children at a particular developmental stage and go away after some time. The child's behaviour should be understood against the expected behaviour of his age.

12. THERE ARE PERIODS OF ACCELERATED GROWTH AND DECELERATED GROWTH

During babyhood and the early pre-school years the growth is rapid. During the school years, the growth rate decreases. Growth is again rapid during adolescence but physical growth tapers off during the later part of adolescence and by the time, an individual touches adulthood.

13.DEVELOPMENT IS INFLUENCED BY HEREDITY AND ENVIRONMENT

A child's genetic inheritance (i.e., heredity) provides the basic foundation for many physical and personality attributes, but the influences of social, cultural, and familial variables (i.e., environment) also contribute to development.

14. DEVELOPMENT PROCEEDS AT DIFFERENT RATES FOR DIFFERENT BEHAVIOUR

Development of mental and physical traits is continuous but is never uniform for the entire individual. Development of memory and understanding is fast during childhood while abstract thinking, reasoning and capability to take decisions is at its peak during adolescence.