



What is the first thing that comes to your mind when you think about Child Development? Is it an infant, toddler, or a school going child? As you know, human development is a scientific study of developmental changes from conception to death. According to Laura Berk (2007) “Child Development is a field of study devoted to the understanding of human constancy and change from conception through adolescence.” Child Development is a specialized area of study of growth and development of the child right from the moment of conception to adolescence.

Can you recall the objectives and scope of Child Development?

1.1 Scope of Child Development

- Studying different stages of Child Development, namely Early, Middle and Late.
- Studying the factors affecting growth and development.
- Studying various domains of development.
- Useful for various professions.
- Useful for parents and prospective parents.
- To pursue a career in the field of Child Development or Human Development.

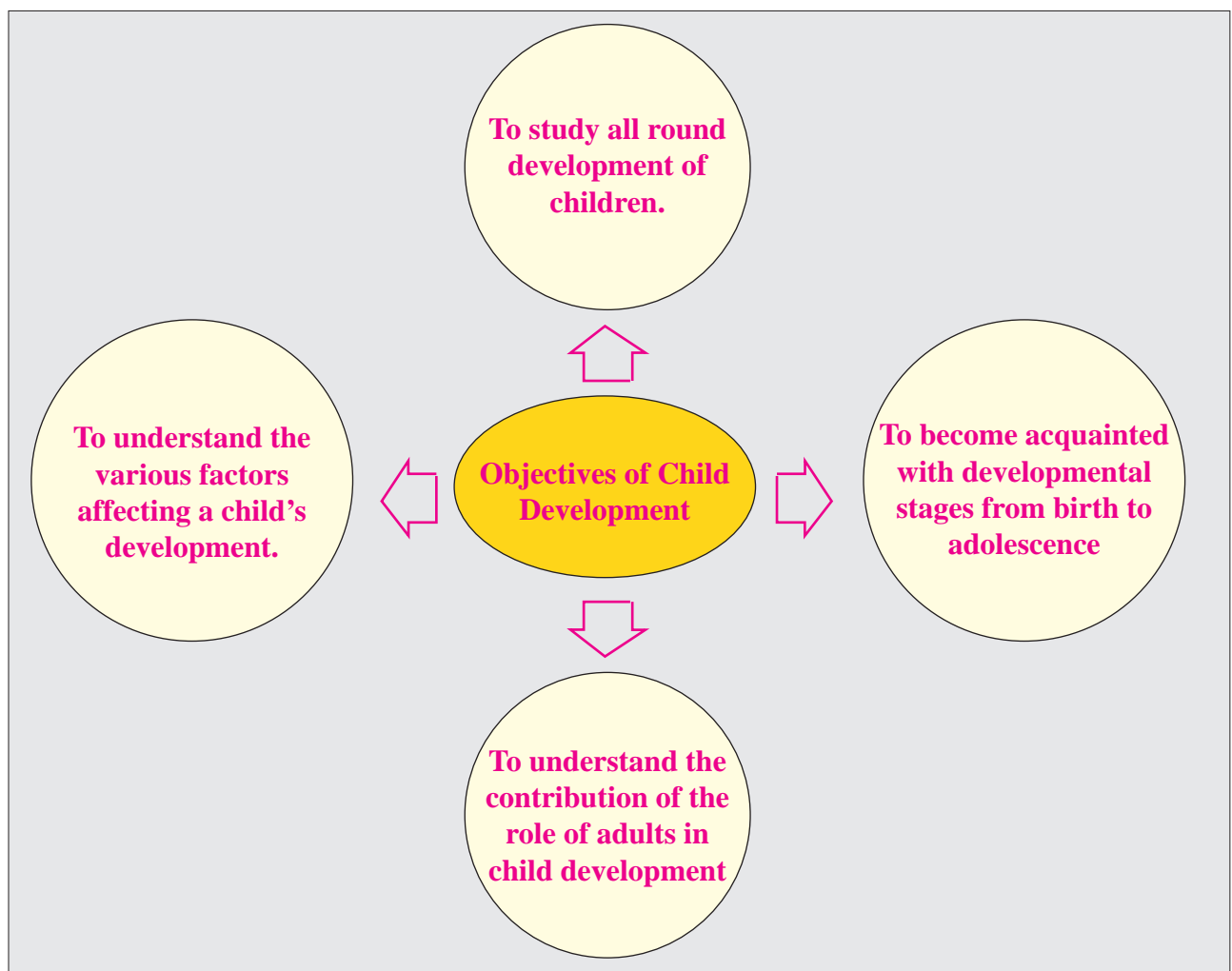


Fig. 1.1 Objectives of Child Development

Activity

1. List the various sectors related to children where the study of Child Development is used and applicable. E.g. teaching young children.
2. Comment: The study of Child Development is useful to become a good parent or guardian.

Growth and Development

As you have studied earlier in the subject of Child Development, there is a potential difference between growth and development. Growth refers to quantitative changes whereas development implies both quantitative and qualitative changes in an individual.

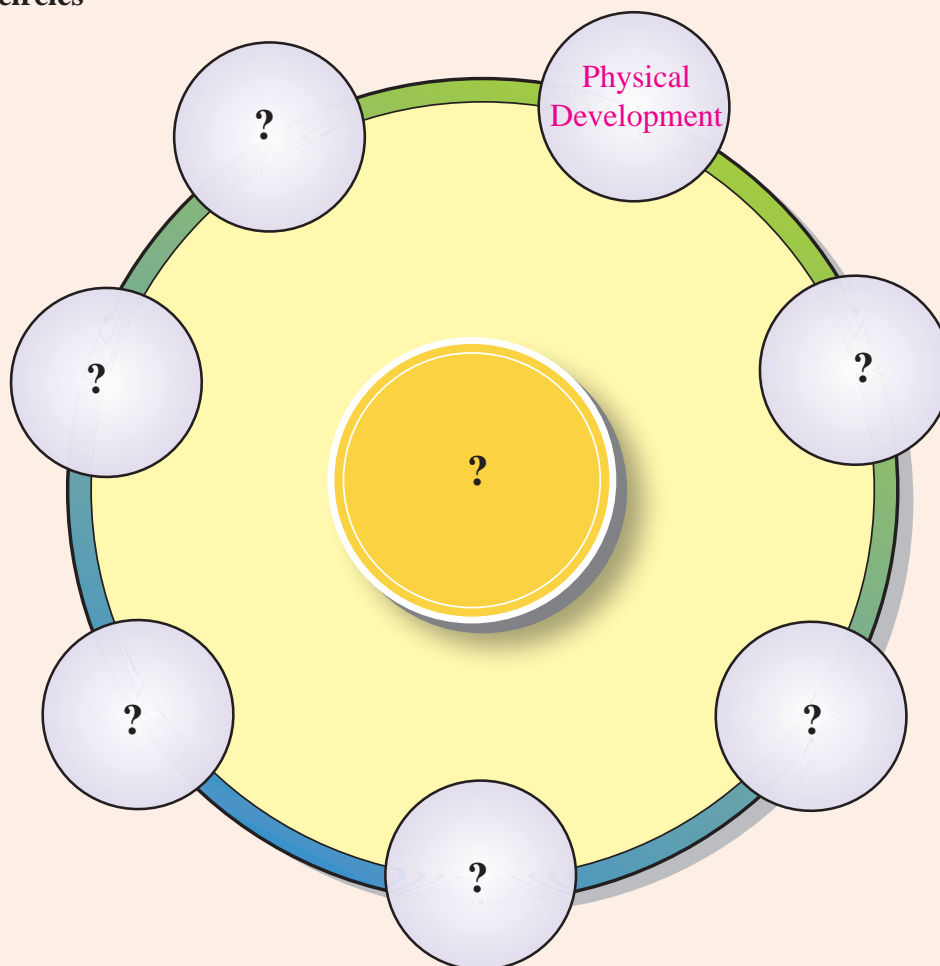
Development means a progressive series of changes that occur as a result of maturation and learning.

Domains of Child Development

Do you remember what was written in the blank circles of this figure as given in your XI std. Child Development textbook?

Activity

Fill in the circles



Development is divided into various domains. The main domains are Physical, Motor, Cognitive, Language, Social, Emotional and Moral Development.

Activity

Complete the following sentences with the help of the clues given.

(Motor Development, Social Development, Moral Development, the body and its parts, Language Development, positive and negative emotions, Mental Development)

1. Physical Development is development of
2. Development of large and fine muscles is known as.....
3. The development of mental processes and abilities is known as.....
4. Verbal and non verbal communication is a component of
5. Socially acceptable behavior is related to.....
6. Emotional Development includes
7. Behaving in the right manner and distinguishing between right and wrong is.....

1.2 Stages of Development





Human life span is divided into eight main stages which are based on chronological age.



Reflecction / Darpan

Match the pictures to the stages given. (Prenatal period, Late Childhood, Young Adulthood, Adolescence, Middle Adulthood, Early Childhood, Infancy and Toddlerhood, Late Adulthood)

Stages of Development

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Well done! You have been able to identify the various stages of the life span.

Let us now turn our attention to understanding the various needs and the importance of early years in a child's life.

1.3 Needs of Children

Needs of children vary according to stage, age and developmental levels. To meet the needs of children be it Physical, Motor, Mental, Emotional or Social, it is the responsibility of parents, caregivers, teachers and society to meet them in various ways, as they all contribute to a child's overall development. The needs of children must be met every time, in order for them to be comfortable in their environment and even within themselves. Children's needs must be fulfilled because they are helpless and dependent. Therefore it is the prime duty of adults to fulfill them.

Abraham Harold Maslow was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the 'Hierarchy of Human Needs' and expressed his theory in his book, 'Motivation and Personality'.

There is a hierarchy of needs which is put forth by Abraham Maslow commonly known as "Maslow's Hierarchy of Needs".

According to Maslow's hierarchy the following needs are given.

1. Biological and Physiological Needs

Air, food, water, shelter, sex, sleep, homeostasis, excretion.

2. Safety Needs

Protection from elements, security of body, employment, resources, mortality, family, health, property.

3. Love and Belongingness Needs

Receiving and giving affection and love, sexual intimacy, trust, and acceptance, affiliating, being part of a group (family, friends, work).

4. Esteem Needs :

Maslow classified esteem needs into two categories (i) Esteem for oneself (dignity, confidence, achievement, mastery, and independence) and (ii) the desire for reputation or respect from others (e.g. status, prestige).

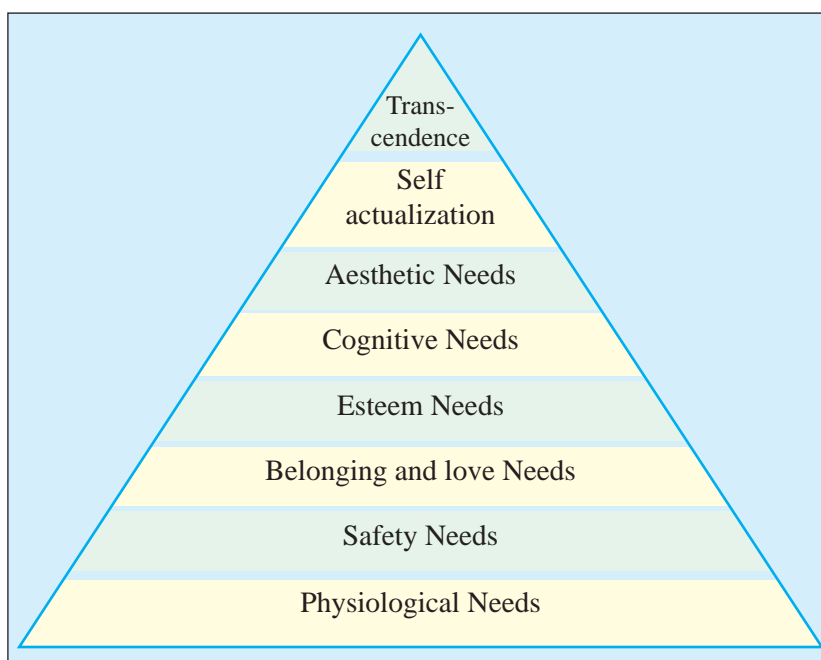


Fig. 1.2 Maslow's Hierarchy of Needs

5. Cognitive Needs

Knowledge and understanding, curiosity, exploration, need for meaning and predictability.

6. Aesthetic Needs

Appreciation and search for beauty, balance and form.

7. Self-actualization Needs

Morality, creativity, spontaneity, problem solving, lack of prejudice, acceptance of facts, realizing personal potential, self-fulfillment, seeking personal growth and peak experiences.

8. Transcendence Needs

It refers to the highest, inclusive and holistic level of human consciousness.

In view of the “Hierarchy of Needs” given by Maslow, society plays a significant role in satisfying a child’s needs.

Role of society in satisfying a child’s needs

- Acceptance
- Unconditional love and support
- Freedom within reasonable limits
- Respect for individual differences
- Providing various stimulating activities
- Help children achieve their developmental tasks at every stage.

1.4 Importance of early years in a child’s life

Early years of a child’s life are considered as years of fundamental development. These first six years of life are so important, that you will never find that rate of development in later years of life. An individual’s personality, behavior and attitudes develop during this early period of life. As such this period is of prime importance in the context of learning and skill development. It is therefore necessary to provide opportunities and appropriate stimulation accordingly. The more an individual gets good opportunities, the more it helps in the development of inherent abilities and skills. The stimulation received

from the environment helps the development of the brain hence children should be given **maximum opportunities, proper nutrition and stimulation involving maximum use** of the five senses.

1. Period of Foundation

The foundation of an individual’s behavior and attitude is laid down during early years. Maturation and learning also heavily influence a child’s development. Brain development is of prime importance during this period. Each experience is first registered in the brain and acted upon later. The constitution of the brain and ability to coordinate activities is not fully developed during the early years. The brain requires constant stimulation and energy for its development. Each new experience strengthens the foundation as the child’s development continues. As such early childhood experiences, either positive or negative have their impact on a child’s development.

2. Effect of Initial Experiences

A child should be given plenty of positive experiences which enhance the learning process leading to success in school. Balanced and adequate nutrition and positive experiences help a child to develop in healthy ways, whereas negative experiences, improper nutrition and a threatening environment and lack of motivation results in a negative impact on development. Family, parents, teachers, peers and society play a vital role in shaping a child.

3. Impact of early Child Development on adult life

Scientists strongly believe that if a child has proper growth and development during the early years it has a positive impact on later stages. Adult behavior of an individual largely depends on the interaction he/she has with experiences, environment and relationships during childhood. Success and failures during childhood affect the success and failures in the later period of life. Negative experiences and malnutrition during the early years can affect development in harmful ways which may lead to emotional and behaviour problems in later life.

Glossary

Aesthetic : Concerned with beauty or the appreciation of beauty

Development : The quantitative and qualitative changes that takes place in an organism from its initial state, through maturity until death.

Developmental Milestone : Levels of achievement or competence, which at a given age are considered to be necessary or desirable for socially acceptable functioning

Growth : Growth refers to quantitative changes. Example – height, weight.

Hierarchy : A system that organizes or ranks things, often according to importance or power.

Immunization : The process of rendering a subject immune or of becoming immune, protecting against any particular disease, as by inoculation.

Self actualization : A person's motivation to reach his or her full potential.

Transcendence : Experience that goes past normal limits, or the ability to achieve this.

Exercises

Note : It is suggested that you refer to your XI Std Child Development textbook in order to complete the exercises given at the end of this revision chapter.

Q. 1. Read the following statements and write the areas of development to which they relate.

1. While playing blocks Suraj touched Vijay's block arrangement and it fell down, so he said sorry to Vijay.
2. Kavita strings beads with ease whereas Sahil is good at building with blocks.
3. Children in nursery class were indulging in activities like crawling, walking, jumping and climbing.
4. Sheela observes the steam over a pot of boiling milk and says it is hot.

5. Raju is engrossed playing with a lemon, thinking it is a ball.

6. Chintu utters the word "mum mum" when he is hungry.

Q. 2. State whether the following sentences are true or false and give reasons.

1. Growth is a quantitative change.
2. It is not necessary to study all aspects of Child Development.
3. Heredity is more important as compared to environment with regard to all round development.
4. Development stops after a certain time.

Q. 3. Match the following characteristics with the stages of development :

A	B
1) This age is characterized by adjustment and helplessness	a) Toddlerhood
2) At this age children are egocentric	b) Prenatal period
3) Children begin school and continue mastering academic skills	c) Neonatal stage
4) This period is characterized by rapid development	d) Early childhood
5) Children move towards independence acquiring various skills like walking/ talking	e) Late childhood
	f) Old age

Q. 4. List the following.

1. Objectives of development
2. Domains of development
3. Stages of Infancy

Q. 5. Find the odd one out.

1. Height, weight, body proportion, talking
2. Jumping, stringing beads, balancing, hopping
3. Coloring, drawing, pasting, singing
4. Speaking, running, climbing, teething

Q. 6. Explain the terms.

1. Self actualization
2. Cognitive Development
3. Neonatal period
4. Adulthood

Q. 7. Write short notes

1. Prenatal period
2. Growth and Development
3. Scope of Child Development
4. Forms of communication

Project / Self Study

Design and prepare a chart showing the difference between growth and development for your classroom display board.

