

CONCEPT OF DEVELOPMENT

L.No	Title of Lesson	SKILLS	Activity
18	Concept of Development	Self Awareness, Empathy, Interpersonal Relationship, Effective Communication, Critical Thinking, Problem Solving, Decision Making, Coping with Stress and Coping with Emotion	Understanding development and factors affecting human development

Summary

Growth means increase in weight, height (length) and changes in body proportions. It refers to quantitative changes e.g. how tall a child has grown over a specific period of time. **Development** is not only the physical changes but also the social, cognitive, mental and emotional changes that occur in ones' body.

Heredity is the traits with which a person is born. These traits are acquired from ones' parents. A child's capabilities/potentials are determined by heredity. But the extent to which an individual develops these capabilities depends upon the opportunities in the **environment**.

Development is controlled by certain **principles** which are applicable to all individuals.

Both heredity and environment are powerful factors that influence an individual. A few of the environmental factors affecting development are nutrition, early stimulation and child rearing practices.

Types of development:

Physical development: It is not only the gain in height and weight but also includes development of **gross motor skills**, such as walking, jumping, running, catching and the **fine motor skills** for painting, drawing, doing up buttons, using a spoon and writing.

Cognitive development: It focuses on how children learn and process information using their senses (seeing, listening, touching, smelling and tasting), registering information in their minds and efficiently taking it back from their memory.

Social and emotional development: It refers to the development of social skills like sharing, cooperation, patience etc. in their interaction with peers and others. Emotional development is the ability to control and manage one's emotions.

Language development: It refers to development of writing, speaking, sign language, facial expressions, gestures, and several art forms for communication.

Principal Points

Factors influencing development:

Some environmental factors affecting development of an individual are:

- **Nutrition:** 'We are what we eat' – eating too much or too little – healthy or unhealthy affects our growth and development.
- **Early Stimulation:** A stimulating environment encourages the development of the child's heredity potentials.
- **Child rearing practices:** Children brought up by democratic or even firm parents are likely to make better personal and social adjustments.

Build Your Understanding

Both **heredity** and **environment** are powerful factors that influence an individual.

- While we can do very little about the heredity of an individual, the environment can be controlled to make it more favourable for an individual's growth.
- Inherited factors interact with environmental influences to determine children's personality and individual differences in them.

What's Important to Know?

Gross Motor Development

Gross motor development refers to control over large muscles. These muscles help performing functions such as crawling, standing, walking, climbing and running. Following are some of the Skills which a child can perform at different ages:

Infancy

- 3 months - Neck holding
- 5 months - Sitting with support
- 8 months - Sitting without support
- 9 months - Standing with support
- 11 months - Crawling/creeping
- 12 months - Standing without support
- 12 months - Walking with support
- 13 months - Walking without support
- 18 months - Running
- 24 months - Climbing staircase
- 36 months - Riding tricycle

Early Childhood

- 2 years - Climbing stairs and Tri-cycling
- 5 years - Jumping from height
- 5-6 years - Running
- 6 Years - ball throwing and catching

Fine Motor Development

Fine motor development involves the use of small muscles. These muscles help performing functions such as holding things, buttoning and zipping, drawing and writing. Following are some of the Skills which a child can perform at different ages:

Infancy

- 4 months - Grasping a rattle/ring when placed in hand
- 5 months - Reaching out to an object and holding it with both hands
- 7 months - Holding objects with crude grasp from palm
- 9 months - Holding small objects between index finger and thumb

Early childhood

- 2 ½- 5 years - copy simple geometric figures.
- 5 years - Self-feeding, dressing and grooming, can write his/her name in capital letters.

Did You Know?

- Development is governed by certain principles which are applicable to all individuals.
- A child gets his/her first complete set of temporary teeth/milk teeth by the age of 3 years.
- At the age of 5-6 years, temporary teeth start getting replaced by permanent teeth.
- There are three types of body structure:
 - **Endomorphic** i.e. children who have a flabby, fat body build.
 - **Mesomorphic** i.e. children with a sturdy muscular body build. They have a tendency to be heavy, hard and rectangular.
 - **Ectomorphic** i.e. children who have a long and slender body build.

Extend Your Horizon

The early years of life present a unique opportunity to lay the foundation for healthy development. Research on early childhood has shown the impact of the first five years of a child's life on his/her development. Negative early experiences can harm children's mental health and affect their cognitive, behavioral, social-emotional development.

Evaluate Yourself

1. Children who are taller for their age during early childhood years are taller during adulthood also. By this observation, which principle of development is proved? Explain in your own words.
2. Good emotional development helps in establishing cordial relationships. Justify the statement in 60 words.

Maximize your marks

Do the activities suggested in the lesson to get clear understanding of the topic.
Carefully study the table describing various stages of growth and development.
Learn the Principles of Development.