

National Institute of Open Schooling
Senior Secondary Course : Home Science
Lesson 18 : Growth and Development (0-5yrs)
Worksheet - 18

1. Anupama has fourteen months old twin sons. One of them has not yet started walking. Which principle of growth and development will you explain to her to make her realize that he will start walking soon?
2. Your friend is lagging in his growth and development. Explain four factors responsible for this.
3. You have a three-month-old niece. Identify two milestones of physical development that she will achieve.
4. Find out from your mother that at what age did you lift yourself by hands or forearms when lying on the stomach? What is the average age for a child to do this?
5. You saw a child repeating syllables like Ma-Ma, Ba-Ba etc. What is this kind of speech called? At what age does this take place?
6. Identify the age at which a child acquires basic concepts of colour, shape, size, number, days etc.?
7. Parents often force their young children to do their daily chores using their right hand even though they might prefer to use their left hand to do them. Explain two ways in which this behavior of parents can impact the development of their children?
8. Identify two reasons for your newborn cousin to be exclusively breast fed for the first four months of his life.
9. While sitting in the community park you saw your neighbour's son hitting everybody else, breaking things, abusing/telling lies etc. Identify four reasons why he has developed these behaviours.
10. Did you ever suck your thumb as a child? Find out two possible reasons behind this kind of behaviour?