



Early Childhood Development: ECDV4

LESSON 2

Unit Standard: 244258: Demonstrate basic understanding of development.

Topic: Five main DOMAINS of development in all children.

At the end of this lesson students will be able to :

1. Know how to physical development unfolds in all children.
2. Understand what mental development occurs in all children.
3. Understand how Language, Emotional and Social Development occur in children.

DEFINITIONS AND EXPLANATIONS OF DEVELOPMENT

Development is how your child grows physically and emotionally and learns how to communicate (language), reason (think/problem solving) and socialize.

Development is the term used to describe the changes in your child's physical growth, as well as his/her ability to learn the Social, Emotion, Physical (motor), Cognitive (thinking) and Communication Skills (language) he/ she needs for life. All the above skills or developmental abilities are linked and dependent on each other as they function collectively or **HOLISTICALLY** in harmony.

Child Development refers to the sequence of Physical, Language, Cognitive, Social and Emotional

Changes that occur in a child from birth onwards.

WHO states that Early Childhood Development encompasses Physical, Social, Emotional, Cognitive and Physical/Motor Development between 0-8 years old.

A new WHO guideline which supports the Improving of early childhood development further states that enabling young children to achieve their full developmental potential is a human/child right and an essential requisite for sustainable development.

5 MAIN DOMAINS OF DEVELOPMENT

A comprehensive understanding of how children develop, grow and learn is very important to both parents and ECD practitioners for them to be armed and prepared to accommodate every aspect of child development: **HOLISTIC DEVELOPMENT** meaning every developmental aspect of the child.

BOTH PARENTS AND CAREGIVERS SHOULD BE ABLE TO IDENTIFY AND UNDERSTAND THE FOLLOWING DOMAINS OF DEVELOPMENT IN CHILDREN:

- Physical Development
- Cognitive/ Mental Development
- Emotional Development
- Social Development
- Language Development

Having listed the above developmental DOMAINS, it is also important to highlight that each DOMAIN works and it is intertwined with other critical aspect of development known as Milestones.

MILESTONES

Developmental milestones are achievement, behaviours, and or physical skills seen in infants and children as they grow and develop. Rolling over, managing to finally hold own head steady, sitting unaided, crawling, walking, running, jumping, talking, empathizing for another fellow child , eventually sharing one's toy without command and talking or executing spoken instructions as instructed are all considered milestones. Milestones differ in each age group, keeping in mind that each child is different and will therefore develop at his/her own pace.

There is a normal and expected range that a child may develop and reach each milestone. For an example, walking may begin as early as 8 months in some children. Others walk as late as 18 months and that should still be considered as normal.

One of the reasons for wellness visits to the health care providers in the early years is to follow one's child's development. Parents/ Caregivers should talk to their child's health care minder if they have legitimate concerns about their child's development sequence and or pace.

Closely watching a "checklist" or calendar of developmental milestones may trouble parents if their child is not developing "NORMALLY". At the same time, milestones can help to identify a child who needs a genuine and a more detail check-up. History and

many researchers have proven that: The sooner the developmental services are started, the better the outcome. Examples of developmental services include: speech therapy, physical therapy and developmental preschool.

Below is a general list of milestones you might get children doing at different ages. These are NOT cast in stone. There are many different “NORMAL” paces and patterns of development from various developing children.

INFANT – BIRTH TO 12 MONTHS.

- Able to drink from a cup.
- Able to sit alone, without support.
- Babbles.
- Displays social smile.
- Gets first tooth.
- Plays peek- a- boo.
- Pulls self to standing position.
- Says “Mama” and “Papa” using terms appropriately.
- Understands “NO” and will stop activity in response.
- Walks while holding on to furniture or other support.

TODDLER- 1 TO 3 YEARS

- Able to feed self neatly, with minimal spilling.
- Able to draw a line (when shown one)
- Able to run, pivot and walk backwards.
- Able to say first and last name.
- Able to work up and down the stairs.
- Begin pedalling tricycle.
- Can name pictures of common objects & body parts.
- Dresses self with only a little bit of help.
- Imitates speech of others, “echoes” word back.

- Learns to share toys (without adult direction & instruction).
- Learns to take turns while playing with other children.
- Masters walking.
- Recognizes and labels colours appropriately.
- Recognizes differences between males and females.
- Uses more words and understands simple commands & instructions.
- Uses spoon to feed self.

PRESCHOOLER- 3 TO 6 YEARS.

- Able to draw a circle and a square.
- Able to skip.
- Balances better, may begin to ride bicycle.
- Begins to recognize written words, reading skills start.
- Catches a bounced ball (Hand and eye condition).
- Enjoys doing most things independently without help.
- Enjoys rhymes and word play.
- Hops on one foot
- Rides tricycle well.
- Starts school.
- Understands size concepts.
- Understands time concepts.

ACTIVITY 1

1. Define what you understand about child development. (4)
2. Every child develops in many DOMAINS list at least 5 main ones. (5)
3. Describe in your own words what milestones are in children and give one example. (5)

4. Early Childhood Development focuses mainly on Babies, Toddlers and Young children. Please provide any 4 milestones achieved by the following child age group. (4)

4.1 Infants or Babies – 0 to 12 months. (4)

4.2 Toddlers – 1 to 3 years. (4)

4.3 Young children – 4 to 6 years. (4)

[30]

ACTIVITY 2

1. What does the following stand for?

- a. ECD - (2)
- b. WHO – (2)
- c. Unique – (2)
- d. DHET – (2)
- e. SASSA – (2)
- f. Holistic Development – (2)

(12)

ACTIVITY 3

CASE STUDY

XOLANI SHEZI is a 3 years old toddler who attends at Thando ECD centre. Xolani has not reached a cognitive, social, language and emotional development of his peers.

Xolani's mother Ntshepiseng is a successful business woman who is constantly hard-pressed for time which affects the time she spends with her son.

- 1. How can the care giver identify a child that is falling behind in terms of Holistic development? (3)
- 2. How can an ECD centre assist Mrs Ntshepiseng with the development intervention of her child? (4)
- 3. List any 3 documents that ECD centre will need in order to assist Xolani? (3)

[10]