

Child Development revision checklist

- Definition of growth – changes to physical size, the skeleton, muscles and the brain, children's height, weight and head circumference.
- How growth is measured and recorded:
 - Personal Child Health Record (PCHR) 'Red Book' tracks progress/records immunisations.
 - Centile charts track height and weight
 - Parents'/carers' own records
 - Two-year-old health check
- Roles and responsibilities of individuals involved in measuring and monitoring growth, to include:
 - Health professionals – midwives, health visitors, General Practitioner (GP)
 - Social care – social workers, family support workers
 - Early years educators – childminder, nursery manager, key person
 - Parents/carers.
- Importance of measuring growth:
 - Ensures expected patterns are being followed to highlight potential issues at an early stage
 - Steady weight gain is a sign children are healthy and feeding well; poor weight gain is a sign of illness
 - Centile charts show average weight and height gain for children at different ages – 6–9 months rapid weight gain, 1–2 years slower weight gain as child is more active,
 - Over 2 years height and weight is measured to check if child is overweight or underweight and advice given on diet and physical activity
- Cognitive and intellectual development – thinking and learning development of information processing, memory, problem-solving skills:
 - Development of the senses – sight, sound, touch, taste and smell
 - 3 months – increasing attention span, recognises familiar routines
 - 6 months – recognises familiar objects and people, responds to pitch and tone of carer's voice, explores objects with hands and mouth, weaning onto solid food
 - 9 months – recognises and smiles at own face in a mirror, looks for a dropped toy, enjoys peekaboo, songs and rhymes
 - 12 months – knows own name, imitates actions (claps hands, waves goodbye).
 - 18 months – knows names and can point to parts of the body, very curious, remembers where things belong
 - 2 years – recognises pictures in a book, enjoys simple make-believe play
 - 2 years, 6 months – knows own full name, asks the name of people and objects.
- Communication and language development – speaking, listening and understanding:
 - Development of speech sounds and language, listening and attention, social skills
 - Baby – cries in expressive ways for needs to be attended to
 - 6 weeks – smiles

- 3 months – stops crying when picked up, coos, turns head to familiar adult voice
 - 6 months – babbling sounds, laughs and giggles, vocalises in turn with an adult
 - 9 months – tuneful babbling: baba, dada, mama, joins in actions of pat-a-cake
 - 12 months – first words, points to things they want, copies sounds, understands simple words and two-word instructions
 - 15 months – vocabulary increases, usually names of familiar things and people.
- Physical development – gross motor skills: large movement of limbs; fine motor skills: movement of fingers, developing hand-eye coordination:
 - Sequence of development from head to foot, inward to outward; from reflexes to control of body and movement infant reflexes – rooting and sucking, startle reflex, grasping reflex, walking reflex
 - 3 months – reflexes disappear, lifts head and shoulders, watches fingers move
 - 6 months – rolls and turns, sits with support, holds a toy in whole hand
 - 9 months – sits, crawls, stands, passes a toy from one hand to the other, drinks from a cup with help
 - 12 months – walks with one hand held, picks up small objects with finger and thumb, independent in finger feeding
 - 15 months – first steps walking alone, grasps crayon in either hand and scribbles.
- Emotional development – developing trust, independence and emotional resilience:
 - 18 months – mood swings from dependence to independence, beginning to show empathy
 - 2 years – demand needs are met immediately, cannot wait for attention, tantrums if frustrated but can be distracted
 - 2 years, 6 months – develops self-identity, learning to cope with emotions and strong feelings, tests boundaries set by adults.
- Physical factors
 - Factors in pregnancy affecting child – prenatal and maternal nutrition/exercise, effects of parental smoking, drug or alcohol use, premature/low birth weight.
 - Disabilities/additional needs – hearing impairment, visual impairment, cerebral palsy, Down's syndrome.
 - Health status – chronic illness (asthma, eczema), repeated short-term illness (colds, ear infections, vomiting and diarrhoea), obesity.
 - Benefits of healthy balanced diet, effects of nutritional deficiencies (vitamins, minerals), effects of unhealthy diet.
 - Amount of exercise.
- B2 Environmental factors
 - Housing – positive aspects of housing (warm, dry, own space); experiencing housing needs (damp housing, overcrowding), temporary accommodation, access to garden, space to play.

- Home environment – stable support from parents, contact with extended family, living with parental conflict, parents’ mental or physical health, effects of exposure to drugs, alcohol or smoking.
- B3 Social factors
 - Effects of discrimination (disability, race, home situation).
 - Effects of relationships with primary carers (parents/carers, early years practitioners), quality of warmth, affection and attention received.
 - Effects of siblings – new baby, number of siblings, no siblings, step-siblings.
 - Effects of relationships with extended family and friends – grandparents, step-relatives, aunts and uncles, close friends.
- B4 Financial factors
 - Low income – poverty, unemployed families, more contact with parents, food banks, free school meals, funding for childcare (vouchers).
 - High income – parental pressure of work, less contact with parents, extra resources and toys, extra opportunities, experience of travel.
 - Access to services – health services (dentist, health visitor), early years education (preschool, nursery) and experiences (parent and baby singing groups, sports clubs, parent and tots groups).

Revision

Look at Child development team’s account

[Specification - Pearson BTEC Level 1/Level 2 Tech Award in Child Development 2022 Issue 4](#)