

Child Development

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UT SWORPS; Child Care Resource & Referral

Let's start with a quiz!

How much do you know about babies???

Facts about Development

PREDICTABLE

NORMAL IS VARIABLE

SUPPORT FROM CAREGIVERS

EARLY EXPERIENCES

Domains of Development

Physical

- Gross motor
- Fine motor
- Health/well-being

Cognitive

- Learning/thinking
- Problem-solving
- Creativity

Language/Communication

- Cries/coos/sounds
- Words
- Receptive/expressive

Social/Emotional

- temperament/emotion
- Self-awareness
- Self-regulation

Prenatal

Sound

Language development

Sight

Sensation



- **talk and sing to your baby**
- **gently touch, rub or massage your belly**
- **respond to your baby's kicks**
- **play relaxing music for you and your baby**
- **read a book to your baby**
- **give yourself time to relax**
- **go for a walk**
- **take a warm bath**
- **keep a journal for your baby**

Activities for Pregnant Moms

0-3 months

Social/Emotional

- * Calms down when spoken to or picked up
- * Smiles when you talk to or smile at him or her

Language/Communication

- * Makes sounds other than crying
- * Reacts to loud sounds

Cognitive

- * Watches you as you move
- * Looks at a toy for several seconds

Physical Development

- * Holds head up when on tummy
- * Moves both arms and both legs



Social/Emotional

- * Knows familiar people
- * Likes to look at self in a mirror
- * Laughs

Language/Communication

- * Takes turns making sounds with you
- * Blows “raspberries” or “bubbles”

Cognitive

- * Puts things in mouth to explore them
- * Reaches to grasp a toy with hand

Physical Development

- * Rolls from tummy to back
- * Pushes up with arms when on tummy

4-6 months



Social/Emotional

- * Shows several facial expressions
- * Smiles or laughs when you play peek-a-boo

Language/Communication

- * Babbles
- * Lifts arms up to be picked up

Cognitive Milestones

- * Looks for objects when dropped out of sight
- * Bangs two things together

Physical Development

- * Moves things from one hand to other hand
- * Sits without support

7-9 months



10-12 months

Social/Emotional

- *Plays games with you, like pat-a-cake
- *Reacts to strangers

Language/Communication Milestones

- *Waves “bye-bye”
- *Says “mama” or “dada”

Cognitive

- *Puts items in containers/fill and dump
- *Looks for things you hide

Physical Development

- *Pulls up to stand/cruises
- *Uses pincer grasp to pick up items



13-18 months

Social/Emotional

- * Imitates other children (parallel play)
- * Shows affection to people and dolls

Language/Communication

- * Uses one to two word combinations
- * Looks at a familiar object when you name it
- * Points to ask for something or to get help

Cognitive

- * Imitates using items (cup, phone)
- * Stacks at least two small objects

Physical Development

- * Takes a few steps unassisted
- * Uses fingers to feed self



18-24 months

Social/Emotional

- * Looks at a few pages in a book with you
- * Attempts to dress/undress self

Language/Communication

- * Uses simple sentences
- * Follows one-step directions

Cognitive Milestones

- * Imitates adults
- * Plays with toys

Physical Development

- * Scribbles
- * Walks and can climb unassisted





Children learn best from human interaction

Screen time reduces ability to read faces and social cues

Screen time reduces ability to control impulses

Screens hijack attention spans



Did you Know?



Early Experiences Matter

What can caregivers do???





READ

SING



TALK





PLAY



Helpful Websites

Finding Child care

Child Care Certificate

Child Care Resource & Referral

Questions?

References

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**All pictures taken from Google images



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