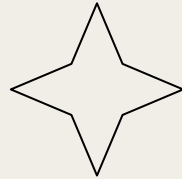
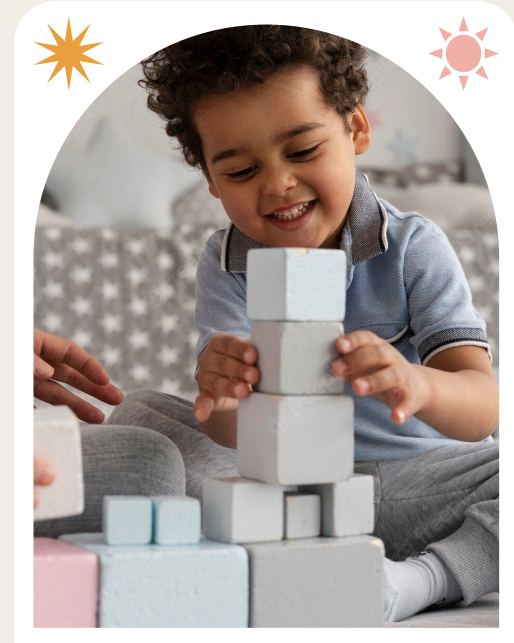


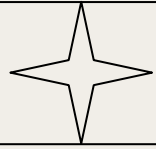
Educational Material #1

Child Development Milestones

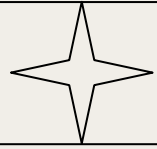


Audrey Susz





Main areas of child development



$1/3$

Cognitive/Language



$1/3$

Emotional/Social



$1/3$

Physical



Table of contents



Physical Domain

01

5-6 years

Increases running speed, gallops more smoothly, and engages in true skipping.

Cognitive/Language
Domain

02

2 years

Takes the perspective of others in simplified, familiar situations and in face-to-face communication; vocabulary increases rapidly.

Emotional/Social
Domain

03

3-4 years

Engages in associative and cooperative play with peers, in addition to parallel play.

01

Physical Development

5-6 years (tail end of early childhood)





Introduction

What is physical development?

“Physical development refers to the advancements and refinements of motor skills, or, in other words, children’s abilities to use and control their bodies. Physical development is one of the many domains of infant and toddler development” (Physical Development: An Introduction | Virtual Lab School, n.d.)



What to look for



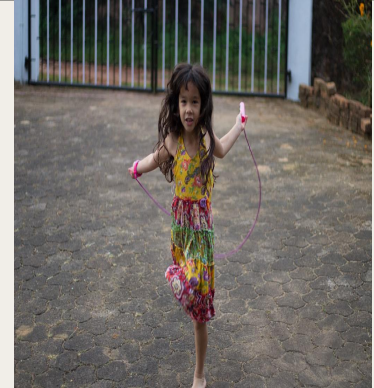
Running speed

Increases running speed up to 12 feet per second.



Smooth galloping

Moves quicker and more smoothly in stepping with one foot and closing the distance with the other.



True skipping

Step and hop on one foot, followed by a step and hop on the other foot more distinctly.

"As children's bodies become more streamlined & less top-heavy, their center of gravity shifts downward, toward the trunk. As a result, balance improves greatly, paving the way for new motor skills involving large muscles of the body" (Berk & Meyers, 2015).

How to Support these Milestones

01

Horizontal Jump

- Get Ready: Bend knees and lean forward, swing arms back.
- Take Off: Spring with legs, swing up and forwards with arms, jump as high as you can
- Fly: Look forward and keep your knees up.
- Land: Absorb the landing softly by bending ankles, knees, and hips on impact. Arms should reach straight forward for balance.

02

Hopping

Explain to children that hopping means jumping with one foot and landing on the same foot. To maintain balance when they are hopping, their arms should be bent at their sides. Explain what the ball of their foot is and have children touch it. They should land softly and quietly by bending their ankle and knee when they land.

03

Skipping

Explain to the children that skipping is a rhythmical combination of two skills: the step and the hop. Skipping is a step and a hop on one foot, followed by a step and a hop on the other foot. Have children practice skipping in their own space. Encourage them to say "step-hop, step-hop" out loud as they practice.



Cognitive/Language Development

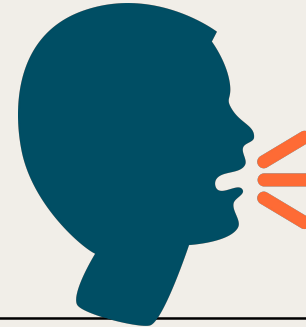
02

2 years (beginning of early childhood)

What is cognitive/language development?

Cognitive

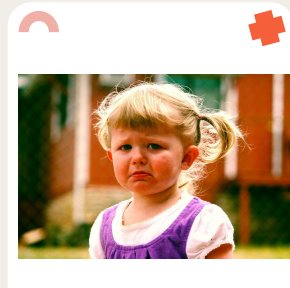
“Cognitive development means how children think, explore and figure things out. It is the development of knowledge, skills, problem solving and dispositions, which help children to think about and understand the world around them” (*Help Me Grow MN*, n.d.).



Language

Additionally, language development can be defined as, the process of developing the capacity to speak, which starts with the children hearing and understanding the pitch of the mother's voice and culminates with the child being able to use words effectively to transmit thoughts and desires (*Help Me Grow MN*, n.d.).

What to look for



Takes the perspective of others

Toddlers have already begun to infer others' intentions and perspectives.



Familiar situations

Many studies show that when preschoolers are given tasks that are simplified and made relevant to their everyday lives, they do not display the illogical characteristics that Piaget saw..



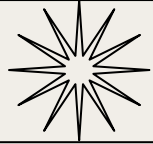
Face-to-face

For example, preschoolers adapt their speech to fit the needs of their listeners. Four-year-olds use shorter, simpler expressions when talking to 2-year-olds than to age-mates or adults.

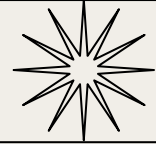


Vocabulary increases rapidly

Toddlers and young preschoolers, while still sensitive to perceptual features (such as object shape and physical action), increasingly attend to social cues—the speaker's direction of gaze, gestures, expressions of intention and desire, and soon the speaker's knowledge. As language develops further, linguistic cues—sentence structure and intonation (stress, pitch, and loudness)—play larger roles



How to Support these Milestones



Language Development

- Model good speech
- Refrain from constant baby talk
- Repeat what your child says and add more to what they are saying.

Cognitive Development

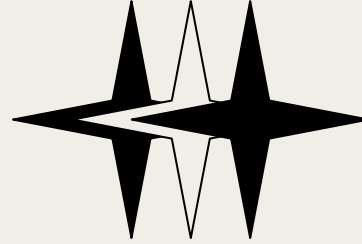
- Reinforce problem solving
- Read a book and talk about how the characters may be feeling in that book.
- Point out how someone is feeling and why that person may feel that way.



03

Emotional Social

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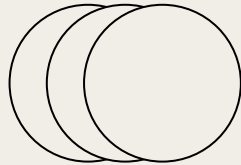


Introduction

“What is emotional/social development?”

It is a gradual, integrative process through which children acquire the capacity to understand, experience, express, and manage emotions and to develop meaningful relationships with others” (Wikipedia).

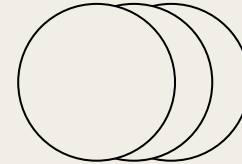
What to look for



Associative/Cooperative Play

Associative: Children engage in separate activities but exchange toys and comment on one another's behavior.

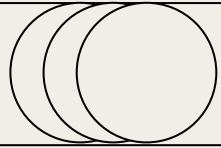
Cooperative: Children orient toward a common goal, such as acting out a make-believe theme.



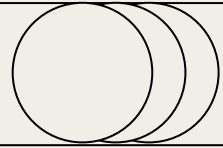
Parallel play

Child plays near other children with similar materials but does not try to influence their behavior.





How to Support these Milestones



Let them play with
children their own age.



Provide a wide variety of
age-appropriate
activities.



Encourage and prompt
sharing toys



Introduce games that
allow turn-taking.



Remember the
importance of playtime.



Organize play dates.



Thanks!

Do you have any questions?

susz.3@osu.edu



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