



Child Development

Preservice

Learner Guide

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Learning Objectives

- Explain the importance of making caregiving decisions based on the child's development
- Find reputable child development information on the internet
- Identify ways to provide positive childhood experiences

Developmental Milestones

Domains

- Social / Emotional
- Language / Communication
- Cognitive
- Movement / Physical

Using the milestone handout, decide if Maya is delayed, on target, or ahead in your assigned developmental domain.

Notes:

Finding and Applying Good Child Development Information

Applying child development knowledge allows you to:

1. Set realistic expectations

Write down a definition of realistic expectations in your own words.

Development happens through experience. What aspects of diversity might influence development?

It is common for children who have experienced trauma to have developmental delays. Expectations should be set based on where the child is, not where they “should” be.

2. Discipline Appropriately

3. Recognize and Report Concerns

Notes:

Positive Childhood Experiences and Relationships

The four “blocks” in the Healthy Outcomes from Positive Experiences (HOPE) framework (Tuffs Medical Center, 2021) are:

1. Positive relationships with family, other adults, and peers
2. Safe, equitable, and stable environment
3. Social and civic engagement for belonging and connectedness
4. Opportunities for social and emotional growth

Relationships

All development happens in the context of relationships. Attachment skills are needed to develop and maintain these relationships.

1. How can you assess a child’s attachment skills?

2. What are indicators that a child struggles with attachment?

3. How can you build and strengthen the child’s attachments?

Notes:

Opportunities for Social and Emotional Growth

Two foundational areas of social and emotional growth are:

1. **Self-regulation**
2. **Initiative.**

Self-regulation is the child's ability to express emotions and manage behaviors in healthy ways. Children who have experienced trauma may struggle with self-regulation because they have dysregulated stress response systems.

Scenario: Amanda is sitting at the kitchen table and really struggling with math homework.

- What emotion is the child feeling?

- How might the child respond if they have poor self-regulation skills?

- How might the child respond to the emotion if they have good self-regulation skills?

What structure and activities can help a child learn self-regulation?

Initiative is the child's ability to use independent thought and action to meet their needs. Rather than avoiding a situation that is difficult for the

Notes:

child to handle, it is best for their development to coach them through it.

Application

Review the HOPE framework and then list three ways you can support a child's development.

1. _____
2. _____
3. _____

Resources

Recommended child development sites:

- [Centers for Disease Control and Prevention](#)
- [Center on the Developing Child: Harvard University](#)
- [National Association for the Education of Young Children](#)
- [HealthyChildren.org](#)
- [Devereux Advanced Behavioral Health: Center for Resilient Children](#)
- [Ohio Department of Health: Parents & Caregivers](#)

Tips for Helping Children and Teens before and After Visits

<https://www.healthychildren.org/English/family-life/family-dynamics/adoption-and-foster-care/Pages/Tips-for-Helping-Children-and-Teens-Before-and-After-Visitation.aspx>

Partnering with Birth Parents to Benefit Children

http://www.ifapa.org/pdf_docs/resourceparentspartneringwithbirthparents.pdf