

Child Development

Preservice

Learner Guide

October 2022

Version 1.0

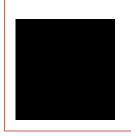






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Learning Objectives

- 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.

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?

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Safe, Equitable and Stable Environment

A child needs to **BE** safe and **FEEL** safe. What are some ways you can make your home safe? Notes: Infant safe sleep After watching the video, describe what ABC means in relation to safe infant sleep. How can you help children of all ages feel safe enough to sleep? Too many rules can overwhelm, but a few important rules can help the child know what is expected of them, which helps them feel safe. What are some rules to address right away? Important rule: no racist, discriminatory, and rejecting language and behavior will be tolerated in the home. Routines help create felt safety. What are some ways to create routine in your family?

Social and Civic Engagement for Belonging and Connectedness

Normalcy includes activities that any child their	
age would be doing. These activities are critical to	
development.	Notes:
What are typical childhood and teenage activities?	
Reasonable and Prudent Parent Standard:	
Careful and sensible parental decisions that	
maintain the child's health, safety, and best	
interests while at the same time encouraging the	
child's emotional and developmental growth.	
Would you allow a 12-year-old to stay home by	
themself while you went to dinner and a movie with friends?	
with menus:	
What additional information would you want	
before making the decision?	
A concios have differing policies as to have the	
Agencies have differing policies as to how the Reasonable and Prudent Parent standard is	
applied. You must follow your agency's polices.	
applied. Total must follow your agency's polices.	

Opportunities for Social and Emotional Growth

Two foundational areas of social and emotional growth are:

- 1. Self-regulation
- 2. Initiative.

<u>Self-regulation</u> 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?

<u>Initiative</u> 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

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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 suppor	t a
child's development.				

1.			
2.			
3.			

Resources

Recommended child development sites:

- <u>Centers for Disease Control and Prevention</u>
- 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