

## **SUBJECT: HOME ECONOMICS**

**CLASS: JSS 3**

**WEEK: 2**

**TOPIC: CHILD DEVELOPMENT**

**INTRODUCTION:** The development of every child is a natural and necessary condition. It follows a definite process or stage in life with certain features or characteristics. It is very important to understand the pattern of growth and development of a normal child. This understanding will enable us provide the conditions necessary for normal development.

### **MEANING OF CHILD DEVELOPMENT AND GROWTH**

**GROWTH:** This is an increase in the physical size of the whole body or any part of the body. A child grows in size, height and weight. Growth is measured in metres and in kilogram.

**DEVELOPMENT** :This is an increase in size and complexity of function. A child is developing when he or she is making progress with what he or she does with his or her mind and body, such as holding up the head, holding a toy, gaining understanding, etc.

**CHILD DEVELOPMENT:** can simply be defined as the increase a child gains in size, weight,height, reasoning ,some parts of the body and the ability to move his or her body.

### **TYPES OF DEVELOPMENT IN CHILDREN**

1. Physical development.
2. Mental development.
3. Social development.
4. Emotional development.

**PHYSICAL DEVELOPMENT:** This is development of the physical structures and functions, eg, the brain, muscles, nerves, bones and their functions. The physical

development of a child affects the other aspect of his or her development, eg, a child's brain has to develop physically before he or she can develop mentally.

**MENTAL DEVELOPMENT:** This is the development of intellectual abilities. It involves the ability to think, understand , solve problems etc.

**SOCIAL DEVELOPMENT:** This involves development of behaviour that is acceptable to the society.

**EMOTIONAL DEVELOPMENT:** This has to do with how a child feels and this is noticeable in an infant when it is expressed through smiling, crying, frowning, etc. Emotional wellbeing is deeply rooted in how well a parents provide for emotional needs of their child.

### **STAGES OF CHILD DEVELOPMENT**

The stages of child development follow a definite and progressive pattern. Some children may be slower while some may be faster.

1 <sup>st</sup> Month	<ul style="list-style-type: none"><li>• Increase in weight.</li><li>• Hands are always tightly fisted.</li><li>• Responds to sounds sees but does not understand what he or she sees.</li></ul>
2 <sup>nd</sup> Month	<ul style="list-style-type: none"><li>• Has distinct cries for food and pain.</li><li>• Plays with the hands when lying with his or her back.</li><li>• May sleep all night or during the day.</li></ul>
3 <sup>rd</sup> Month	<ul style="list-style-type: none"><li>• Weight increases.</li><li>• More active, playful and makes noise.</li><li>• Grasps small objects eg ,mothers fingers.</li></ul>
6 <sup>th</sup> Month	<ul style="list-style-type: none"><li>• The baby's weight is doubled the weight at birth.</li></ul>

	<ul style="list-style-type: none"> <li>• Sits upright</li> <li>• Reaches for objects, gets hold of them and plays with them.</li> </ul>
7 <sup>th</sup> and 8 <sup>th</sup> Month	<ul style="list-style-type: none"> <li>• Sits up without help.</li> <li>• Plays well with toys.</li> <li>• Can transfer from one hand to the other.</li> </ul>
18months old	<ul style="list-style-type: none"> <li>• The child walks freely, climbs stairs or even on chairs.</li> <li>• The runs and plays.</li> <li>• The child begins to show independence.</li> </ul>
3 years old	<ul style="list-style-type: none"> <li>• The child develops full number of milk teeth (16-20 teeth).</li> <li>• He or she can build up bricks, use pencils and toys well.</li> </ul>
3 years and above	<ul style="list-style-type: none"> <li>• He can do most things independently.</li> </ul>

### **FACTORS THAT INFLUENCE CHILD DEVELOPMENT**

1. **HEREDITY**: This is the genetic transmission of characters from parents to offspring or children. The units which bear heredity in the body cell is called Genes.
  2. **ENVIRONMENT**: This is an external influence as opposed to heredity which is internal. A child's environment at home, school and the society as a whole helps the child to develop into a matured person. This includes good nutrition, Love, care, conducive home environment, school environment, society etc.
1. Mention 3 features in you that make you resemble either of your parents.
  2. Explain how food and good sleep can affect a child's development.

