SAC REVISION

Unit 2 – Area of Study 2
Childhood Development
Physical Development

• The changes that relate to people’s size and shape, therefore body structure.
PIES for 5 year old
Have to pick out examples from the case study

- **Physical**- demonstrate a mature form when walking, can skip and run with agility and speed, can hold balanced position for 10 secs

- **Intellectual**- can explain when things have occurred e.g. before, after, next week, can form long sentences of up to 9 words, can repeat events that have happened but often get the order wrong or give too much information

- **Emotional**- be able to use resources to comfort themselves when upset e.g. going to their room, build self-esteem when able to demonstrate a skill, start to express feelings more through words

- **Social**- learn to interact with new people like teachers and peers, may ask to join in on a game or suggest a game to play with friends or siblings
PIES for 1 year old
Have to pick out examples from the case study

• **Physical**- progress from crawling to standing alone and walking while holding on, feed themselves with a spoon

• **Intellectual**- can say one or two simple words and will babble, can understand around 50 words (names, common objects, body parts)

• **Emotional**- starting to recognise basic emotions, don’t have language skills to understand or cope with their own emotions- will hit or yell instead

• **Social**- demonstrates awareness of others, plays alongside other children but unaware of sharing
Rates of Development

Within the first year development is Fast/Rapid (think of how much change occurs within the first year of life)

After that, development is Slow and Steady (change is still occurring but not at such a fast rate)
Determinants of Health – impact on DEVELOPMENT
(choose 1 from each to know in detail)

BIOLOGICAL

Genetics-

- Timing of development- controls all physical development in childhood e.g. growth spurts, onset of puberty

- Genetic Disorders- if a child is born with a genetic disorder such as cystic fibrosis, it can impact on their physical development through lowered immune system affecting growth, or intellectual development by missing school due to illness and missing out on learning key literacy and numeracy skills.

Body Weight- being overweight/obese can affect a child’s self-esteem and self-concept, impacting their emotional development. This will then affect the way they relate and interact with other people (social development).

Birth Weight- may impact physical development through impaired growth due to increased likelihood of defects and disabilities, also linked to impact on intellectual development (cognitive ability).
Determinants of Health – impact on DEVELOPMENT

BEHAVIOURAL

- **Physical Activity** - promotes physical development through the learning of gross motor skills.

- **Oral Hygiene** - can lead to tooth decay if children don’t brush their teeth. Impacts intellectual development by preventing the proper learning of speech as well as linked to time away from school. Affects social development if they are bullied due to rotten teeth and shy away from social interactions and miss out on learning communication skills. Impact emotional development due to lower self-concept and self-esteem due to being embarrassed of their rotten teeth.

- **Breastfeeding** - impact on physical development of infant as they may not be getting the nutrients they need for growth (protein and fats).

- **Vaccination** - promotes physical development as the child will be less likely to contract these viruses which can affect their growth or can lead to brain damage, impacting intellectual development.

- **Eating Habits** - promotes physical development if good eating habits are maintained. Will lead to essential nutrients being consumed and therefore full growth potential reached. For example, adequate amounts of calcium will assist with reaching peak bone density.
Determinants of Health
- impact on DEVELOPMENT

**PHYSICAL ENVIRONMENT**

- **Housing**- poor quality housing can affect social development if children are ashamed to invite friends over to play- impact their communication and ability to interact with others. Can affect intellectual development if there is no quiet and safe place to study at home.

- **Fluoridation of Water**- reduces dental decay which will mean less time away from school which can promote intellectual development by allowing them to reach their learning potential

- **Access to Recreational Facilities**- impacts ability to develop motor skills if children have parks, ovals, playgrounds, walking paths etc. readily available to them (physical)

- **Tobacco smoke in home**- slows lung growth due to respiratory conditions and increased chance of asthma (physical)
Determinants of Health - impact on DEVELOPMENT

SOCIAL ENVIRONMENT

- **Parental Education**: Educated parents will understand the benefits of healthy choices and have income to support children, e.g., less likely to smoke which will positively impact the child’s physical development through proper lung growth.

- **Parental Practices**: Can affect emotional development of a child, e.g., if a parent displays affection and provides them with a sense of security and trust, it will lead to good development of self-esteem and ability to learn to control emotions. They will also learn these skills through good parental role-modelling.

- **Media**: Can impact on intellectual development, children who spend too much time watching TV can have trouble with skills in writing, creative thinking and speaking as it is not a form of active learning. Can impact on their emotional development as what they watch and see in the media can affect the way their self-concept and self-esteem is formed, especially in relation to their bodies, fashion and sex.

- **Access to Healthcare**: Use of the Child Health Record to record growth and health can impact positively on physical development as it helps to track their growth and ensure they are growing at a healthy rate.

- **Access to Education**: Promotes social development as it allows them to learn to communicate with a range of different people and learn social roles and rules. Promotes intellectual development as it provides opportunities to learn literacy and numeracy skills as well as how the world works.
Principles of Development
Pick two and be able to explain how they can influence the dev of the children in the case study

1. Development requires change.

E.g. If you are not changing you are not developing. For example, change in size and proportions of a child will change as they grow, therefore they are physically developing.

2. Early development is essential for later development.

E.g. The skills that a child gains when they first start school will stay with them later in life and they will continue to build on these as they grow older. For example, learning the sounds that each letter of the alphabet make is required before learning how to sound out words and read books.

3. The pattern of development is orderly and predictable.

E.g. cephalocaudal (head down) An infant will gain control over their neck muscles first, which allows them to hold their head steady. Control over their shoulder muscles usually follows, which allows them to roll over. Finally, control over the muscles in their torso allows them to sit.

Proximodistal (centre out) In motor development, an infant reaches for a toy by using shoulder and torso rotation in order to move the hand closer to the object. In childhood, the elbow and wrist are responsible for the main movements.
Principles of Development

4. Development involves maturation and learning

E.g. Maturation is the sequential change in biological growth. For example, a 4 months old infant cannot yet use language to communicate because their brain has not matured enough to allow them to speak. By 18 months old the brain has developed enough and with the help of learning from others, they can now say and understand words.

5. Growth and development are continuous

E.g. Children are always changing and developing throughout their life.

6. There are individual variations in the rate and timing of development

E.g. There are differences in the rate and timing of when children will walk as they are all unique and have different upbringings. Some will walk at 10 months compared to 18 months, both of these are considered normal. There will also be variations in intellectual development of different children compared to their social and emotional development. One child might be able to read books before school, whereas another child might be really good at controlling their emotions.
Health Issues (Example; Injuries)

EXPLAIN the issue in detail

EXPLAIN the impact of a determinant as a risk or protective factor

E.g. Biological- Age: The age of a child will depend on the types of injuries that occur. For example, once a child is around 1 year old and able to walk, their risk of injuries increases as they are more likely to fall. Once they reach school age, their risk of traffic accident related injuries increases as they are travelling in cars more often, walking to school and are exposed to more traffic in the streets around their school. Increases likely impact on physical health.

EXPLAIN a Government, Community or Personal Strategy for your issue, in detail

HOW a strategy promotes HEALTH and DEVELOPMENT

E.g. TAC and Kidsafe have teamed up with Sesame street to promote child safety restraints. This promotes the physical health of children as it will reduce numbers of injuries caused by children not being correctly restrained in vehicles. It promotes intellectual development of children as they are learning the knowledge and skills of how to be safe in cars and on the road.