

# Domains of Development Stages of Development & Developmental **Milestones**

CH 1 The Developing Child

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# Overview

We learn and study the **WHOLE CHILD**, by learning about the milestones for each **AREA** of development:

**PHYSICAL**

**COGNITIVE or INTELLECTUAL**

**SOCIAL**

**EMOTIONAL**

**MORAL or CHARACTER**

No child fits the textbook exactly, but there are typical/average/normal patterns of development and **MILESTONES** for each age/stage.

Milestones, Stages, Areas...

**MILESTONES** are achievements each child accomplishes or acquires during each **STAGE** of development in the different **AREAS** of development.

# What are the STAGES?

- **INFANT: 0-12months, Birth and first year of life.**
- **TODDLER: 1-2yrs**
- **CHILD: 3-11yrs**
  - Young child: 3-6
  - Middle childhood: 7-11yrs
- **ADOLESCENCE: 12-17yrs**
  - 'Tween: 12-13/14yrs
  - Teen: 14-17yrs
  - Young adult: 18-19+yrs

# PHYSICAL AREA & MILESTONES

**PHYSICAL:** Growth and development in height and weight. Physical coordination and milestones requiring bodily movement, muscle control, etc.

EXAMPLES = sitting up, crawling, walking, balancing on one foot, riding a trike or bike, throwing a ball, catching a ball, eating with a fork, scribbling/writing/drawing.

# COGNITIVE AREA & MILESTONES

**COGNITIVE or INTELLECTUAL:** Anything involving brain development or learning.

EXAMPLES = learning cause and effect, learning numbers and counting, learning the alphabet, learning concepts and labels for objects, talking, everything learned in academics during school, etc.

# SOCIAL AREA & MILESTONES

**SOCIAL:** The process of learning how to interact and express oneself to others, starting with the family.

EXAMPLES: = making eye contact, taking turns when babbling/talking, learning to get along with others (family/peers, adults other than parents), responding to name, using gestures or words to communicate, learning social norms, etc.

# EMOTIONAL AREA & MILESTONES

EMOTIONAL: The process of learning to recognize and express feelings and to establish a personal identity.

EXAMPLES = attachment to parents/caregivers, temperament, learning the labels for feelings, expressing delight/anger/sadness/disgust/fear/concern, etc.

# MORAL AREA & MILESTONES

**MORAL or CHARACTER:** is the development of understanding right from wrong. It begins early in life and learned from parents/caregivers' teaching and role modeling. Moral development includes learning rules and manners (correct or proper ways of acting). At very young ages, babies/toddlers/children may not understand WHY...they behave in correct ways for approval.

EXAMPLES = learning what "NO" means (stop that behavior!), learning to obey rules, learning to say please/thank you (and other manners), telling the truth, learning to obey laws, learning to admit to/apologize for/fix mistakes, etc. Developing a personal code of conduct, personal ethics,