



CCEI3010: Birth to Five: Physical Development in Young Children Handout

Welcome to CCEI3010

Think back to your childhood. How much do you resemble the person you were as an infant? A 5-year-old? A teenager? Your life, as well as the life of every other individual, is filled with growth, change, and development. This course covers important developmental milestones from birth through age 5, with emphasis on physical growth, movement, and fine motor skills.

Course Objectives:

By taking notes on the handout and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Define *SIDS*
- Define *rooting reflex*, *tracking*, and other reflexes associated with newborn infants
- Identify the signs of teething
- Define *depth perception* and *hand-eye coordination*
- Define toddler
- Identify major developmental milestones related to movement and fine motor skills from birth through age 5
- Identify major developmental milestones associated with the senses from birth through age 5

References:

American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education (2019). *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs, 4th edition*. Elk Grove Village, IL: American Academy of Pediatrics and Washington, DC: American Public Health Association.

Beaty, J. (2016). *Skills for Preschool Teachers, 10th edition*. Pearson.

CDC. (2021). "Learn the Signs. Act Early: Developmental Milestones." Retrieved from <https://www.cdc.gov/ncbddd/actearly/index.html>

Decker, C. (2015). *Child Development: Early Stages Through Age 12, 8th edition*. Goodheart-Wilcox Company.

Herr, J. (2018). *Working with Young Children, 9th edition*. Goodheart-Wilcox Company.

Marotz, L. (2018). *Health, Safety, and Nutrition for the Young Child, 10th edition*. Delmar Learning.

Segal, M., et al. (2011). *All About Child Care and Early Education: A Comprehensive Resource for Child Care Professionals, 2nd edition*. Pearson.

Define human life *span development*:

Define *early childhood*:

Birth to Three Months

Here are some facts about average newborn infants:

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Newborns and Temperature

Here are some guidelines for dressing an infant:

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What is *SIDS*, and what can caregivers do to help prevent it?

Physical Traits of Newborns

Define *rooting reflex*:

Define *sucking reflex*:

Infants and Movement

Use the space below to record notes about newborn infants' movement:

Newborn Senses

Use the space below to record notes about newborn senses:

Three to Six Months

Facts about 3 to 6-month-olds:

Physical Traits During the 3 to 6 Month Age Range

Use the space below to record notes about movement in 3 to 6-month-olds:

Why shouldn't *ambulatory walkers* be used in the child care setting?

Senses from Three to Six Months

Use the space below to record notes about senses in 3 to 6-month-olds:

Six to Nine Months

Facts about 6 to 9-month-olds:

Some common signs of **teething** include:

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What can caregivers do to soothe the discomforts of teething?

When is it okay for infants to start eating solid foods? What kind of foods should they eat at first?

Movement Milestones Between Six and Nine Months

Use the space below to record important information about movement in 6 to 9-month-olds:

What are *pincer muscles*?

What are *fine motor skills*?

Nine to Twelve Months

Facts about 9 to 12-month-olds:

Mobility at Age One

Use the space below to record important information about movement in 9 to 12-month-olds:

Physical Characteristics from 9 to 12 Months

Use the space below to record important information about the physical characteristics of 9 to 12-month-olds:

Define *depth perception*:

Twelve to Eighteen Months

Why is the term *toddler* used to describe children between 12 and 36 months?

Toddler Mobility from 12 to 18 Months

Use the space provided to record important information about toddlers' movements between 12 and 18 months:

During the early stages of walking, toddlers are still immature in their physical stages of development. While observing toddlers, you may notice:

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As the child develops to a more mature stage of walking, you may notice:

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Fine Motor Skills from 12 to 18 Months

What is *hand-eye coordination*?

Toddlers aged 15 to 18 months is better able to perform fine motor activities such as:

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Two-Year-Olds

Use the space provided to record important information about 2-year-olds' physical traits and movement abilities:

Two-Year-Old Senses

Use the space provided to record important information about 2-year-olds' senses:

Two-Year-Old Fine Motor Skills

Use the space provided to record important information about 2-year-olds' fine motor skills:

Appropriate activities for 2-year-olds to develop fine motor skills and hand-eye coordination include:

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Three-Year-Olds

Use the space provided to record important information about 3-year-olds:

3-year-olds can:

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Three-Year-Old Fine Motor Skills

Use the space provided to record important information about 3-year-old' fine motor skills:

Four and Five-Year-Olds

Use the space provided to record important information about 4 and 5-year-olds:

Four and Five-Year-Old Fine Motor Skills

Use the space provided to record important information about 4 and 5-year-olds' fine motor skills: