

# SUBJECT: Child Development

## UNIT: R059 – Task 1



### 1. Areas of Development

- **Physical Development**
  - **1–2 years:** Walks unaided, begins climbing, feeds self with fingers.
  - **2–3 years:** Runs, kicks ball, begins potty training.
  - **3–4 years:** Pedals tricycle, uses scissors, dresses with help.
  - **4–5 years:** Skips, hops, writes some letters, improved coordination.
- **Intellectual Development**
  - **1–2 years:** Recognises names, simple instructions, begins pretend play.
  - **2–3 years:** Short sentences, understands concepts like big/small.
  - **3–4 years:** Counts to 10, asks “why?”, understands time in simple terms.
  - **4–5 years:** Recognises letters, shapes, colours, starts problem-solving.
- **Language Development**
  - **1–2 years:** 50+ words, two-word phrases.
  - **2–3 years:** 200+ words, simple sentences.
  - **3–4 years:** Clearer speech, uses plurals and tenses.
  - **4–5 years:** Complex sentences, storytelling.
- **Social & Emotional Development**
  - **1–2 years:** Parallel play, shows attachment.
  - **2–3 years:** Plays alongside others, tantrums reduce.
  - **3–4 years:** Cooperative play, understands sharing.
  - **4–5 years:** Friendships form, manages emotions better.

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### 2. Factors Affecting Development

- **Biological:** Genetics, health conditions.
- **Environmental:** Housing, safety, stimulation.
- **Social:** Family structure, relationships.
- **Economic:** Income, access to resources.

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### 3. Milestones & Norms

- Development is **sequential** but **individual rates vary**.
  - Use **development charts** to track progress.
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