

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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