

Key Words
<b>Growth</b> – the division of cells
<b>Cell</b> – a tiny part of the body
<b>Health visitors</b> – health professionals who advise families with children
<b>Head circumference</b> – the measurement of the head from above the eyebrows to around the back of the head
<b>Centile chart</b> – a chart on which measurements are marked and compared with those of other children of the same age.
<b>Hormones</b> – Chemicals that can trigger cell division
<b>Nutrients</b> – substances found in food that are essential for health and growth
<b>Holistic development</b> – the development of a child, taking into account all aspects of what they can do, not just one single area of development.
<b>Milestones</b> – skills or pieces of knowledge that a child has acquired
<b>Developmental norms</b> – the milestones that are associated with a particular age group
<b>Perception</b> – the ability to become aware of something by using the senses
<b>Self-concept</b> – how we see ourselves
<b>Self-esteem</b> – how we value ourselves
<b>Role models</b> – people from whom children copy skills and attitudes
<b>Hand-eye coordination</b> – where eyes and hands work together to manage a task
<b>Gross motor movements</b> – large movements of the arms and legs
<b>Fine motor movements</b> – small movements usually associated with the hands
<b>Locomotive movements</b> – skills involved in crawling, walking, running and being mobile
<b>Fine manipulative movements</b> – intricate movements of the hands showing concentration and skill
<b>Tripod grasp</b> – a pencil hold where the finger and thumb hold the pencil supported by the middle finger

CPLD Unit 1 – Topic 1 Growth and development	
Factor	How it affects growth
<b>Heredity</b>	Children’s genetic make-up that they inherit from their biological parents will affect children’s overall height. Some medical conditions affecting growth can also be inherited
<b>Hormones</b>	Hormones are chemicals. They act as messengers and tell cells when to divide. At certain stages in children’s lives an increase in hormones will produce more rapid growth. A good example of this in young people is during puberty.
<b>Nutrition</b>	The body needs energy in order to row. The body also needs a wide range of substances called nutrients in order for muscles, bones and organs to keep healthy, and also grow. Children who are not eating a balanced diet may have uneven or insufficient growth.
<b>Sleep</b>	Sleep is important for growth. During sleep, hormones for growth are produced. Babies will usually sleep between 12 and 14 hours a day, while young children will need at least 10 to 12 hours. Children who do not sleep well may have uneven growth.
<b>Illness</b>	Children who are frequently ill may not grow well. This is because they may not feel like eating or they may not be sleeping well. Some types of diseases make it hard for nutrients to be digested
<b>Emotional Influence</b>	There are many reasons why children may not be happy. This includes the separation of parents, the death of a close relative or not being settled in an early years setting. When children have long periods of unhappiness they are less likely to sleep or eat well. They are also more likely to become ill.

Development – the skills and knowledge that children gain
<b>Physical development</b> – this is about the way that children move and use their bodies. It is divided further into <b>gross</b> motor movements and <b>fine</b> motor movements. When children learn to be mobile these are called <b>locomotive</b> movements.
<b>Cognitive development</b> – this is about the way our brains take in information. It is also about the way we remember and think about information. Cognitive development is also linked to imagination, problem solving and understanding concepts such as shape, colour and number.
<b>Communication and language development</b> –this is about being able to understand what others say, as well as being able to speak and make yourself understood. It is also about being able to read and write.
<b>Emotional and behavioural development</b> – This is about how children develop feelings and concerns for others. It is also about how they learn to express their emotions. Emotional development also includes how we see ourselves ( <b>self-concept</b> ) and whether we value ourselves ( <b>self-esteem</b> )
<b>Social development</b> – this is about relationships with other people. It is about friendships and the skills needed to maintain relationships such as being thoughtful and cooperative and learning to be part of a group. Children often gain these skills watching <b>role models</b>

Activity	Type of development
Reading a book	Communication and language Physical (hand-eye coordination to turn the page)
Playing noughts and crosses	Physical – fine motor skills to hold pen Social –playing against an opponent Cognitive – working out where the next move should be
Picking up and throwing a ball	Physical – gross motor skills Social – throwing to a partner Emotional – understanding winning and losing
Making a sandcastle	Physical – fine motor skills Intellectual – imagination