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Child Development Module- TNCHWA

Module contents

- Prenatal development/health of mom and baby milestones
- Child Development birth- 5 years old
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Prenatal Development - Trimesters

First Trimester- From week 1 thru week 12

Second Trimester- Week 13- week 28

Third Trimester- weeks 29- 40

First Trimester-Mom

- **What is going on with mom:**
 - May experience extreme tiredness
 - tender, swollen breasts
 - some may experience morning sickness
 - mood swings
 - cravings
 - headaches, heartburn, constipation

***Things that can help during the first trimester: eat smaller, more frequent meals, stay away from greasy/fried food, try to sleep more often.

***IMPORTANT things to do: MAKE THE FIRST DOCTOR APPOINTMENT, take a daily prenatal vitamin, drink lots of water and rest as often as possible, listen to your body- if feeling concerned/worried/nervous talk to your doctor, make a dentist appointment and keep up with your own health- a HEALTHY MOM HELPS MAKE THEIR BABY HEALTHY!!! Schedule WIC appointment – WIC coverage begins prenatally and can continue until your child is age 5 (contact your Local Health Department to see if you qualify).

First Trimester-Baby

- **What is going on with baby:**

- Baby grows to about 3 inches long at the end of this trimester and weighs about 1 ounce- the size of a lime
- heart is beating and pumping blood, eyes are almost fully developed but remain closed
- at the end of the 3rd month the baby's arms, hands, fingers, legs, feet and toes are fully formed

****Important things to do for baby: see the OB/GYN as directed, rest often, eat healthy foods, drink lots of water, take vitamins, TALK TO YOUR BABY- THEY CAN HEAR YOU!! Sing, read, talk- let your baby know you are there, let them hear you, let the bonding begin☺

Second Trimester-Mom

- What is going on with mom:

- belly and breast continue to grow larger, average weight gain about 3-4 lbs per month
- leg cramps may develop, often at night
- may feel less tired during this trimester
- dental issues may occur-pregnancy can cause gums to be more sensitive- make sure to keep up with dental care at all times throughout the pregnancy
- Braxton Hicks contractions may occur, these are mild, irregular contractions- these are normal but if prolonged would need to be reported to your OB/GYN

***Things to think about during the 2nd trimester- good time to seek child care if returning to work after pregnancy, attend all OB appointments, may be able to determine sex of baby at this point.

***IMPORTANT things to do- continue to go to your scheduled doctor appointments, make a dentist appointment, continue to rest as often as possible and be physically active as your body will allow

Second Trimester- Baby

- What is happening with baby:

- at beginning of 2nd trimester the baby is about 4-5 inches long but at the end they are 9-15 inches long
- they weigh close to 2 lbs at the end of the 2nd trimester
- baby is strong enough to kick and mom can feel it
- heart, lung and digestive systems are growing
- bones are forming and fingernails are growing
- baby can open eyes and suck thumb
- sex organs have formed

***IMPORTANT things to do for baby: continue to see your OB, take prenatal vitamins daily, exercise lightly, search for pediatricians for your baby, educate on breast feeding/formula feeding.

Third Trimester-Mom

- What is going on with mom:

- at the end of this trimester your OB visits will be bi-weekly, then weekly

- make your hospital plan- birthing classes too

- backaches may start

- shortness of breath- may get winded easily

- heartburn

- frequent urination, possible hemorrhoids

- mom will be tested for gestational diabetes during this trimester (between 24-28 weeks)

****Things to think about during the 3rd trimester- delivery plan- who will be there, medications?? Breastfeeding???

***IMPORTANT things to do- REST, REST, REST, prepare your hospital bag, plan for bringing baby home, work with siblings to get them ready for the new baby, attend all OB appointments, take vitamins, report any concerns or issues to your OB immediately

Third Trimester- Baby

- What is happening with baby:

- at the start of the 3rd trimester the baby is about 14-18 inches long and weighs about 3-4 lbs
- brain is growing fast
- lungs are developing and the bones are hardening
- a layer of protective fat is starting to develop, baby's skin is coated with a creamy coating
- baby is starting to develop some protection from disease
- baby may not move as much during the 3rd trimester but healthy babies usually move at least 10 times every 2 hours

*****IMPORTANT things to do for baby: continue to read, sing and talk to your baby, determine who the PCP will be and visit the office, educate yourself on immunizations for baby, if having a boy talk with doctor and partner about circumcision of baby, make sure your birth plan is ready and your bag is packed!!!

Labor and Delivery

- Labor and delivery is different for everyone, there are a lot of decisions to make beforehand, having a birth plan is helpful. Every birth experience is different. Some women may choose to use an epidural during delivery, some choose for natural labor and delivery- no decision is wrong!!!

Development Birth- 2 months

- Baby is here!!!

- Newborns can already see, hear, taste and smell when they are born- these senses continue to grow and develop after birth. Infants can see best about 8-10 inches from their face- so when you are talking to your baby talk closely so they can see your face😊

- Their head and neck need to be supported when being held

- Baby should be sleeping following the ABC's of Safe Sleep: Alone, on their Back, in a Crib-**

- During the time frame babies start to have more control over their bodies and are able to hold their heads up some during tummy time

- Babies can self soothe and do so by sucking at this age

- Baby may start to smile at the end of this time period

- Tracking objects with their eyes

- Baby should be eating about 4-5 ounces every 3-4 hours at the end of 2 months, prior they will still eat often but may only require 2-3 ounces- (average weight of a baby at 2 months old is between 11-13 lbs)

- Babies are very social at this age and love to be talked to and snuggled- contrary to many old wives- a baby cannot be spoiled by too much holding/hugging/loving/touching- hold them, love them, spend time with them😊

Things to know about 2 month olds

- At this age a baby should be established with a PCP and should have had about 3-4 visits with them by the end of the 2nd month
- When baby is born contact WIC to add baby to the WIC package if you are receiving that benefit- the local health department can help with this and offers breastfeeding peer support as well
- Please see attached resource for immunization schedule for infants and children
- Baby should be starting to open their hands more (when they are first born newborns tend to squeeze their hands into fists), placing soft toys in their hands will help with them opening them more freely
- Routines of eating, sleeping, playing etc might be in place at this time and babies cues are getting easier to understand
- -Baby only needs either formula or breastmilk at this age- solid foods should not be introduced until the 6th month

2 month old continued

- Baby may try to look at their caregiver
- Baby should be cooing and gurgling and turn their head towards sound
- Baby has more refined movements of their arms and legs
- *****If there are any concerns about the baby's development the PCP should be informed and they can assess to see if a referral is needed, there are many programs available that support parents in helping children to reach their developmental milestones

Things to know about 4 month olds

- Baby will smile more often especially with people they are familiar with
- May mimic some facial expressions
- Babbling should increase and be more often- practice **“Serve and Return”** with baby often
- Serve and return is the process where baby interacts with their caregiver, it is like a tennis match- baby makes a sound, caregiver responds and baby responds back
- Baby reaches for things with one hand
- Expresses emotions and likes to play, may cry if an activity or play stops
- Head is steady, without support
- Should push feet down when held in a standing position
- Baby may roll over from tummy to back

4 months continued

- May make sounds like “ooh” “ahhh”
- Baby may turn their head towards the sound of your voice
- Baby may start to chuckle/giggle
- Baby should be opening their mouth when a bottle or breast is shown to them
- Help baby's eyes develop by placing a toy in front of them, moving it up and down and back and forth-this helps with tracking and eye muscle development
- At this age babies still ONLY NEED FORMULA OR BREASTMILK- no solid foods yet
- Baby should be seeing their PCP every other month at this age for immunizations and developmental checks and for sick visits if needed
- Teething may start at this age**please note teething is a long process that can start earlier and go on for weeks/months in infant development- it is a good idea to get your baby used to teeth cleaning by using a warm washcloth to massage their gums regularly.
- *****Please note, all babies develop differently-and again if there are any concerns it is best to refer back to the PCP with those concerns.

Things to know about 6 month olds

- Baby should be looking around when they hear sounds
- Much better body control, keeping head straight when being held in a sitting position
- Baby can roll from tummy to back and may be able to roll from back to tummy
- Making more sounds
- May develop fear of strangers and cry
- Like to touch, chew, shake and twist toys
- Baby is very busy during this time, little scientists
- Babies love other babies at this age
- **If PCP says yes**, solids can be introduced at the end of the 6th month (it is recommended that when introducing new foods to babies it is done one food at a time over 3-4 days, ex: baby tries green beans on Tuesday-no other new food should be introduced until Thursday, this allows time to monitor for possible food allergies)

6 months continued

- Take care of baby's teeth, do not allow baby to sleep with a bottle or bottle prop- both are bad for teeth development and are unsafe sleep concerns as well-
- Baby likes to look at self in mirror (this is a good age to get a safety mirror for your baby to have on the floor and play with)
- Everything goes into baby's mouth- make sure to check your home for safety
- Read to baby often, sing to them, remember "Serve and Return"
- Baby will be seen at PCP this month, baby should be screened at PCP at 2, 4, 6, 8, 12, 18 months, then annually to monitor for developmental concerns
- Floor play and tummy time will help baby develop and should occur often throughout the day

Things to know about 9 month olds

- Baby may start to creep and crawl during this time (Good idea to go through the home and complete a safety check- get right down on the floor at the baby's level to see what they can see)
- May sit without support
- Baby can feed themselves, it will be messy but they are learning as they go 😊
- Making more sounds
- Like to grab, shake, bang, manipulate toys and still EVERYTHING GOES IN THEIR MOUTHS
- May develop fear of strangers that was not present before- help your baby feel safe but letting them know who is a friend
- Baby should be eating about 30 ounces of breastmilk or formula a day, and may eat infant cereal, pureed vegetables and pureed fruits (2-4 tablespoons per day)
- Introduce finger foods, often people use Cheerios as baby's first finger foods

9 Months continued

- Baby expresses emotions and seeks comfort
- Baby remembers events
- Baby will look when you call their name
- Looks for objects when dropped out of sight
- Can get into the sitting position by themselves
- Uses fingers to “rake” food towards them
- Play with a spoon or cup, it is a good idea to allow baby to have both at meal time even though they may not be good at using them yet-
- Using blocks to build at this age assist with eye/hand coordination
- Baby tries to figure things out on their own and may be frustrated with you if you try to assist them
- Baby putting 2 sounds together- dada, mama etc
- As food is introduced please remember***Babies do not need any seasoning on any of their food-if you are giving baby food from a family dinner remember to take baby’s food out before seasoning
- ***PCP should conduct a developmental assessment at this well child check and refer to resource supports if there are concerns at this time

Things to know about 1 year old's

- Wow, time goes by so fast- the little one is one!!!
- May be crawling all over and starting to creep, some may even have started walking by their 1st birthday, those that are able to walk may still prefer to crawl- as it gets them there quicker
- Baby is able to understand simple sentences and can say no and shake their head no, able to repeat some
- Developing “concrete permanence”, children are starting to understand that if they do not see something that it is not gone forever
- Gender identity starts to develop
- Include finger foods with meals, they may not be able to use a spoon yet but finger foods allow your baby to feed themselves
- Can climb stairs or even out of the playpen or crib- if left along unsupervised- watch closely, they are fast and fearless!!!
- Memory has increased
- Feel and show love to familiar people
- Definitive about likes and dislikes

1 year old's continued

- May be able to turn things open
- Pointing at things with index finger
- Drinks from a cup without a lid if you hold it
- Pulls up to stand and walks along the furniture
- Nursery rhyme games are able to be played, ex: pat-a-cake
- May start waving bye-bye
- May call parents by special name (mama, dada etc)
- Juice is not needed at any age by anyone but if baby has juice they should not receive anymore than 4 ounces per day of real, 100% fruit juice
- *****It is important at every age, including infancy to limit screen time, babies especially learn by talking, playing and interacting with others.
- ***At the PCP visit this month the baby should receive another developmental assessment.
- *****Baby should transition off of the bottle at 12 months and also stop formula (unless otherwise ordered by the PCP), whole milk should be introduced at this time. (PCP and WIC will give guidance on how best to start this process and why it is important)

Things to know about 15 month old children

- Baby shows love and affection
- Temper tantrums may start, they really like things their way all of the time
- Learning simple words
- Child is able to respond to their name being called
- Child is able to express needs
- May repeat words as they are exposed to them
- Child is learning rules- what they can and cannot do
- Containers are fun toys to play with, children enjoy emptying, filling and dumping containers
- It is important at this age and every age to focus on what your child is able to do and build upon those skills
- Should be able to throw a small ball overhand
- Build towers with blocks or other toys
- Good time to introduce the toddler to writing, crayons and paper
- Sharing is not a skill that gets much practice at this age but is a good skill to start showing children
- Copying you and peers is a way they learn
- At this age a child should be able to look at a familiar object you name

Things to know about 18 month old children

- Understand more words than they can say
- Is able to run but still clumsy
- Hand dominance develops
- Is able to follow directions, sometimes😊
- Should be able to say about 10 words, and is copying words, songs, sounds they hear
- Can assist with getting dressed, pushes arms through sleeves and legs through pants
- Is able to drink from a non lid cup, but may still spill
- Can look at a book with caregiver
- Routine, structure, limits and rules are important for toddler to thrive and grow

****Important to know- the PCP should complete a developmental assessment at this well child visit at this age and immunizations will be due at this visit as well

Things to know about a 2 year old

- Toddler stage has begun😊
 - Reacts to others emotions, recognizes sadness, happiness in others and responds
 - Is able to point to items when asked where something is
 - Should start putting 2-3 words together to form sentences
 - Is learning to use switches, knobs, buttons, zippers etc- increasing fine motor skills
 - Is able to eat with a spoon on their own
 - This is a good age to start educating on body parts and toddler might be able to point to 2-3 body parts when asked
 - Eye hand coordination increases
 - Sharing is difficult and child may still prefer to play alone- but is starting to be interested in playing with other children
 - Play is how children learn and this only increases as child gets older
 - Routine helps toddlers to know what to expect
 - At this age toddler should be able to say about 20 words and can sometimes ask for things by name
 - NO is a common response to questions, directions etc at this age
- ***IMPORTANT to note: Potty training may start around this time, some children are older when they potty train and some start earlier-again ALL children develop differently, talk to the PCP about when to start this process and what signs a child may show when they are ready to start potty training

Things to know about a 30 month old child

- Should be able to say about 50 words and at the end of this period may be able to say over 1,000 words
- May use words like I, me, we
- May be able to take some clothes off by themselves- like sweatpants or a jacket
- Can turn the pages of a book one at a time
- Can jump off the ground with both feet
- Recognizes peers and starts to develop friendships
- Is able to take turns when playing a game
- Can put puzzles together (3-6 pieces)
- Important to introduce lots of fruits and vegetables to diet
- Is able to tell you how they are feeling
- Is starting to understand cause and effect
- Gender differences are able to be recognized
- Children at this age often want to do or say more than they are able to and this can lead to frustration and temper tantrums
- Again-ROUTINE- children thrive on routine and knowing what to expect in their day, routine, routine, routine.....
- Caregivers may want to start to research Preschool options available to their toddler

Things to know about a 3 year old

- Is able to talk back and forth, and asks questions who? What? Where? Why? And can report actions- when reading a book child may be able to say “running”, “eating” etc to describe action
- Speech is more clear and caregiver may be able to understand half of what their toddler is saying
- Is able to say their first name
- Understands danger
- May know colors
- All baby teeth should be in
- Can use all eating utensils now-including a fork
- Can run and jump well
- Start working with your child on multiple step instructions
- Limit screen time- less than one hour a day, play, play, play- children learn best with play- puzzles, nursery rhymes, building blocks, create a kitchen cabinet for them- with pots, pans- so they can “help” get dinner ready

***Important to know: good eating habits start young, introduction and inclusion of fruits and vegetables in their diets help to create healthy eating habits at a young age. Child will see their PCP at this age, they should have a developmental assessment, screen for autism, hearing test and follow up on any immunizations. Again- ROUTINE, routine, routine- helps children feel in control and helps them to know what to expect and increases their feelings of safety, trust

Things to know about a 4 year old

- WOW!!! 4 years old😊 A lot has developed in one year
- Child is now eligible for Head Start consideration- see resources in back for referral/program information
- Is able to pretend during play
- Adjusts behavior to surroundings
- Can name colors, body parts and is able to tell what comes next in a story they have heard before
- Is able to talk about their day and things that have happened
- Is able to dress themselves- sometimes😊 good idea at this age to pick clothing that is easy to put on and off, so the child learns how to dress themselves- they like to be independent at this age- picking clothes that are looser or easier to get on- makes life easier for both parent and child
- Is able to play with children in larger groups
- Loves to learn
- Is able to understand numbers and what they mean, ex: 3 of something
- Longer attention span
- Should be able to understand upwards of 1500 words

***Important to know: child will be seen at PCP at age 4 for a well child check, another developmental assessment should be completed and this is a good time for parents to talk with PCP about school readiness, immunizations needed for preschool/school and diet/nutrition.

***ROUTINE, routine, routine- again children love routine and thrive best when they know what to expect throughout their day.

Things to know about a 5 year old

- READY FOR SCHOOL???!!!!!!
- Child is able to follow rules and take turns while playing with peers
- Is able to assist with simple chores around the home
- Should be able to count to 10 and recognize some numbers
- Understands time better- today, yesterday, tomorrow
- Attention span has increased
- Should be able to write some letters and identify letters that are in their name
- Caregivers should register their child for Kindergarten, based on their birthday and readiness for school
- Curious about everything- many, many questions asked at this age
- Very energetic and coordination is growing
- Should know their name, address and phone number
- Attention span continues to increase

****IMPORTANT: All children develop differently- some may learn things more quickly than others, parents usually know their children best- if there are any concerns with development the PCP should be made aware- they can complete a developmental assessment and refer to resources if needed and can also help to quell parents fears about their children. This is a big year for parents and children, the transition to school can be exciting but also scary for both.

***Routine, routine, routine- this is important for all children at all ages!!!!!!

Resource

Head Start:

<https://www.tn.gov/education/districts/early-learning/head-start.html>

CHANT:

<https://www.tn.gov/health/health-program-areas/mch-cyshcn/chant.html>

Kindergarten Readiness:

<https://www.leapfrog.com/en-us/learning-path/articles/kindergarten-skills-checklist>

Resources

CDC Immunization schedule:

<https://www.cdc.gov/vaccines/schedules/index.html>

Just in Time Parenting:

<https://jitp.info/>

WIC:

<https://www.tn.gov/health/health-program-areas/fhw/wic.html#:~:text=Tennessee%20Women%2C%20Infants%2C%20and%20Children%20%28WIC%29%20Program%20Click,local%20office%27s%20phone%20number%20can%20be%20found%20here.>

Kidcentral TN:

<https://www.kidcentraltn.com>

Resources continued

Department of Children's Services:

<https://www.tn.gov/dcs.html>

TEIS:

<https://www.tn.gov/didd/for-consumers/tennessee-early-intervention-system-teis.html>

CDC Developmental Milestones:

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

EPSDT (Well child check) Schedule:

<https://www.tn.gov/health/information-for-individuals/i/fact-sheets/epsdt.html>

TennCare Kids Roadmap for WCC/Immunizations:

<https://www.tn.gov/tenncare/tenncare-kids.html>

****ALL ARE FREE RESOURCES

Citations

- This entire presentation was developed using data and information from:
- **Just in Time Parenting**- prenatal through age 5
- **CDC Milestone moments** (Don't wait. Acting early can make a real difference)
- *****Please see attached resource list for website information-