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B.Ed FIRST YEAR

UNIT -1

GROWTH AND DEVELOPMENT

- **Introduction:**

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- In general, childhood is the age span ranging from birth to adolescence. It is the time for children to be in school and at play, to grow strong and confident with the love and encouragement of their family and an extended community of caring adults. It is also a precious time in which children should live free from fear, safe from violence and

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- ***Growth***
- ***Development***
- 1.
- Growth is quantitative
- Development is qualitative
- 2.
- The term is used in purely physical sense. It

- **Factors influencing Growth and Development of the Child.**
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- Growth and development depends upon multiple factors or determinates. They influence directly or indirectly by promoting or hindering the process.
- Prenatal factors Genetic Potential
- Sex

- **Principles of Growth and Development**
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- Hurlock (2015) in her book on “Child Development” listed the 10 fundamental facts about development and named it as principles of development.
- Development involves change
- Early development is more critical than later development

- **Impact of nature and nurture on child development**
- Developmental change is continuous throughout our life span. It has been described as a lifelong process of gains and losses. In the past, hereditary and environmental factors were considered to be ‘black and white’ or operating separately each other. It was one or the other – nature (heredity) or nurture (environment). This lead

- **Nature Vs Nurture**
- “Nature Versus Nurture” is a psychological term related to whether heredity or the environment most impacts human psychological development (behaviour, intelligence, personality and so on).
- In the Nature Vs Nurture debate ‘nature’ refers to an individual’s innate qualities and ‘nurture’ refers to personal experiences.
- The question of whether a child’s

- Jim Lewis and Jim Springer identical twins separated early in life and reared apart. The Minnesota Twins Study, which highlighted the genetic and environmental connections that underline developmental change.
- Jim Lewis and Jim Springer discovered some amazing similarities in their lives.
 - As children, both had been fretful sleepers and nail-biters
 - Both suffered from migraines, haemorrhoids and

UNIT-2

STAGES AND DIMENSIONS OF DEVELOPMENT

- **Stages of Growth and Development**
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- Researchers usually use the following age periods, as each brings new capacities and social expectations that serve as important transitions in major theories.
- The prenatal period: From conception to birth. In this 9 month period, the most rapid time of change, a one-celled organism is transformed into a human baby with remarkable capacities

- **Physical Development**
- **Cognitive Development**
- **Social And Emotional Development**
- **Physical development refers to physical changes in the body and involves changes in bone thickness, size, and weight, gross motor, fine motor, vision, hearing, and perceptual development.**

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- Infants begin to keep their hands open.
- Attracted to people's voices
- They enjoy being gently tickled and jiggled.
- A familiar voice can soothe them when they are upset.
- Infants have a strong attachment to their primary caregivers.
- They understand that they are separate from their caregivers.

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- Manage to drink from a cup with a little help.
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- They can sit up by themselves
- They can crawl on stairs and flat surfaces.
- They can walk while being supported by someone else
- Pass objects from hand to hand

- **Toddler (1 to 3 years)**
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- **Physical development**
- **Cognitive Development**
- **Emotional and Social Development**
- Walks alone
- Understand the word 'no'
- Points to picture in books

- **Pre-school (3 – 6 Years)**
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- **Physical development**
- **Cognitive Development**
- **Emotional and Social Development**
- Growth during the period is relatively slow.
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- **Middle Childhood – School Age (6 -12 Years)**
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- Between the ages of 6 and 12, the child's world expands outward from the family as relationships are formed with friends; teachers, caregivers and others. Because, their experiences are expanding, many factors can alter children's actions and impact how they learn to get along. Some situations can create stress and affect self- esteem. The middle

- **Adolescence**

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- Adolescence is a transition period from childhood to adulthood and it begins around ages 13 and ends around 18. It begins with the appearance of secondary sex characteristics and ends when somatic growth is completed and the individual is psychologically mature.

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- **Secondary sex characteristics in boys**
- Becoming more globally aware
- He needs to know “who he is” in relation to family and society i.e. he develops a sense of identity.
- Adolescents shows interest in other sex
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- He looks for close relationships