

Child Development Summary for CASAs
by Bridget Gramkowski, RN, CPNP

Senses at Birth

Hearing is well developed & can recognize voices/music
Eyesight approx 1 foot- love faces!
Can feel pain
Fully developed sense of taste

The job of newborns:

Eat- swallow/latch etc
Poop
Pee
Regulate temperature
Breathe
Sleep
Periods of alertness

Our job with infants: (<http://www.cdc.gov/ncbddd/child/infants.htm>)

Talk and respond constantly!
Cuddle
Read
Sing
Praise
Respond to cues

Early infancy: what to expect

Infant regains or exceeds birth weight by 2 weeks old
Period of fastest postnatal growth.
Sleep and wakefulness are evenly distributed throughout the 24hr day
Learning also occurs.

Developmental Milestones: 1 month

Raises head from lying down briefly
Visually fixes
Tight grasp
Alert to sound
Regards face

Behavioral state:

Determines an infant's muscle tone, spontaneous movement, and response to stimuli.
Quiet sleep
Active sleep
Drowsy- ↑or ↓ if drug exposed
Alert- ↑or ↓ if drug exposed
Fussy- ↑or ↓ if drug exposed
Crying- ↑or ↓ if drug exposed

Developmental Milestones: 2 months

Holds head midline

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Follows objects past midline
Smiles socially
Recognizes parent
Increased eye contact

Developmental Milestones: 3 months

Holds head steady
Hands open at rest
Responds to visual threat
Coos
Reaches for familiar people or objects- foster
Anticipates feeding

Developmental Milestones: 4 months

Rolls over (anytime from 2-6 months)
Reaches with arms in unison
Hands to midline
Laughs
Orients to voice
Enjoys looking around
“Hatching” socially
Explore their own bodies
Sense of self – first stage of personality development

Developmental Milestones: 6 months

Sits unsupported
Puts feet in mouth when lying down
Unilateral reach
Raking grasp
Transfers objects
Babbles
Turns to noise
Recognizes stranger - foster
Introduction of solid foods

Developmental Milestones: 9 months

Stranger anxiety: foster
Crawls
Pulls to stand & cruises
Pincer grasp
Holds bottle
Throws objects
“Mama, dada” indiscriminately,
Waves bye bye
Understands “no”
Explores environment
Plays gesture games (pat a cake)

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Developmental Milestones: 12 months

Walks (up to 18mos)
Can make crayon mark
Uses 1-2 words other than mama/dada
Jargoning
(lots of unintelligible words with tone and inflection)
Can follow one step command with gesture
Imitates actions
Comes when called- foster
Cooperates with dressing
Wean off bottle to sippy cup

Developmental Milestones: 15 months

Creeps up stairs
Walks backwards
Scribbles in imitation
Builds tower of 2 blocks in imitation
4-6 words
Follows one step command without gesture
Uses spoon & cup (15-18 mos)

Developmental Milestones: 18 months

Runs
Throw object from standing without falling
Scribbles spontaneously
Tower of 3 blocks
Turns 2-3 pages at a time
Mature jargoning- intelligible and non-intelligible words)
7-10 word vocab
Knows 5 body parts
Copies parent tasks- foster
Plays in company of other children

Developmental Milestones: 24 months

Can do stairs solo walking
Imitates stroke with pencil
7 block tower
Turns pages 1 at a time
Removes clothes and shoes
Uses pronouns inappropriately
Follows 2 step commands
50 word vocab
2 word sentences
Parallel play, imitative and symbolic

Developmental Milestones: 3 years

Alternate feet going up steps
Pedals tricycle

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Copies circle
Undressed completely and dresses partially
Dries hands if reminded
250 words
3 word sentences
Plurals, pronouns
Group play
Knows full name, gender, age

Developmental Milestones: 4 years

Hops and skips
Copies square
Buttons clothes
Dresses self completely
Draws person with 3 parts
Catches ball
Knows colors
Song from memory
Asks questions
Tall tales
Plays cooperatively with other children

Developmental Milestones: 5 years

Skips alternating feet & jumps
Rides 2 wheel bike with training wheels
Copies triangle
Draws person with 6 parts
Ties shoes
Spreads with knife
Prints first name
Asks what a word means
Knows address and phone number
Plays competitive games
Follows rules
Likes to help in the house
Listen to stories without interrupting

Middle and late childhood ages 6-11:

Growing 2-3 inches a year
Muscle mass and strength increase
Legs lengthen
Rate of growth is slow and consistent

Reliable Places for information on the Web:

1. Early Start Program (special services for delays etc):
www.dds.ca.gov/EarlyStart
2. Bright futures (health promotion, growth and development):
www.brightfutures.org
3. CDC (immunizations, flu, growth charts): www.cdc.gov
4. American Academy of Pediatrics (AAP) foster care website:
www.aap.org/fostercare/
5. Mayo clinic (specific diseases and treatments):
www.mayoclinic.com/health/DiseasesIndex
6. Research Studies/Science: www.pubmed.org
7. Birth Defects, description and prevention:
www.marchofdimes.com/professionals
8. Kindergarden Readiness: <http://school.familyeducation.com>

Adolescent Resources

1. California Youth Connection: <http://www.calyouthconn.org>
2. Search Institute- www.search-institute.org
3. Child Welfare League: www.cwla.org
4. Job corps: www.jobcorps.gov
5. California Permanency for Youth: www.cryp.org
6. Youth Risk Behavior Surveillance System:
<http://apps.nccd.cdc.gov/yrbss>