

## Module 1-Physical Development

### The Key Concepts:

1. Fine/gross motor skills
  - a. One key point to remember: gross motor skills develop BEFORE fine motor skills. You learn to walk before you learn to write.
  - b. Motor skills develop differently for different age groups.
2. Prenatal development patterns.
  - a. The stages of development include:
    - i. Germinal (0-2 weeks), embryonic (3-8 weeks), and fetal (9 weeks to birth).
      1. For more information on the stages, including a detailed description [click here<sup>1</sup>](#).
    - ii. REMEMBER, the fetus is most vulnerable to teratogens (see below) during the 2-8 week period of gestation.
3. Growth and movement patterns
  - a. Remember that during the course of a child's development, there is a rapid growth from 1-2, the slowing down of this pattern in elementary and middle school, and then another burst of growth during adolescence.
    - i. Refer to the charts found on CDC's website to understand the patterns in detail ([click here<sup>2</sup>](#)).
  - b. Some key terms with growth and movement patterns include:
    - i. Cephalocaudal-this is referring to the head first growth of a baby. Remember our brains are EXTREMELY important, so the head grows before the rest of the body.
    - ii. Proximodistal-refers to center out motor development. You learned to move your shoulder before you moved your finger, otherwise how could you pick something up and move it?
4. Health issues
  - a. Health issues can occur, during and/or after a child is born. Poverty has a major influence on these health issues. There are numerous, however, you should be able to think of a list of 2-3.
    - i. [Click here<sup>3</sup>](#) to view a full list of potential health issues and their source here in the United States and across the world. The link will take you to a website that includes the most up to date research in the field.
  - b. Another key term to know is teratogens. A teratogen is an agent or factor that causes malformation of any embryo. REMEMBER, this could include anything from the mother smoking, to a lack of healthy food/water, or a trauma that occurs while the mother is pregnant.
    - i. [Click here<sup>4</sup>](#) to find out more about teratogens, along with a complete description of their effects.

### Test your knowledge:

1. Use the link above to list 2-3 gross and fine motor skills of the age group you hope to work with in the future.
2. List the stages of development and a brief description of what happens during that stage in terms of the development of the fetus.
3. Draw a growth pattern chart from ages 0-2 for a child using the CDC website (section 3i above) for an example.
4. List 3 health related risk factors for a child in poverty.
5. List 3 teratogens and their effects on a child in poverty.

## Module 1: Resources

### Links from Module:

Link 1: <http://psychology.about.com/od/developmentalpsychology/a/prenataldevelop.htm>

Link 2: [http://www.cdc.gov/growthcharts/who\\_charts.htm](http://www.cdc.gov/growthcharts/who_charts.htm)

Link 3: [http://web.stanford.edu/group/scspi/issue\\_home.html](http://web.stanford.edu/group/scspi/issue_home.html)

Link 4:

<http://www.aboutkidshealth.ca/en/resourcecentres/pregnancybabies/pregnancy/healthcareinpregnancy/pages/things-to-avoid-during-pregnancy-teratogens.aspx>

1. This is an excellent website for finding information related to poverty's affect on individual's health:
  - a. [http://web.stanford.edu/group/scspi/issue\\_home.html](http://web.stanford.edu/group/scspi/issue_home.html)
  - b. To use this site, click on one of the categories, for example "Health and Mental Health". Scroll down to find an UPDATED list of scholarly articles you could use to cite information in your edTPA write up. Be sure to cite correctly using APA style. Stanford's team will update this site periodically, so items are easy to find and pertinent to particular topics.
2. One text resource related to the information provided in module one is:
  - a. Cooper & Doherty (2011). *Physical Development*. New York: Bloomsbury Publishing.

Example of a growth chart:

