The study of the development of children involves several principles. Principles are like facts. They are always the same and they apply to everyone.

Today we will be looking at principles and areas of human development.

In this lesson we will be looking at five (5) principles and four (4) areas of development.
What do you already know about Human Development? What other courses have you taken that have covered this topic?
Development is similar for everyone. An example of this principle can be observed as babies develop physically. Babies learn to hold up their heads before they learn to sit up. This is the same or similar children everywhere in the world.
Development builds in stages based on earlier learning and follows a step by step pattern. Children first learn to roll over and sit up. Then they learn to crawl and explore the world around them. As they become stronger and more secure in this step, they develop balance and stand alone. Soon they will develop the core strength and balance to walk and run and jump and play. The sequence is the same as long as there are no physical limitations.
These are two “big words” that were actually created from shorter words in the Latin language.

Cephalocaudal (ceph·a·lo·cau·dal. adj \ˌsef-a-lō-ˈkôd-əl\) directly translated means head to tail. Development progresses from top to bottom. The brain is developing faster than the feet.

Proximodistal comes from words that mean near and far. Development also moves from the trunk or center of the body to the outer areas. For example, the heart and other organs in the center of the body are developing before the hands and fingers.

(Teacher) Practice saying these words with me: cephalocaudal (ceph·a·lo·cau·dal. adj \ˌsef-a-lō-ˈkôd-əl\) and proximodistal.


The different areas of development are interrelated

When you learn about the areas of development, it is easier to think about them one at a time. But, as children develop, the areas overlap and work together. They are interrelated. They are developing in several areas at the same time. One day is not only physical development and another day only intellectual. They are constantly developing in the four areas.

Check for understanding: What are the four areas of development?
Physical
Intellectual
Emotional
Social

For example, as children learn to speak, they first must have the physical coordination of their tongue and teeth to produce a sound. They also must have the intellectual development to think of a word, and the social motivation to want to speak to someone. The areas work together.
Development is similar for everyone, and follows a sequence, but each child has his/her own rate or pace. If we knew when you started to walk, it would probably be a different time for each of you. Some children walk before they are one-year-old, others may be several weeks or months older. It is the same with other areas of development.

There are no right or wrong rates; although if an area seems considerably delayed, the parent may want to consult the child’s physician.
Development never stops. It is continuous throughout our lives. There are periods when it is very fast and other times it is slower. A baby develops very quickly during the first year of life. Perhaps, more then during any other time. They learn to move about, feed themselves, talk, attach to people and start the foundation for the rest of their lives. On the other end of the lifeline, older people may have to learn to use walkers to move around and adapt their lifestyle to accommodate changes they are experiencing as they grow older.
“Seek the wisdom of the ages but look at the world through the eyes of a child.”
Ron Wild
With a partner:
1. Write down one principle of development
2. Draw a visual representation of the principle
3. List five (5) examples/situations that represent the principle
P – I – E – S is an easy way to remember the four area of human development.

Physical
Intellectual
Emotional
Social
Physical development involves the changes in size, shape, and physical maturity of the body, including physical abilities and coordination. Discuss and provide examples.
Intellectual development involves the learning and use of language; the ability to reason, problem-solve, and organize ideas; it is related to the physical growth of the brain. Discuss and provide examples.
Emotional development involves feelings and emotional responses to events; changes in understanding one's own feelings and appropriate forms of expressing them. Discuss and provide examples.
Social development involves the process of gaining the knowledge and skills needed to interact successfully with others.
Discuss and provide examples.
Questions?
Resources and References


• National Association for the Education of Young Children (NAEYC). Site provides brief summary of developmental practice designed by NAEYC.

• Texas Education Agency website for Texas Essential Knowledge and Skills (TEKS)
  http://www.tea.state.tx.us/index2.aspx?id=6148