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JEFFERSON COUNTY CHILD CARE ASSOCIATION
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Understanding Your Child's Development and Growth

Child development is how your child grows and changes over time. While watching your child grow can be one of the most meaningful parts of your life, it can also make a difference in your child's health and well-being.

Experts divide child growth and development into four areas:

- **Motor**. This area is all about control of body movement. Examples include using their hands and fingers, walking and moving themselves around.
- **Cognitive**. These skills revolve around your baby's ability to think and solve problems.
- **Language and communication**. Your baby uses these skills to interact with you and others. They don't just involve sounds and words. They can also include gestures and eye movements.
- **Social and emotional**. These abilities revolve around your baby's feelings and emotions. They also involve how your baby reacts to emotions and behaviors from you and others.

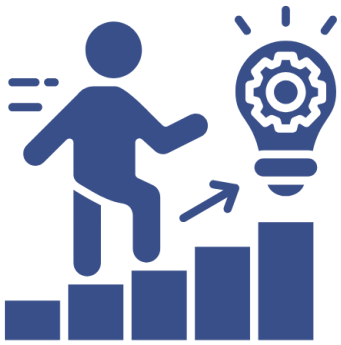
Tracking your child's development is a key part of detecting medical issues early. That's one key reason that scheduled well-checks with your child's pediatrician are so important.

What are developmental milestones?

Developmental milestones are behaviors that experts use as landmarks to track development. Children all develop at their own pace. Experts set landmarks based on what 3 out of 4 children can do at specific ages.

What are the developmental stages?

Healthcare providers typically divide child development stages into five periods:



- **Babies** (birth to 12 months)
- **Toddlers** (1 to 3 years)
- **Preschool** (3 to 5 years)
- **Grade school** (5 to 12 years)
- **Teen** (12 to 18 years)

A note from Cleveland Clinic: Child development can look very different from one child to the next. And it's important to remember the milestones that you may be looking at are more like general landmarks than a checklist. And along the way, your child needs love and support no matter how their journey goes through those milestones.

For more information on this article visit: https://my.clevelandclinic.org/health/articles/21559-child-development

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