Child Development

Children develop due to the basic human drive to explore and master one's environment, child guidance (Growing Great Kids Understanding the Research Base: Theoretical and Empirical Foundations, n.d.).

Apply It: Physical, emotional, social, and cognitive development are categories of development that you should be aware of in how your child is developing. Depending on your child's age, they will be at specific milestones. Specific ages can bring specific behavioral challenges. Understanding which stage your child is at in their development can give you insight to why they are doing things or acting certain ways. Learn about child development and your child's needs at any stage of life at https://www.verywellfamily.com/child-development-overview-4172261 or https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html

Human relationships establish the foundation of healthy development (Growing Great Kids Understanding the Research Base: Theoretical and Empirical Foundations, n.d.).

Apply It: Positive relationships between you and your child are important. Childnre learn and develop best when positive relationships are formed. Building a positive relationship takes time. Being in the moment, spending quality time, and creating a trusting environment are among a few ways to build a positive relationship with your child. Review the information on Positive Relationships for Parents and Children to learn more ways to develop a positive relationship with your child at https://raisingchildren.net.au/newborns/connecting-communicating/bonding/parent-child-relationships. Then, apply at least one new practice each month. Keep a journal and reflect on this.

Self-regulation is critical for positive childhood development in all domains of behavior (Growing Great Kids Understanding the Research Base: Theoretical and Empirical Foundations, n.d.).

Apply It: Self-regulation is being able to control emotions. Toddlers and infants are not usually capable of doing that yet. When the child reaches of the age of self-regulation, but they are not able to control those emotions there are ways that you can help. Approaching self-regulation skills is like how you would approach other skills. You will need to isolate that skill and provide practice. Learn How to Help Your Child With Self-Regulation https://childmind.org/article/can-help-kids-self-regulation/

Human development is shaped by sources of vulnerability and sources of resilience to which the developing child remains susceptible throughout the early years of life and into adulthood. Stress and early brain development, adverse childhood experiences, protective factors, and resiliency (Growing Great Kids Understanding the Research Base: Theoretical and Empirical Foundations, n.d.).

Apply It: Some examples of Adverse Childhood Experiences are inappropriate sexual contact, domestic violence, and parental separation or divorce. Most people have experienced at least one ACE in their life. Can you identify one you experienced? Learning about ACES will help you to be aware of any that your child may be at risk of experiencing. Understand the concept of Adverse Childhood Experiences (ACES) at https://www.kidcentraltn.com/health/safety/adverse-childhood-experiences--aces---protecting-your-child-and-building-resiliency.html or https://www.acesconnection.com/blog/handouts-for-parents-about-aces-toxic-stress-and-resilience

Culture impacts all areas of human growth and is reflected in parenting beliefs and practices that work toward healthy development (Growing Great Kids Understanding the Research Base: Theoretical and Empirical Foundations, n.d.).

Apply It: Making your child aware of cultural differences is the first step to having a child that accepts and respects other cultures. Be available to discuss this topic with your child and do so without showing judgement. There are many activities that you can do with your child to teach

them about diversity. Explore the links provided to learn ways to help your child accept other cultures.

Teach Your Child Cultural Acceptance:

- https://www.scholastic.com/teachers/articles/teaching-content/teaching-diversity-place-begin-0/
- https://www.kidsacademy.mobi/storytime/teaching-kids-about-diversity/
- https://extension.psu.edu/programs/betterkidcare/knowledge-areas/environment-curriculum/activities/all-activities/we-are-different-we-are-the-same-teaching-young-children-about-diversity

References:

Great Kids, Inc. *Growing Great Kids Understanding the Research Base: Theoretical and Empirical Foundations* [Ebook]. Retrieved 8 March 2021, from https://www.greatkidsinc.org/wp-content/uploads/2018/07/GGKResearchFoundations-Finalized-3-13-17.pdf.

Swartz, L., Seeley, J., Gau, J., & Schroeder, S. (2016). *Parenting Now! Results From a Randomized Control Trial of Parenting Intervention for Highly Stressed Families: Make Parenting A Pleasure* [Ebook]. Oregon Research Institute. Retrieved 8 March 2021, from https://parentingnow.org/wp-content/uploads/2016/03/MPAP-Evaluation-Results3_1_2016.pdf.