

# EARLY CHILDHOOD DEVELOPMENT MILESTONES

The first four years of a child's life are the most important period of development physically, emotionally, cognitively, socially and morally. This is a guide to what you might expect in their first four years – often called developmental 'milestones'.

NOTE

EVERY CHILD DEVELOPS DIFFERENTLY



## 3 Months

- Turns head toward direction of sound
- Recognizes familiar faces and smiles back
- Follows moving objects
- Watches faces with interest
- Raises head and chest while lying on stomach
- Brings hand to mouth
- Takes swipes at dangling object with hands
- Begins to babble and imitate some sounds



## 6 Months

- Responds to other people's emotions
- Enjoys social plays/games (especially peek-a-boo)
- Struggles for out of reach objects (uses voice to express pleasure and displeasure)
- Interested in mirror images
- Responds to their own name
- Babbles chain of sounds (rolls both ways (front to back, back to front))
- Sits with, and then without support on hands



## 1 Year

- Pulls up to stand, Walks holding onto furniture
- Tries to imitate during play (like winking when you wink or clapping when you clap)
- Explores objects; finds hidden objects and begins to use objects correctly (drinking from cup, brushing hair, dialing phone, listening to receiver)
- Uses simple gestures like shaking head to say 'NO' or waving to say 'BYE BYE'
- May speak single words like 'Mama' and 'Dada'
- Cries when Mother or Father leaves
- Babbles with inflection (changes in tone)
- Uses exclamations, such as 'oh - oh'
- Pokes index finger



## 2 Years

- Excited about the company of other children
- Begins to sort by shape and color; starts simple make-believe play
- Follows simple instructions; recognizes names of familiar people
- Walks without help; plays pretend (like talking on a toy phone)
- Points out at the objects, when you name it (like toy or photo)
- Imitates behavior of others, especially adults and older children
- Uses 2-4 word sentences
- Repeats word overheard in conversation
- Pulls toys behind him/her while walking



## 3 Years

- Imitates adults and playmates
- Shows affection for playmates/friends
- Sorts objects by shape and color; and matches objects to pictures
- Plays make-believe with dolls, animals and people (like feeding a doll)
- Uses pronouns (I, you, me) and sometimes plurals (too many, dogs)
- Uses simple phrases or mini sentences to communicate with others
- Understands concept of 'mine' and 'his/hers'
- Expresses wide range of emotions
- Walks up and down stairs, alternating feet (one foot per stair step)
- Runs easily and pedals tricycle
- Starts to make friends



## 4 Years

- Follows three-step commands (like wash your hands, comb your hair)
- Draws circles and squares
- Speaks in sentences of 3-4 words; Speaks clear enough for outsiders to understand
- Names some colors; understands counting
- Shares and take turns with other children
- Knows the difference between boys and girls
- Enjoys humor (like laugh at silly faces or voices)
- Brushes his/her teeth by self
- Dresses and undresses without help except for shoelaces
- Pretends by role playing
- Knows opposite (hot/cold, big/small)

# Health And Development

**World Bank**



## **Health And Development:**

*Handbook of Life Course Health Development* Neal Halfon, Christopher B. Forrest, Richard M. Lerner, Elaine M. Faustman, 2017-11-20 This book is open access under a CC BY 4.0 license This handbook synthesizes and analyzes the growing knowledge base on life course health development LCHD from the prenatal period through emerging adulthood with implications for clinical practice and public health It presents LCHD as an innovative field with a sound theoretical framework for understanding wellness and disease from a lifespan perspective replacing previous medical biopsychosocial and early genomic models of health Interdisciplinary chapters discuss major health concerns diabetes obesity important less studied conditions hearing kidney health and large scale issues nutrition adversity from a lifespan viewpoint In addition chapters address methodological approaches and challenges by analyzing existing measures studies and surveys The book concludes with the editors research agenda that proposes priorities for future LCHD research and its application to health care practice and health policy Topics featured in the Handbook include The prenatal period and its effect on child obesity and metabolic outcomes Pregnancy complications and their effect on women's cardiovascular health A multi level approach for obesity prevention in children Application of the LCHD framework to autism spectrum disorder Socioeconomic disadvantage and its influence on health development across the lifespan The importance of nutrition to optimal health development across the lifespan The Handbook of Life Course Health Development is a must have resource for researchers clinicians professionals and graduate students in developmental psychology science maternal and child health social work health economics educational policy and politics and medical law as well as many interrelated subdisciplines in psychology medicine public health mental health education social welfare economics sociology and law

**Challenges in Health and Development** Sandy A. Johnson, 2014-11-25 At the turn of the 21st century human health and economic growth are inextricably linked components of international development Challenges in Health and Development is a primer on the changing configurations of population health and economic growth in development policy It examines strategies of investing in human health and investing in economic growth as distinct approaches to development explores the symbiotic relationship of these tactics and considers the applications and outcomes from a global national and community level perspective Each chapter introduces concepts of economic development and population health and uses case studies to illustrate the same These case studies include program and policy examples from Bangladesh Chile Haiti Rwanda South Africa and Sri Lanka This text examines the impact of macroeconomic adjustment programs health care restructuring investment in primary health care public private partnerships and the challenges of program coordination and up scaling in stable and conflict ridden countries Discussion questions are provided at the end of each chapter to facilitate classroom activities health and economic growth are inextricably linked components of international development Challenges in Health and Development is a primer on the changing configurations of population health and economic growth in development policy It examines

strategies of investing in human health and investing in economic growth as distinct approaches to development explores of the same from a global national and community level perspective Each chapter introduces concepts of economic development and population health and uses case studies to illustrate the same These case studies include program and policy examples from Bangladesh Chile Haiti Rwanda South Africa and Sri Lanka This text examines the impact of macroeconomic adjustment programs health care restructuring investment in primary health care public private partnerships and the challenges of program coordination and up scaling in stable and conflict ridden countries Discussion questions are provided at the end of each chapter to facilitate classroom activities

**Health Capital and Sustainable Socioeconomic Development** Patricia A. Cholewka, Mitra M. Motlagh, 2008-03-10 Given ongoing worldwide calamities such as famine natural disasters and drug abuse international attention has increasingly focused upon disease detection prevention containment and treatment Ill health hampers a country's social and economic development by triggering a vicious cycle of unsustainable resource use Given the recent outbreaks of worldwide calamities such as famine and natural disasters international attention has increasingly focused upon disease detection prevention and treatment Serving an unmet need in the marketplace this text highlights mounting evidence of the relationship between human capital and socioeconomic development and poses management strategies from international and interdisciplinary sources Scholars and practitioners in the health and sustainable development fields address such issues as healthcare and education funding for healthcare services and the impact of legal and political policies

**Health and Development Across the Lifespan** Bernard Yates, 2022-09-20 The research on health and development across the lifespan primarily focuses on four specific age groups These divisions are small children older children adults and elderly Life course health development LCHD is a framework that explains how the dynamic course of health and illness develops over an individual's lifetime and how this knowledge can be used to guide new approaches to policy and research It shows that the health of an individual is a result of multiple determinants such as biological social genetic behavioral and economic circumstances that change as a person develops LCHD also shows that development of health is an adaptive process that is governed by multiple transactions between these circumstances and bio behavioral regulatory systems that define human functions It offers a conceptual model for health development and an approach to understand diseases on the basis of the relationship between experience and biology This book outlines the processes and applications of life course health development in detail It will also provide interesting topics for research which interested readers can take up The extensive content of this book provides the readers with a thorough understanding of the subject

**Health for All** Daniel E. Fountain, 2014-05-30 Political and Economic Turmoil Sickness and Spiritual Darkness A Hospital Without Running Water And 250 000 People in Need of a Doctor When Dan Fountain and his wife arrived in the Congo in 1961 the challenges to effective medical missions seemed overwhelming As the only doctor for a quarter of a million residents of the Vanga Health Zone and with nothing but a dilapidated mission hospital and an under

trained staff to run it Dr Fountain turned to prayer innovation and local partnerships to meet the vast needs of his area Health for All tells the story of an ever increasing vision from curative care to community health from a barely functioning hospital to a network of successful health services from a lack of qualified workers to a local residency training program from biomedical reductionism to whole person care from cultural stalemate to worldview transformation Dr Fountain s insights into health and wholeness have changed countless lives and communities Part memoir part history part textbook Health for All is the legacy of a man who patterned his life and labor after that of the Great Physician **The World Health**

**Organization** Yves Beigbeder,2023-12-21 This work presents the broad lines of the action and evolution of the World Health Organization WHO It identifies some of the problems WHO has had to face in the past and will have to confront in the future It discusses in detail the historical origins WHO s objectives and the evolution of its strategy and programmes It reviews its structures as well as the problems raised by its decentralization It examines the Organization s action in the field of technical cooperation and looks into several of WHO s more important past and present programmes In its general conclusion it attempts to envisage the future of the Organization The present study is based essentially on the official documentation of the WHO open and restricted The strength of this book lies in the personal experience of the main author a former WHO official who has orientated the book s research in specific directions and has added some complementary information

**Health in Transition** Andrew J Macnab,Abdallah Daar,Christoff Pauw,2021-01-26 At STIAS the Health in Transition theme includes a programme to address the epidemic rise in the incidence of non communicable diseases NCDs such as Type 2 diabetes hypertension obesity coronary heart disease and stroke in Africa The aim is to advance awareness research capacity and knowledge translation of science related to the Developmental Origins of Health and Disease DOHaD as a means of preventing NCDs in future generations Application of DOHaD science is a promising avenue for prevention as this field is identifying how health and nutrition from conception through the first 1 000 days of life can dramatically impact a developing individual s future life course and specifically predicate whether or not they are programmed in infancy to develop NCDs in later life Prevention of NCDs is an essential strategy as if unchecked the burden of caring for a growing and ageing population with these diseases threatens to consume entire health budgets as well as negatively impact the quality of life of millions Africa in particular needs specific focussed endeavors to realize the maximal preventive potential of DOHaD science and a means of generating governmental and public awareness about the links between health in infancy and disease in adult life This volume summarizes the expertise and experience of a leading group of international scientists led by Abdallah Daar brought together at STIAS as part of the Health in Transition programme **Adolescence and Health**  
**Implications** Mr. Rohit Manglik,2024-05-16 Examines physical psychological and social health issues in adolescents Emphasizes preventive care and health promotion strategies **Mental Health, Cultural Values, and Social**

**Development** R.C. Nann,D.S. Butt,L. Ladrido-Ignacio,2013-03-14 It is not easy for a layman to attract attention to a book

like this Most who open the cover will be professionals in one of the many aspects of mental health A moment s thought tells us however that if there is a distinction between laymen and professionals it makes no difference to a book like this Both laymen and professionals care about what will be That is why this book the Congress it reports and the World Federation for Mental Health itself can be meaningful to both laymen and professional people A look into the 80 s from the point of view of mental health cultural values and social development is for all who care about the future The 1981 Manila Congress of the World Federation for Mental Health was a unique and special gathering It was the first time the Federation assembled for a Congress in a developing country In the Philippines we enjoyed the over whelming hospitality and charm of the people and a place where past and future seem as important as the present All who attended from outside those magic islands will always remember the occasion as a special life experience For those of you who did attend this book can revive the stimulation and satisfaction of the Congress For those of you who did not share the Manila experience this book can inform and interest you about matters which are important

Promoting Health Institute of Medicine, Division of Health Promotion and Disease Prevention, Committee on Capitalizing on Social Science and Behavioral Research to Improve the Public's Health, 2000-02-01

At the dawn of the twenty first century Americans enjoyed better overall health than at any other time in the nation s history Rapid advancements in medical technologies breakthroughs in understanding the genetic underpinnings of health and ill health improvements in the effectiveness and variety of pharmaceuticals and other developments in biomedical research have helped develop cures for many illnesses and improve the lives of those with chronic diseases By itself however biomedical research cannot address the most significant challenges to improving public health Approximately half of all causes of mortality in the United States are linked to social and behavioral factors such as smoking diet alcohol use sedentary lifestyle and accidents Yet less than five percent of the money spent annually on U S health care is devoted to reducing the risks of these preventable conditions Behavioral and social interventions offer great promise but as yet their potential has been relatively poorly tapped

Promoting Health identifies those promising areas of social science and behavioral research that may address public health needs It includes 12 papers commissioned from some of the nation s leading experts that review these issues in detail and serves to assess whether the knowledge base of social and behavioral interventions has been useful or could be useful in the development of broader public health interventions

Child and adolescent health and development progress report : highlights, 2002

*Health and Health Care in Developing Countries* Peter Conrad, Eugene B. Gallagher, 2011 The volume covers a range of areas central Africa Nigeria Singapore Taiwan Indonesia Nepal China United Arab Emirates Oman and Mexico and a broad scope of topics from emergency care the AIDS epidemic and women s health care to public health programs and national health care policies Contributors address the central question of whether health systems in developing areas should emphasize the role of clinical medicine and individual physicians or community and preventive medical resources The major health problems faced by these societies inadequate

sanitation infectious disease high infant child mortality and a lack of family planning indicate the greater need for health educators and public health workers despite many poor nations desire for Western doctors Other topics that are examined include the process of seeking medical aid the relationship between traditional and modern medicines medical education hospital care and communication between doctors and patients in developing countries and the relevance and application of sociology in Third World settings This volume seeks to draw attention to the significance of medical sociology for understanding Third World health problems and to show how examining developing societies may necessitate reframing or modifying some Western sociological notions

Building on Early Gains in Afghanistan's Health, Nutrition, and Population Sector World Bank,2010-05-19 This volume is the first of its kind to present a comprehensive assessment of the health sector in Afghanistan Although health outcomes here are some of the worst in the world the sector has made considerable progress since 2001 A nationwide survey conducted in late 2006 found that the infant mortality rate had fallen from 165 to 129 per 1 000 live births and the under five mortality rate had fallen from 257 to 191 per 1 000 live births These figures represent a 22 percent and a 26 percent decline respectively from the end of 2001 Similarly coverage of prenatal care has increased from less than 5 percent to 32 percent and childhood vaccinations of DPT3 diphtheria pertussis and tetanus have increased from less than 20 percent to 35 percent between 2003 and 2006 Administrative data indicate that the number of functioning primary health care facilities has nearly doubled from 498 in 2001 to more than 936 in 2008 Also the quality of care in publicly financed facilities has increased by about 22 percent from 2004 to 2006 Although this progress is encouraging it is not sufficient to ensure that Afghanistan will achieve the Millennium Development Goals MDGs Building on Early Gains in Afghanistan s Health Nutrition and Population Sector presents specific policy options for Afghanistan s Ministry of Public Health to consider in advancing to the next level of care for its population The guiding principles of these options are consistency with the ministry s vision and the feasibility of implementation The specific challenges include revising the content of the basic package of health services BPHS rethinking the delivery of the BPHS securing sustained and predictable financing defining the role of the emerging private sector addressing the shortage of human resources for health and expanding the capacity of the ministry to enable it to effectively carry out its stewardship functions This book was prepared as a resource for policy makers practitioners and researchers in Afghanistan and other conflict affected countries It emphasizes the policy implications of the findings presented

**Public Health Reports** ,1986      **Human Rights in Global Health** Benjamin Mason Meier, Lawrence O. Gostin,2018-03-27 Institutions matter for the advancement of human rights in global health Given the dramatic development of human rights under international law and the parallel proliferation of global institutions for public health there arises an imperative to understand the implementation of human rights through global health governance This volume examines the evolving relationship between human rights global governance and public health studying an expansive set of health challenges through a multi sectoral array of global organizations To analyze

the structural determinants of rights based governance the organizations in this volume include those international bureaucracies that implement human rights in ways that influence public health in a globalizing world This volume brings together leading health and human rights scholars and practitioners from academia non governmental organizations and the United Nations system They explore the foundations of human rights as a normative framework for global health governance the mandate of the World Health Organization to pursue a human rights based approach to health the role of inter governmental organizations across a range of health related human rights the influence of rights based economic governance on public health and the focus on global health among institutions of human rights governance Contributing chapters each map the distinct human rights efforts within a specific institution of global governance for health Through the comparative institutional analysis in this volume the contributing authors examine institutional dynamics to operationalize human rights in organizational policies programs and practices and assess institutional factors that facilitate or inhibit human rights mainstreaming for global health advancement

**Growth and Development Across the Lifespan** Gloria Leifer,Eve Fleck,2012-10-19 This book provides introductory coverage of growth and development throughout the lifespan The content emphasizes normal aspects as well as the unique problems and health promotion needs of each age and stage of development It features a strong health promotion theme structured around Healthy People 2020 objectives Lifespan coverage from prenatal development to death helps students integrate concepts related to normal changes in each stage of the life cycle Coverage of current research and trends in health care provide readers with the most up to date accurate information Health promotion and disease prevention including Healthy People 2020 objectives are highlighted throughout the book Cultural content is highlighted throughout the book and in new Chapter 3 Cultural Considerations in Health Care to encourage students to consider cultural implications at every stage of development Separate chapter on advanced old age and geriatrics Chapter 14 discuss the theories physiological changes and psychological aspects of aging health promotion and maintenance and the role of health care providers in caring for the geriatric patient All of this helps students understand how to maintain quality of life and promote health in advanced old age Teaching techniques for every developmental stage are part of a consistent chapter format and provide age appropriate patient education tips Consistent chapter organization for each stage of growth and development makes information easy to access Critical Thinking scenarios and questions appear at the end of each chapter to help students consider all variables when planning care across the lifespan Student learning features include Objectives Key Terms Key Points and Review Questions Appendix A includes the FDA s Recommended Child and Adult Immunization Schedules providing essential health promotion information NEW Appendix B provides a Multilingual Glossary of Symptoms to enhance students awareness of culturally sensitive care Glossary includes definitions of Key Terms and additional terms help students review concepts and terminology at a glance Bibliography is organized by chapter at the end of the book to facilitate additional research and study

*Child Health and Human Development* Isadore Leslie Rubin,Joav



Merrick,2013 The literature on children who grow up in circumstances of social and economic disadvantage is very much a part of the place and time Charles Dickens 1812 1870 wrote much about children who suffered under the burden of being poor in 19th Century London In that age of industrialisation technical advances brought much progress to society but also resulted in seismic population shifts Large numbers of people moved from rural agricultural settings and lifestyles to the cities where the new engines of industry promised more opportunities We have progressed today but there are still many children living under vulnerable conditions that affect their development health and future In this book we have gathered research studies that explore social economic and environmental factors impacting on child health and human development

Medicine in the Twentieth Century Roger Cooter,John Pickstone,2020-08-26 During the twentieth century medicine has been radically transformed and powerfully transformative In 1900 western medicine was important to philanthropy and public health but it was marginal to the state the industrial economy and the welfare of most individuals It is now central to these aspects of life Our prospects seem increasingly dependent on the progress of bio medical sciences and genetic technologies which promise to reshape future generations The editors of Medicine in the Twentieth Century have commissioned over forty authoritative essays written by historical specialists but intended for general audiences Some concentrate on the political economy of medicine and health as it changed from period to period and varied between countries others focus on understandings of the body and a third set of essays explores transformations in some of the theatres of medicine and the changing experiences of different categories of practitioners and patients

**School Law of California** California,1925 **An Introduction to Health Planning for Developing Health Systems** Andrew Green,2007-01-11 Health planning is a critical component when responding to the health needs of low and middle income countries characterised by particularly stringent resource constraints The major communicable diseases such as AIDS TB and malaria often appear in parallel with growing non communicable diseases including heart disease and diabetes and yet resources are often less than the levels recommended by the World Health Organisation for basic health care The new edition of this well respected text explains the importance of health planning in both developing regions such as Africa and those in transition such as Central and Eastern Europe It stresses the importance of understanding the national and international context in which planning occurs and provides an up to date analysis of the major current policy issues including health reforms Separate chapters are dedicated to the distinct issues of finance for health care and humanresource planning The various techniques used at each stage of the planning process are explained starting with the situational analysis and then looking in turn at priority setting option appraisal programming implementation monitoring and evaluation The book ends by examining the challengesfacing planners in the 21st century particularly in the light of growing globalisation A major theme of the book is the need to recognise and reconcile the inevitable tension that lies between value judgements and rational decision making As such in addition to introducing techniques such as costing and economic

appraisal it also outlines techniques such as stakeholder analysis for understanding the relative attitudes and power of different groups in planning decisions Each chapter includes a comprehensive bibliography including key websites a summary and exercises to help the reader practise techniques and better understand the content The book argues that all health professionals and community groups should be involved in the planning process for it to be effective and will therefore appeal to anyone involved in planning

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