

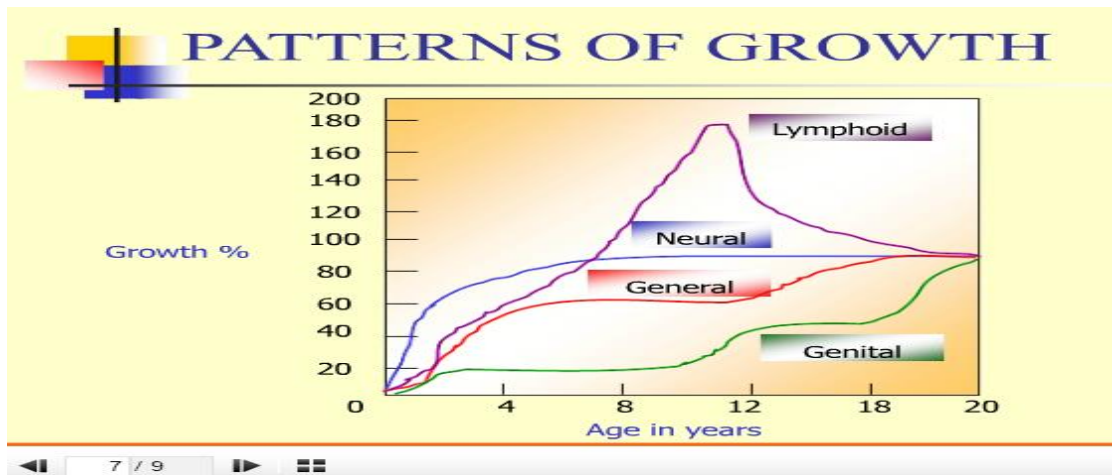
# *Growth And Development*

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## **Principle Of Growth And Development**

- **Continuous** process As a child develops, he or she adds to the skills already acquired and the new skills become the basis for further achievement and mastery of skills .Predictable Sequence The infant lifts and turns the head before he or she can turn over
- **Predictable Sequence** :child creep-crawl-sit –stand –walk –run then jump
- **Development** depends on maturation and learning. Maturation refers to the sequential characteristic of biological growth and development. The biological changes occur in sequential order and give children new abilities.
- **Don't** progress at the same rate (↑ periods of GR in early childhood and adolescents & ↓ periods of GR in middle childhood): Some children will walk at ten months while others walk a few months older at eighteen months of age. Some children are more active while others are more passive.
- **Not** all body parts grow in the same rate at the same time.



- **Each** child grows in his/her own unique way.
- **Each** stage of G&D is affected by the preceding types of development.
- **Cephalo-caudal**(head down to toes) : Development proceeds from the head downward According to this principle, the child gains control of the head first, then the arms, and then the legs.
- **Proximodistal** (center of the body to the peripheral) : Development proceeds from the center of the body outward The child's arms develop before the hands and the hands and feet develop before the fingers and toes.



- **General** to specific : In motor development, the infant will be able to grasp object with the whole hand before using only the thumb and forefinger . Growth occurs from large muscle movements to more refined (smaller) muscle movements. an

- **Simple** to complex : Development depends on maturation and learning. Maturation refers to the sequential characteristic of biological growth and development. The biological changes occur in sequential order and give children new abilities.
- **Development** proceed until death while growth stop in specific period