

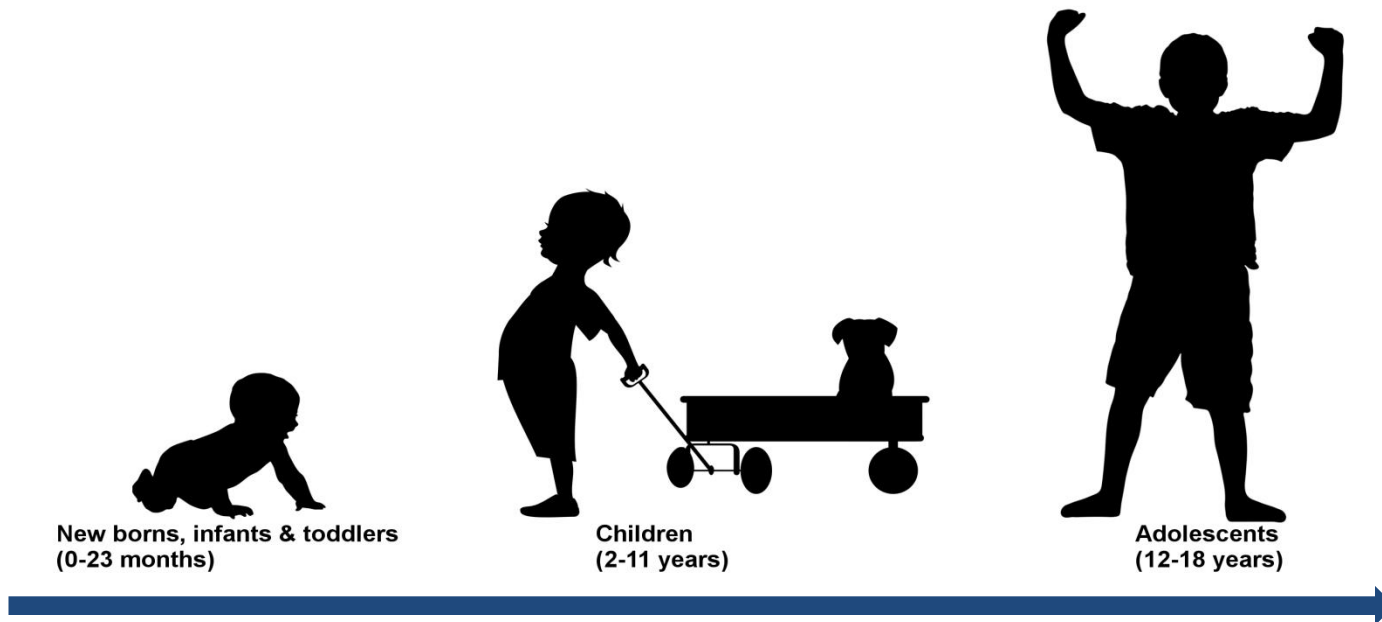


What are the factors that influence a child's development ?

What is child development?

Every child goes through growth and transformation through **active** changes in different aspects of their developmental stages.

However, **each child is also unique** and may spend more or less time in each phase of growth, depending upon multiple factors.



Children start developing before they are born!

Good care of the pregnant mother results in good development of the child

Make sure the pregnant mother has: 



Supplements such as
Vitamin D, Calcium &
Iron



Good antenatal care:
treating any infection,
diabetes, hypertension &
thyroid deficiency



Good nutrition

Children start developing before they are born!

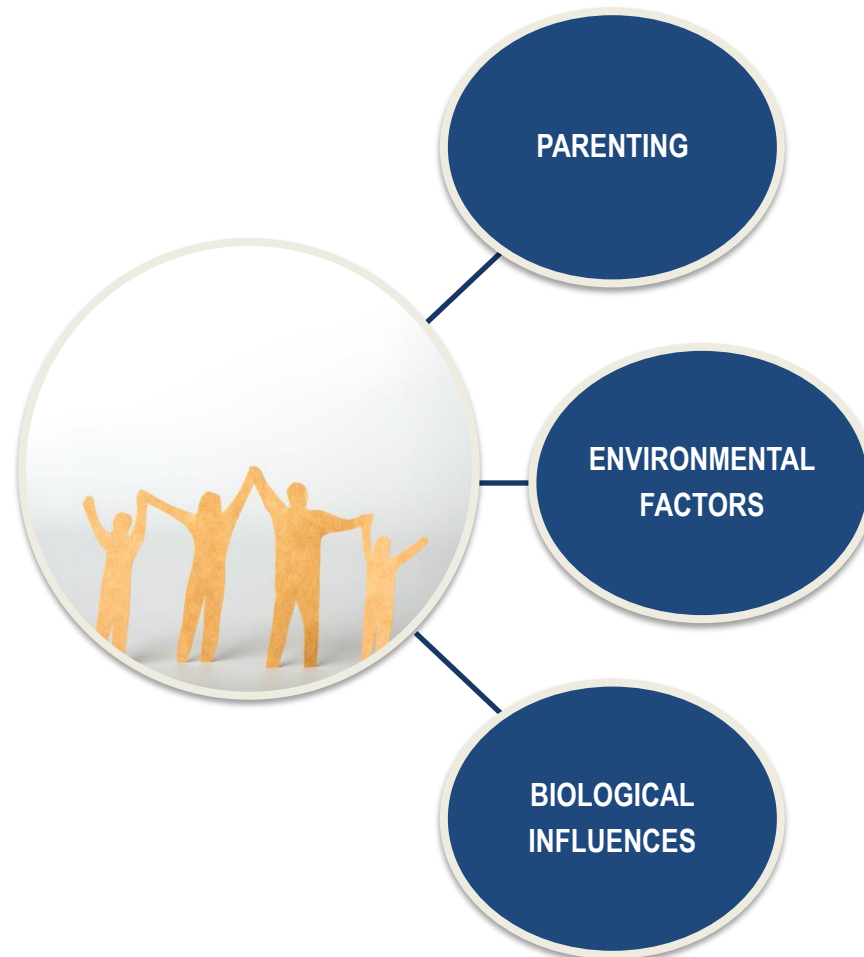
Good care of the pregnant mother results in good development of the child

The pregnant mother must avoid: 



What are the factors that influence a child's development?

The journey of a child through his/her various developmental stages is influenced by many factors, such as -



How can you, a parent impact your child's development?

A parent is always the child's primary teacher, and needs to understand the child's emotional needs.

Parents need to be

SENSITIVE

RESPONSIVE

SUPPORTIVE



This can help

- ✓ Shape the behavior of the child
- ✓ Impact the child's problem-solving, language, and social skills
- ✓ Improve child's emotional skills

How can environmental factors impact a child's development?

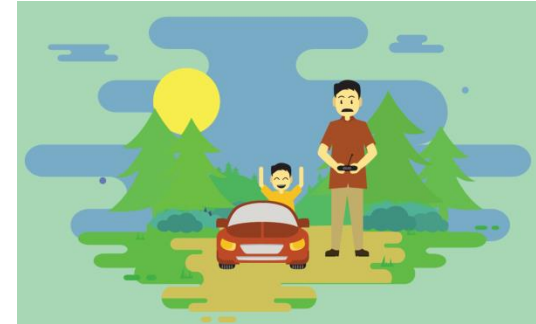
Early life responses to cope with environmental challenges can also have a long standing impact on a child's growth.

Some of the environmental factors include –

Identifying **opportunities** to learn and socialize



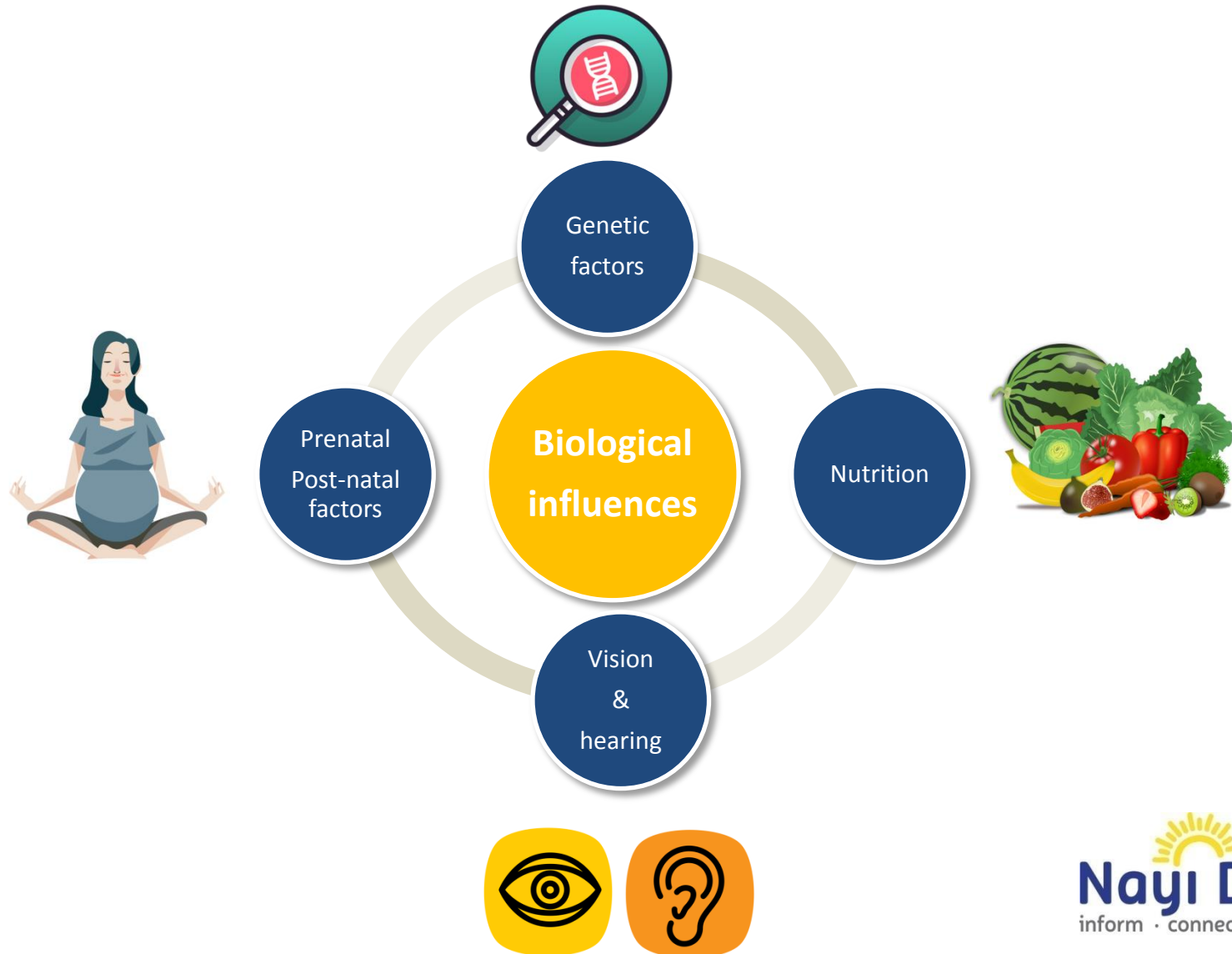
Positive impact of **praise & encouragement**



Coping mechanisms to deal with social difficulties



What are the biological influences that can modulate a child's growth?



What helps a child's development?

PROMOTING FACTORS

Some situations or factors have been shown to promote development of all children

- ✓ Stimulation from **learning, play and social activities**, created in a way that is fun for the child
- ✓ **Stable and loving relationships** - Being sensitive & responsive to the child: listening to the child, intruding less and responding more



What helps a child's development?

PROMOTING FACTORS , continued -

- **Affection, warmth, support and praise** combined with setting realistic expectations of behavior



- Ensuring **good nutrition and health**



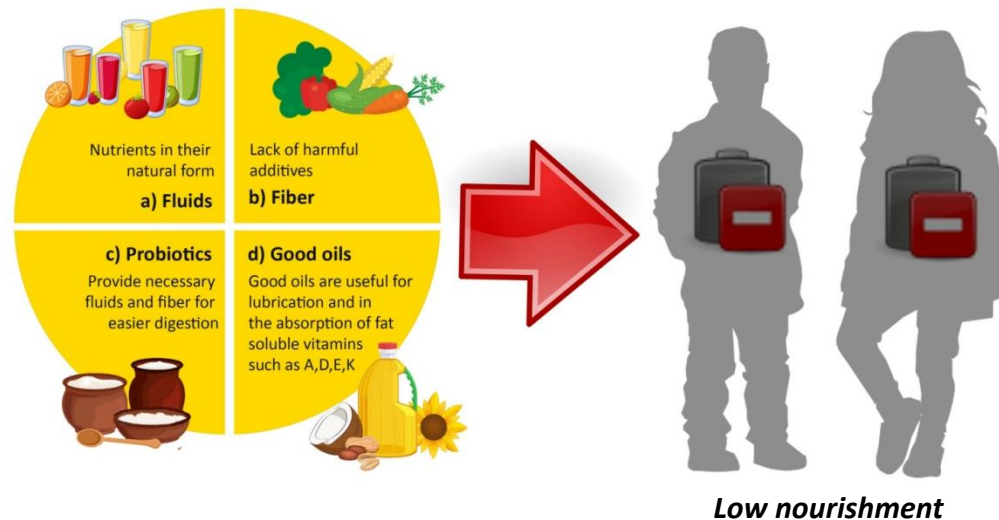
What risks hinder a child's development?

RISK FACTIORS

Other situations or factors increase the likelihood of negative outcomes – *these are the ones we need to prevent and reduce:*

NUTRITION

- ✓ Stunting of growth
- ✓ Micronutrient deficiency : iodine deficiency, iron deficiency anemia and Vitamin A deficiency
- ✓ Lack of breastfeeding
- ✓ Zinc deficiency

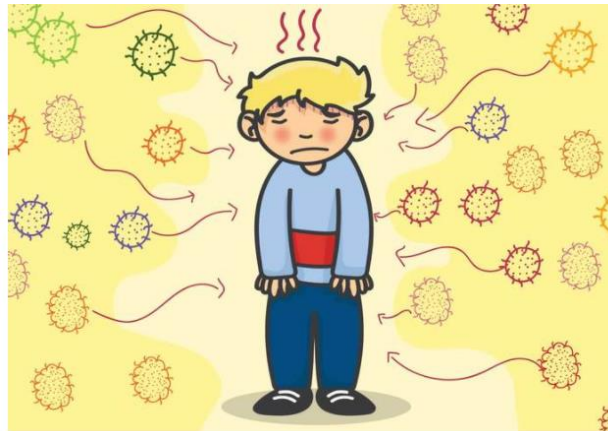
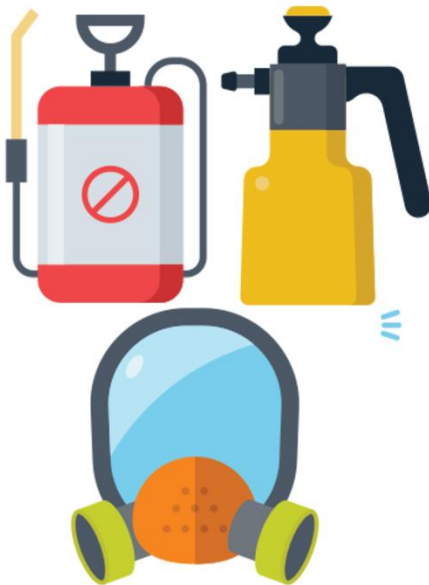


What risks hinder a child's development?

RISK FACTORS, continued...

HEALTH

- ✓ Worm infections
- ✓ Diarrheal disease
- ✓ Low birth weight infants
- ✓ Pesticides and toxins e.g. Lead



What risks hinder a child's development?

RISK FACTORS, continued....

CARE

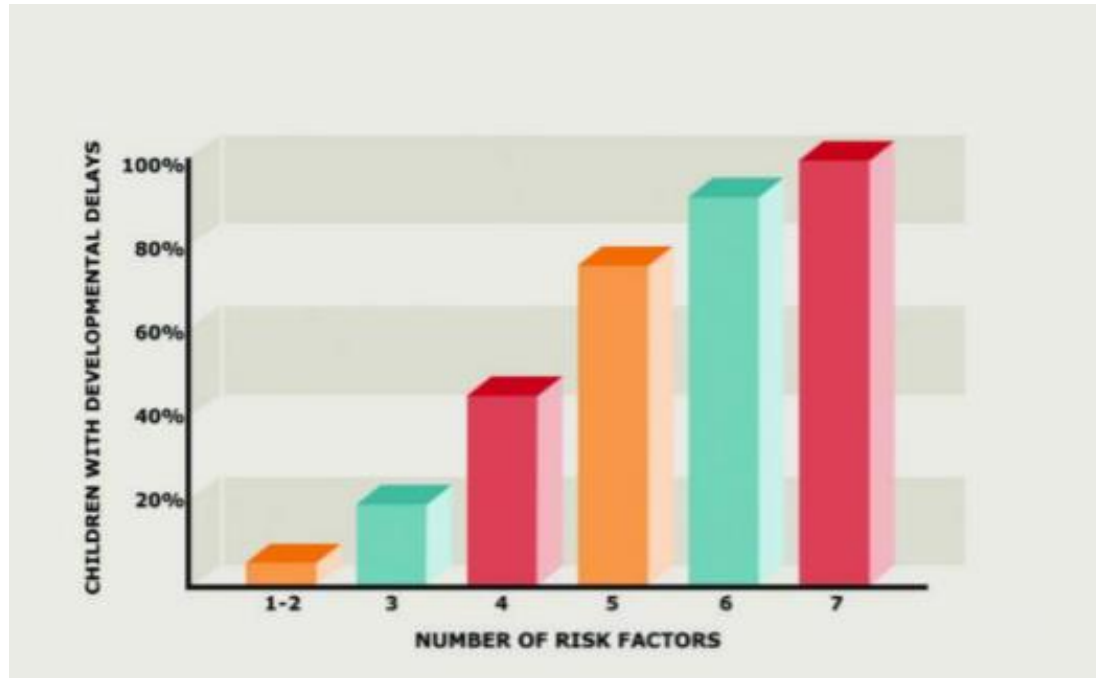
- ✓ Poor parenting – negative control, rejecting/neglecting and harsh/abusive parenting
- ✓ Inadequate mental stimulation
- ✓ Parental mental health (maternal depression) or learning difficulties
- ✓ Parental/family conflict, domestic violence

HELP



Risks factors can build up to generate toxic stress for your child's growth process

The impact of risk factors is cumulative – higher the number of risk factors greater the risk to development.



The impact of 'toxic stress' is long term, with a high cost to the individual and the society. They have higher vulnerability for developing hypertension, diabetes and heart diseases in their adult life.

We must tip the balance in favor of the child by increasing the promoting factors and preventing or decreasing the risk factors.

