

GROWTH & DEVELOPMENT –

Growth → Increasing in size (Height, weight, age). We can measure this in numbers.

Development → Learning new skills and abilities (walking, talking)

Milestone → What an average person can do at a certain age



5 AREAS OF DEVELOPMENT

PILES help us identify specific problems that service users may experience so we can help them

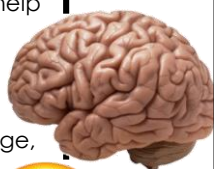
Physical → Growth and other physical changes that happen to our body throughout life

Intellectual → The development of language, memory and thinking skills.

Language → Level of understanding of language, vocabulary, and ability of structuring sentences

Emotional → The ability to cope with our feelings about ourselves and others and developing our identity.

Social → The ability to form friendships and relationships and to learn to be independent



FINE AND GROSS MOTOR SKILLS

These are part of physical development and they can develop differently at each life stage.

Gross motor skills → controlling large muscles in their torso, arms, legs, hands and feet.

Fine motor skills → important for controlling and coordinating movement of small muscles in the fingers and hands.

Identify which of the following are fine (F) or gross (G)

- Using a knife and fork
- Doing star jumps
- Building Lego
- Riding a bike
- Jumping on the trampoline
- Writing an essay

CHILDHOOD (5-10 Years old)

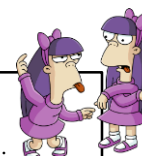
PILES development in childhood...

Physical →

- The body grows taller and gains weight,
- Motor skills develop further; hand-eye coordination & balance.
- Muscles and bones become stronger as muscle tissue increases.
- Baby teeth fall out and permanent teeth begin to grow.

Intellectual →

- Can usually count by the age of 7. They do not understand the logic of mass, volume etc.
- By the age of 10, can add and subtract. Their multiplication and division skills are building.



Language →

- Learning to structure sentences and improve speech
- Learn new vocabulary and able to have conversations with others

Emotional →

- Develop relationships with other children
- Understands responsibility/can feel guilty
- Develops self concept

Social →

- Learn how to behave when with others
- Make friends outside the home and chose their own friends.

- **KNOWLEDGE CHECK Q:** Evaluate how playing in the playground would affect each area of PILES development

ADOLESCENCE (10-18 Years old)

PILES development in adolescence...

Physical →

- **Puberty** – changes in primary & secondary sexual characteristics
 - Girls 10-13yrs – Boys 12-15yrs

Intellectual →

- Abstract thought develops
- Understands consequences & alternate points of view.

- **KNOWLEDGE CHECK Q:** List the primary and secondary sexual characteristics during puberty in both sexes.

Language →

- Use complex sentences with wide range of vocabulary
- Articulate complex thoughts

Emotional →

- Increased awareness of self-image and self-esteem
- Range of emotions due to fluctuations in hormones

Social →

- Increased independence
- Wider use of social networking and social media
- More likely to form informal relationships

FACTORS AFFECTING DEVELOPMENT

Sometimes aspects out of our control can affect development. →

Education	Good qualifications & job
Culture/Religion	Family influences/ diet
Puberty	Hormonal changes
Home/School/Work	Mental wellbeing at home / school / work
Relationships	If they are safe/secure
Pregnancy	Effects causing birth defects
Birth of Children	Traumatic experiences
Menopause	Many PILES changes
Redundancy	Financial implications & loss of identity / confidence
Bereavement	Traumatic and stressful event

- **Q - How can bereavement affect a child?**

Adulthood (18-65 Years old)

PILES development in adulthood...

Physical →

- In early adulthood people reach physical maturation and their physical peak.
- In middle adulthood, may notice signs of ageing and onset of menopause.
- In later adulthood, may become more prone to ill health and osteoporosis.

Intellectual →

- Further opportunity to develop such as university or further learning.
- Memory improves up until 25-30
- Life experience allows for logical thinking in complex situations

Language →

- Fluent in spoken language
- Expanding vocabulary through work, hobbies and socialising
- May decide to learn a new language in adult life

Emotional →

- Fully formed self concept & if they've met someone, established self-esteem
- May become a parent/grandparent which can provoke many emotions
- "Empty nest syndrome" when children leave home

Social →

- Children may prevent socialization, but it is important at this age to prevent social isolation.
- Older adults suffer social isolation if friends have deceased.

- **KNOWLEDGE CHECK Q:** Explain the problems with having this life stage with such a broad age range.