

GROWING AND LEARNING: A CHILD'S DEVELOPMENT

Milestones in a Child's Life

BIRTH DAY: THE BEGINNING

Weighing 25 percent of its eventual adult weight, the brain of a newborn is still developing the synapses and neurons that enable the senses and memory.



YEAR 1: TAKING STEPS

Around his first birthday, he is taking his first steps. A great adventure for the child, walking is a motor skill that requires coordination, balance, and practice.

YEAR 3: WHO AM I?

Although still a toddler, a three-year-old is developing a healthy sense of self-esteem and a sense of empathy for others. The critical development of the brain continues as her vocabulary grows and curiosity develops.

YEAR 5: YOUNG AND GIFTED

She ties her own shoelaces, writes her own name, knows right from left, and relies on her 10,000-word vocabulary. Around the age of five, she has developed a hand preference and is seeking knowledge from her environment.



YEAR 7: MOVING OUT

Throwing, jumping, catching, batting, and other large-muscle motor skills are improved between the ages of seven and eight. Both boys and girls often start to join organized games and activities such as soccer, basketball, or dance.

YEAR 10: HUMOR ME

Laugh and a child laughs with you. By the age of 10, a child can understand humor, metaphors, and wit. Also, he can switch the flow of a conversation to match another person's needs or moods.

YEAR 11: CHANGES

The first phases of puberty have occurred for many children by ages 11 and 12. Growth spurts, voice changes, hair growth, and mood changes mark these hormonal changes.



YEAR 14: FITTING IN

After adjusting to the new social setting of high school, he may be concerned with appearance and gaining the approval of friends and classmates.

YEAR 15: STRETCHING MY WINGS

She has become more autonomous, planning her daily activities and taking more responsibility for her life. By age 15, she has developed a sense of responsibility and a sense of identity.



YEAR 17: INDEPENDENCE

No longer a baby but not yet an adult, he takes the great leap into financial, social, and personal independence. Whether off to work or college, he is preparing for adulthood.

YEAR 21: ALL GROWN UP

The baby who once crawled and climbed over the furniture has now reached physical maturity. Her brain, now weighing three pounds, is fully developed, and all gross and fine motor skills have matured. Despite physical maturity, there is more growth to come in adulthood, which brings its own developmental milestones and challenges.

BIRTH

After months of preparation and anticipation, the child is welcomed into the world. He joins his parents as participants in the National Children's Study and important data are collected about him.



AGE 1

The first results from the National Children's Study are available and will provide insight on some outcomes related to events during pregnancy (e.g., maternal nutrition during pregnancy and prenatal care). During this stage of development, researchers can check an infant's respiratory and immune systems to detect early markers of asthma.

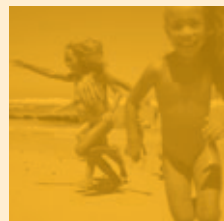


AGE 3

The toddler is developing communication skills and exploring the environment around him. The early clues as to the development of autism can be detected by this age (if not earlier).

AGE 5

The school environment brings new opportunities for intellectual and social development. The researchers and scientists of the National Children's Study can measure ability to learn and check for learning disabilities.

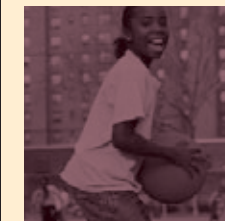


AGE 7

The child is able to understand his or her special involvement in the National Children's Study.

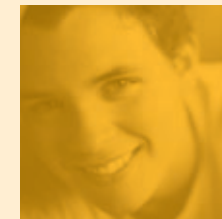
AGE 10

How the child interacts with peers in social and educational settings will tell researchers something about his social development thus far.



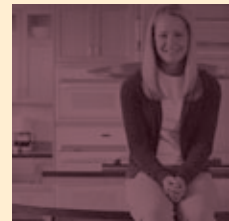
AGE 13

The child's environment can enhance or impede her physical development. Researchers will know if puberty is on track and how diet, exercise, and the built environment are affecting growth.



AGE 16

The National Children's Study research team can see evidence of the teen's support systems and capabilities to make good personal choices.



AGE 21

The young adult has graduated from high school and has begun to establish a new life for herself, independent from her parents. She is making decisions that impact her education, career, personal life, and well being.