

# Child Development

Developmental milestones are the skills that children are expected to achieve at a certain age.

Areas of child development include:

- physical
  - fine motor
  - gross motor
- cognitive
- communication
- social/emotional
- adaptive-or self-help

Your observation and understanding of your child's progress is key to their ideal development. You can then adapt your parenting behaviors to meet their needs based on the stage of development.

Topics to consider that will impact your child's developmental outcomes include:

- attachment
- discipline
- health
- nutrition
- safety
- sleep
- transitions/routines

# School Readiness

What is "school readiness?" Head Start views school readiness as children possessing the skills, knowledge, and attitudes necessary for success in school and for later learning and life. Physical, cognitive, social, and emotional development are all essential ingredients of school readiness.

You can learn and use:

- child development early learning framework
- set, work towards, and evaluate progress of school readiness goals
- maintain a relationship and schedule for well child checks with your doctor to monitor development
- school district resources to prepare for and register for kindergarten
- parent, family, and community engagement framework
  - family well-being
  - positive parent-child relationships
  - family as life-long educators/learners
  - family engagement in transitions
  - family connections with community/peers
  - family as advocate and leader

## Parent/Male Involvement Activity:

Do an experiment: Observe you child and your interactions with them. Try doing different things to see if you notice differences.

Do you see your child asking for help, cuddling, exploring and coming back for reassurance, your child following you when you leave?

Do you notice a different response from your child when you express clear expectations for their behavior

as to when you have to rush through things?

What do you notice when your child doesn't get enough sleep, nutritious food or drink, or sufficient physical activity?

What do you notice about the safety of the environment your child is exploring?

What do you notice helps your child move on to another activity smoothly or settle down for bed?

# Child Development & School Readiness Resources

## Developmental

### Baby your Baby

- [babyyourbaby.org](http://babyyourbaby.org)
- Prenatal assistance
- low cost immunizations
- birth control
- family planning
- Must qualify

### What to Expect

- [whattoexpect.com](http://whattoexpect.com)
- parenting tips
- developmental information

### Up-to-3 Early Intervention

- [upto3.org](http://upto3.org)
- 6810 Old Main Hill Logan, UT
- (435) 797-3727
- Individualized services address the needs of families and children

### Early Learning Department of Education

- [www.ed.gov](http://www.ed.gov)
- search "early learning resources for families"
- links to multiple resources

### The Center For Parenting Education

- [Educational Articles](#)
- [Newsletters](#)
- [Recorded Workshop](#)
- [Narrated Presentations](#)
- [centerforparentingeducation.org](http://centerforparentingeducation.org)

## School Districts

### Logan:

- 101 W. CENTER ST, LOGAN, UT 84321
- (435) 755-2300
- [SOCIAL@LOGANSCHOOLS.ORG](mailto:SOCIAL@LOGANSCHOOLS.ORG)

### Cache:

- 2063 N 1200 E, North Logan, UT 84341
- (435) 752-3925
- [ccsdut.org](http://ccsdut.org)

### Box Elder:

- 960 South Main, Brigham City, Utah 84302
- (435) 734-4800
- [besd.net](http://besd.net)

### Oneida:

- 25 E 50 S, Suite A, Malad, ID 83252
- 208-534-6080
- [oneidaschooldistrict.org](http://oneidaschooldistrict.org)

### Franklin:

- 105 E. 2nd S., Preston, ID 83263
- 208-852-0283
- [prestonidahoschools.org](http://prestonidahoschools.org)

### Caribou:

- 250 E. 2nd S., Soda Springs ID 83276
- 208-547-3371
- [sodaschools.org](http://sodaschools.org)

### Bear Lake:

- Fielding St. - P.O. Box 300, Paris, ID 83261
- 208-945-2891
- [blsd-id.schoolloop.com](http://blsd-id.schoolloop.com)

### Rich:

- 25 South 100 West Randolph, UT 84064
- (435) 793-2135
- [richschool.org](http://richschool.org)