

Chapter 1:

Beginning Your Study of Children

- **Objectives:**
 - Explain why childhood is an important time of development.
 - Identify ways that play benefits children.
 - Describe reasons for studying children.
- **Vocabulary:**
 - Behaviors
 - Caregivers
 - Child Development

Why is Childhood Crucial?

- Early childhood may be the ***most important*** stage of life for a person.
- Children benefit from five types of play:
 1. ***Physically:*** activities that use large and small muscle groups – running, jumping, finger painting, puzzles, etc.
 2. ***Socially:*** activities that engage peer groups.
 3. ***Emotionally:*** acting out real life scenarios – parenting, firefighter, cops and robbers, etc.
 4. ***Morally:*** activities that teach valuable lessons – right from wrong, learning to follow rules, etc.
 5. ***Intellectually:*** activities that promote mental development – stacking blocks, sorting, balancing, etc.



Why study children?

- To understand children:
 - Better understand why children act, feel, and think as they do.
 - Understand the importance of caregivers.
- To gain skills
 - Determine what children need at each stage of development.
- To understand yourself.
- To build for the future.



Children and You

- You are in an excellent position to study children – close to adulthood and able to think and reason but young enough that you can still remember what it was like to be a child.
*Think quick:
What is one of your earliest childhood memories you can remember?*
- Knowing about childhood can help you help children build strong foundations.
- It can also give you insight into the foundation you built for yourself.

Vocabulary:

- **Let's define our vocabulary:**
 - Behaviors:
 - Ways of acting and/or responding.
 - Caregivers:
 - Parents and others who take care of children.
 - Child Development:
 - The study of how children master new skills.

Think it Through Wrap – Up

- How do children learn from their caregivers? Identify specific examples.
- Think someone whom you admire. How can you model your behavior on that person?

