

Developmental Domains



Physical

The physical domain refers to how a child grows and develops physically. It includes gross motor skills, fine motor skills, and self-help skills.

Gross motor skills

Gross motor development pertains to skills that use large muscle groups. These muscles work together to enable children to do things such as walk, run, jump, hop, skip and climb.

Fine motor skills

Fine motor development pertains to skills that use small muscle groups in the arms, hands and fingers. These muscles allow children to complete tasks like grasping, cutting with scissors, or fastening buttons. Fine motor development is more challenging, and therefore takes longer for children to master.

Self-help skills

Self-help skills include self-feeding, independent dressing and grooming, hygiene and toileting, and helping with daily chores like table-setting and picking up toys. These tasks require coordinating both gross and fine motor skills and should be a large part of a child's daily routine.



Cognitive

Cognitive development begins in infancy and is the process by which children develop intelligence, conscious thought, and problem-solving ability.



Language

Language development includes both expressive and receptive language. Expressive language describes how a person communicates their wants and needs, while receptive language describes the comprehension of language. Comprehension involves attention, following directions and understanding questions.



Social/Emotional

Social and emotional development is interrelated and involves a child's desire and ability to interact and connect with other people.

Role of the FSP

As a family support professional (FSP), knowledge of typical child development allows you to provide parents with anticipatory guidance by pointing out milestones their child has reached, what to expect next, and ways they can support their child in reaching new milestones. You can guide parents in recognizing signs their child is not meeting milestones and may benefit from a developmental screening or referral to a developmental specialist.

- Provide anticipatory guidance
- Highlight milestones their child has reached
- What to expect next
- Ways they can support their child
- Signs their child is not meeting milestones
- Benefits of developmental screening or referral



Areas for Concern

Physical

Gross motor

- Falls down a lot or has trouble walking
- Loses any of the skills they one had

Fine motor

- Has trouble holding and writing with a pencil or crayon
- Can't copy shapes and letters
- Can't work toys by pushing buttons, turning handles, or placing shapes into holes
- Gets frustrated by their inability to work simple toys

Cognitive



3 Year Old

- Cannot work simple toys
- Cannot understand simple directions



5 Year Old

- Cannot keep a conversation going
- Cannot retell a story



4 Year Old

- Does not play games or make-believe
- Does not understand 'same' and 'different'
- Cannot retell a favorite story

Areas for Concern

Social Emotional



3 Year Old

- Doesn't show a range of emotions
- Doesn't respond to people or responds superficially
- Shows extreme behavior



4 Year Old

- Is unusually withdrawn and inactive
- Focuses only on one thing
- Can't tell what's real and what's make-believe



5 Year Old

- Is easily distracted
- Any child who loses skills they once had

Safety

The greatest risk to preschoolers' health comes from accidental injury. Children younger than age 10 are twice as likely to die from an injury than from an illness. Preschoolers are very active, but they don't pay much attention to the dangers around them. These hazards include falling, burns, drowning, automobile accidents and poisoning. You can help parents think through how to make their child's environment safe and connect them to safety resources if necessary.

- The greatest risk to preschoolers' health comes from accidental injury.
- Children younger than age 10 are twice as likely to die from an injury than from an illness.
- Preschoolers are very active, but they don't pay much attention to the dangers around them. These hazards include: falling, burns, drowning, automobile accidents and poisoning.
- You can help parents think through how to make their child's environment safe and connect them to safety resources if necessary.