

Core Competencies for Early Education and Care and Out of School Time Educators:  
# 1  
Understanding the Growth and Development of Children and Youth  
Massachusetts Department of Early Education and Care

CC#1development  
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Massachusetts Department of Early Education and Care funded this training for the Core Competencies for Early Education and Care and Out of School Time Educators: Area # 1 Understanding the Growth and Development of Children and Youth  
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# Massachusetts Early Learning Guidelines for Infants and Toddlers

## Module 3 – Session 1 Physical Health and Well-being

**Massachusetts Department of Early  
Education and Care**

# Early Learning Guidelines

- Access from web:

<http://www.eec.state.ma.us/docs1/WorkforceDev/Layout.pdf>

- Read pages: 65-75 and 144-157.



## Massachusetts Early Learning Guidelines for Infants and Toddlers

Developed by the Massachusetts Association for the Education of Young Children with an ARRA grant from the Department of Early Education and Care



# Physical Health Matters

- Physical development is never more critical than during the first three years of life
- Watch this video, a quick overview of physical development from *The Center for Early Childhood Education* at Eastern Connecticut State University



3:14

# Physical Well Being and Health Development

- Develops ability to move the large muscles (gross motor).
- Develops ability to control and refine small muscles (fine motor).
- Develops Sensorimotor Skills where children use their senses – sight, hearing, smell, taste and touch – to guide and integrate their interactions.
- Develops skills that will develop into healthy practices for life.



# Develops Ability to Move the Large Muscles

- First year of life, motor skills
  - Why is tummy time important?
- 18 month old,
  - What are some of the large muscle skills that these 18 month olds are practicing?
- Toddler with walker
  - How is the adult supporting this child's physical development needs?



3:19



3:52



2:19

# Develops Control and Refines Small Muscles

## Grasping Reflex



0:25

## Palmer Grasp



0:31

## Pincher Grasp



0:31

## Stacking blocks



0:24

# Develops Sensorimotor Skills

Sensory activities:

- For 8 month old
- For 12 month olds
- Include All Children in Sensory Explorations



1:54



1:58



2:23



# Develops Skills That Develop Into Healthy Practices

- Self -feeding



0:50

- Tooth brushing



0:55

- Potty training



3:15

# Physical Health Matters

Watch the video from the Center for Child Development, Harvard University

- What opportunities for health are you creating for infants and toddlers and their families?



7:13