



CLASS IX

HOME SCIENCE

CHAPTER 3

UNIT VIII

GROWTH AND DEVELOPMENT

NOTES

Growth and Development

Growth generally refers to the physical aspects. It is quantitative indicating changes in sizes, shapes and proportions of the parts of the body. It takes place in the Physical aspects only. It can be measured.

Development, on the other hand, refers to those changes which are qualitative in nature. It may be defined as a progressive series of changes that has occurred as a result of maturation and learning. It can't be predicted accurately.

Development is an orderly process to follow a certain sequence, i.e.

Infancy → Early Childhood → Later Childhood → Adolescence → Maturity

Stages of growth and development

- Pre natal period – from conception to birth
- Infancy – from birth to 10 – 14 days.
- Babyhood – from 2 weeks to 2 years of age.
- Early childhood – from 2 years to 6 years of age.
- Late childhood – 6 to 12 years of age.
- Puberty – 12 – 13 years of age.
- Adolescence – 13- 18 years of age.
- Early adulthood – 18 – 40 years of age.
- Middle age – 40 – 60 years of age.
- Old age – 60 years to the end of the life



Physical development during babyhood

Babyhood is one of the periods of rapid growth. During the first six months of life growth continues at a very rapid rate and then begins to slow down. During the first year of life, there is greater increase in weight, which is followed by an increase in height during the second year of life to proportion the body structure.

Physical proportion

Changes in body proportion are small during the first half year of life. Head growth slows down, white trunk and limb growth increases. Thus the baby gradually becomes more slender by the end of the babyhood.

- Bones – Development is rapid during the first year and slow down during the second year.
- Teeth – The average baby has four to six milk teeth by the age of one year. At the end of the babyhood, the average baby has approximately 16 teeth.
- Nervous system – One fourth of adult brain weight is attained at birth, half by 9 months and three fourths by the end of the second year.
- Development of Sense organs – Develop rapidly during babyhood and capable of functioning.

Physiological functions

- Eating pattern
- Sleep pattern
- Elimination pattern

Common emotional pattern of babyhood

- Anger
- Fear
- Curiosity
- Joy
- Affection





Motor development

Motor development is one of the most important development during the early years of life and it control over the different muscles of the body. Motor development begins before birth. From the end of the fourth month of pregnancy, the mother can feel the foetal movement inside the womb.

Pattern of motor control

- Head Region
- Trunk Region
- Leg Region
- Arms and Hand Region

Some common concepts of babyhood

- Concepts of Weight
- Concepts of Space
- Concepts of Time
- Concepts of Self
- Concepts of Beauty
- Concepts of Comic

