Child Studies 120

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Room 568

**Test 1 Review - Child Development and Families**

1. **Child Development:**
2. Definition of Child Development
3. Ways Children Benefit from Play

* physically
* socially
* emotionally
* morally
* intellectually

1. Benefits to Studying Children

* to gain skills
* to understand yourself
* to build for the future

1. Childhood Past and Present

* work
* play
* education
* health
* dress
* parental love

1. Characteristics of Development

* Development is similar for everyone.
* Development builds on earlier learning.
* Development proceeds at an individual rate.
* The different areas of development are interrelated.
* Development is continuous throughout life.

1. Influences on Development

* heredity
* environment

1. Development after Childhood
2. Why Self-Esteem is Important in Development
3. **Family:**
4. The Functions of a Family

* meeting basic needs
* preparing children to live in society

1. Family Structures

* nuclear
* single-parent
* blended
* extended

1. Trends Affecting Families

* mobility
* cultural diversity
* aging population
* economic changes
* workplace changes
* technology

1. Ways of Coping with Pressures on the Family

* Avoid scheduling too many activities.
* Watch for clues that family members need a break.
* Focus on responsibilities and / or activities that people enjoy.
* Schedule family meals.
* Plan ahead.
* Maintain your sense of humor.

