

Five Areas of Child Development

 bestbeginningsalaska.org/activities-resources/child-development-areas

There are five areas of child development: physical, social and emotional, approaches to learning, thinking, and communication and language.

- [Find activities](#) for Babies, for Toddlers, and for Preschoolers.
- Find [local and online resources](#) for families and early childhood educators.
- View [Early Learning Tips](#).
- View [Alaska's Early Learning Guidelines](#).

Five areas of child development

1. Physical Health, Well-Being, and Movement Skills

These activities are designed to help develop your child's large and small muscle control, her coordination, and her overall physical fitness.

2. Social and Emotional Development

Activities in this area target your child's ability to make and keep social relationships, both with adults and with other children. He will learn to recognize and express his own feelings more effectively. He will gain experience understanding and responding to the emotions of others.

3. Approaches to Learning

Children differ in how they approach new tasks, difficult problems, or challenges. These activities will spark your child's curiosity, interest, and attention and the ability to stay on task. Research suggests strong links between positive approaches to learning and success in school.

4. Thinking Abilities and General Knowledge

The suggestions in this area help your child figure out how the world works and how things are organized. Your child will experience "learning how to learn," improving problem-solving ability and abstract thinking.

5. Communication, Language and Literacy

These activities will help your child learn to express himself and to understand what others say. Early reading and writing skills are also targeted.



Sign up to receive the [Best Beginnings E-newsletter](#) for more great tips and important information.