Child Development

URL of this page: http://www.nlm.nih.gov/medlineplus/childdevelopment.html

Your child is no longer a baby! The beginning of school reminds parents that their child is growing up.

Children grow and mature at very different rates. It's hard to say what "normal" is. There can be big differences in height, weight and build among healthy children. Diet, exercise and genes are all factors. Some children begin puberty or are close to it before they are teenagers.

Children start to become more independent from their parents. They may rebel. They also look outward - to their friends, who are usually of the same sex. Peer approval becomes very important. Your child may try new behaviors to be part of "the group." This can also be the time that parents or teachers recognize learning disabilities or behavioral problems in children. These problems can get worse as time goes on, so it is important to get help early.

Start Here

- Middle Childhood (6-8 Years Old) [http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle.html] (Centers for Disease Control and Prevention)
  Also available in Spanish [http://www.cdc.gov/ncbddd/spanish/childdevelopment/positiveparenting/middle.html]
- Middle Childhood (9-11 Years Old)
  [http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle2.html] (Centers for Disease Control and Prevention)
  Also available in Spanish
  [http://www.cdc.gov/ncbddd/spanish/childdevelopment/positiveparenting/middle2.html]
- Preschoolers (3-5 Years Old)
  [http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html] (Centers for Disease Control and Prevention)
  Also available in Spanish
  [http://www.cdc.gov/ncbddd/spanish/childdevelopment/positiveparenting/preschoolers.html]

Overviews

- Child Development [http://www.cdc.gov/ncbddd/child/] (Centers for Disease Control and Prevention)
- Growth and Development [http://kidshealth.org/parent/growth/] (Nemours Foundation)

Latest News


Treatment

  Also available in Spanish [http://kidshealth.org/parent/en_espanol/crecimiento/speech_thrapy_esp.html]
Prevention/Screening


Specific Conditions

- Puberty and Precocious Puberty [http://www.nichd.nih.gov/health/topics/puberty/Pages/default.aspx] NIH (National Institute of Child Health and Human Development)

Also available in Spanish [http://kidshealth.org/parent/en_espanol/crecimiento/childs_growth_esp.html]

Related Issues

- Building Play Skills for Healthy Children and Families [http://www.aota.org/~/media/Corporate/Files/AboutOT/consumers/Youth/Play/Building%20Play%20Skills%20Tip%20Sheet%20Final.ashx] (American Occupational Therapy Association) - PDF

Also available in Spanish [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/Los_Ninos_y_los_Deportes_61.aspx]

Also available in Spanish [http://kidshealth.org/parent/en_espanol/emocciones/nightmares_esp.html]
- Sleepwalking (For Parents) [http://kidshealth.org/parent/growth/sleep/sleepwalking.html] (Nemours Foundation)

Also available in Spanish [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/Comienzo_de_la_Asistencia_a_la_Escuela_82.aspx]

Videos
- Sleep Changes in Children [http://healthysleep.med.harvard.edu/video/sleep07_ferber_changes] (Harvard Medical School)

Anatomy/Physiology
- Growth Charts (For Parents) [http://kidshealth.org/parent/growth/growth/growthCharts.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/general/growthCharts.esp.html]

Clinical Trials

Research
- Study of Early Child Care and Youth Development (SECCYD) [http://www.nichd.nih.gov/research/supported/Pages/seccyd.aspx] NIH (National Institute of Child Health and Human Development)

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Directories
- Verification of Certification [https://www.abp.org/MOCVerification/VerificationServlet] (American Board of Pediatrics)

Organizations
- American Academy of Child and Adolescent Psychiatry [http://www.aacap.org/]
- KidsHealth [http://kidshealth.org/] (Nemours Foundation)

Children
  Also available in Spanish [http://kidshealth.org/kid/en_espanol/sentimientos/peer_pressure.esp.html]
- Puberty and Growing Up [http://kidshealth.org/kid/grow/] (Nemours Foundation)
- Shyness [http://kidshealth.org/kid/feeling/thought/shy.html] (Nemours Foundation)
Also available in Spanish [http://kidshealth.org/kid/en_espanol/sentimientos/shy_esp.html]


Also available in Spanish [http://kidshealth.org/kid/en_espanol/sentimientos/self_esteem_esp.html]


Patient Handouts

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002002.htm]

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002014.htm]

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002015.htm]


  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/ency/article/001910.htm]

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001910.htm]

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002456.htm]

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002013.htm]

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002017.htm]

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001922.htm]

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The primary NIH organization for research on Child Development is the National Institute of Child Health and Human Development [http://www.nichd.nih.gov]

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