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Child and Their Development

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Abstract

We know that what life is. Being child is a period of life circle. If you want to know that what about child, then the term development comes automatically. Chide development is an important matter. There many problems become while developing a child. In this article, I will describe these points thoroughly. This discussion thus will be an important discussion about child.

Keywords: Idea; Child Development; Importance; Child Labor.

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1. Introduction

Early childhood is a critical period in development as rapid gains in physical, cognitive, and socioemotional domains constitute "building blocks" of children's later growth. The multiple domains of child development are also interlocked. Children's early experiences – the bonds they form with their parents and their first learning experiences – deeply affect their future physical, cognitive, emotional and social development. Evidence tells us that a person's life successes, health and emotional wellbeing have their roots in early childhood. We know that if we get it right in the early years, we can expect to see children thrive throughout school and their adult lives.

Both nature and nurture (genes and environment) influence children's development. The quality of a child's earliest environments and the availability of appropriate experiences at the right stages of development are crucial determinants of the way each child's brain architecture develops.

Caring and supportive environments that promote optimal early childhood development greatly increase children's chances of a successful transition to school. This, in turn, promotes children's chances of achieving better learning outcomes while at school and better education, employment and health after they have finished school.

2. Idea about Child

Biologically, a child (plural: children) is a human being between the stages of birth and puberty, or between the developmental period of infancy and puberty. The legal definition of child generally refers to a minor, otherwise known as a person younger than the age of majority. Biologically, a child is a person between birth and puberty, or the period of human development from infancy to puberty. Legally, the term child may refer to anyone below the age of majority or some other age limit. The United Nations Convention on the Rights of the Child defines child as "a human being below the age of 18 years unless under the law applicable to the child, majority is attained earlier". This is ratified by 192 of 194 member countries. The term child may also refer to someone below another legally defined age limit unconnected to the age of majority. In Singapore, for example, a child is legally defined as someone under the age of 14 under the "Children and Young Persons Act" whereas the age of majority is 21. In U.S. Immigration Law, a child refers to anyone who is under the age of 21. Children are placed for adoption only when it is determined that this is the best option for them. We have successfully coordinated the adoption of children of all ages and stages of development. The majority are aged one and older. These children come from a variety of backgrounds, from bands across Canada. Some have a birth parent who is African-Canadian, Caribbean, Caucasian, or of another background. Some are siblings, waiting for a family to adopt them together. Most of the older children

waiting for adoption have had painful experiences and need time to adjust to a new home. Others may have developmental or physical challenges. Not all children in the care of NCFST are available for adoption. Many are living temporarily with foster families while we work with their birth families to help them function better. Other children stay in long-term foster care as a matter of choice. Either they don't want to try adoption, or a judge has granted access to certain people in their birth families. This happens when it's thought that visits with relatives are more important to the child's wellbeing than breaking ties and starting a new life in an adoptive family. Because NCSFT workers have the opportunity to know and understand the children in their care, they help assess if adoption is in a child's best interests, and if so, what kind of home would meet the child's needs. If a child is old enough, he or she takes part in this decision. Etymologically, the term "child" comes from the Latin infants which means" the one who does not speak ". For the Roman, this term designates the child from its birth, up to the age of 7 years. This notion evolved a lot through centuries and cultures to finally designate human being from birth until adulthood. But this conception of the child was wide and the age of the majority varied from a culture to another. Children's rights were recognized after the 1st World war, with the adoption of the Declaration of Geneva, in 1924. The process of recognition of children's rights continued thanks to the UN, with the adoption of the Declaration of children's rights in 1959.

According to Professor Peter Jones of Cambridge university development of the brain continues long past legal definitions of adulthood so "to have a definition of when you move from childhood to adulthood looks increasingly absurd. It's a much more nuanced transition that takes place over three decades." Children go through stages of social development. Children learn initially through play and later in most societies through formal schooling. As a child is growing they are learning how to do some tasks in chronological order. They learn how to prioritize their goals and actions. Their behavior is transcending as they learn new perspectives from other people. They learn how to represent certain things symbolically and learn new behavior. Though the terms "baby," "newborn," and "infant" are frequently used synonymously, the exact definition depends on the source you consult. Newborn usually refers to a baby from birth to about 2 months of age. Infants can be considered children anywhere from birth to 1-year-old. Baby can be used to refer to any child from birth to age 4 years old, thus encompassing newborns, infants, and toddlers. Between birth to 1 year of age, babies grow and develop at an astounding rate. They learn to smile, roll over, sit up, wave, clap, pick objects up, crawl, babble, and some may even start saying a few words. They learn to bond with and trust their caregivers and they often understand more than they are able to communicate. Babies enjoy music, movement, and simple games like peek-a-boo. By the end of this period, many babies are standing up and walking around holding onto furniture, if not walking completely independently. They've also typically

tripled their birth weight and grown around 6 to 8 inches by the time they're a year old. As babies move into their second year of life, they become more mobile and more independent, exploring everything they can access. Nearly all children are walking by 18 months. They're also learning to talk, to identify and imitate the people around them, and to follow simple instructions. As they get older, they learn to express more emotions, speak in phrases and sentences and can help get themselves dressed and ready for the day. They enjoy simple games, songs, and rhymes, and they can start learning their colors, shapes, and alphabet. Like little sponges, toddlers soak up everything, so memorization comes fairly easily.

3. Child Development

Child development refers to the sequence of physical, language, thought and emotional changes that occur in a child from birth to the beginning of adulthood. During this process a child progresses from dependency on their parents/guardians to increasing independence. Child development is strongly influenced by genetic factors (genes passed on from their parents) and events during prenatal life. It is also influenced by environmental facts and the child's learning capacity. Child development can be actively enhanced through targeted therapeutic intervention and the 'just right' home based practice, recommended by Occupational Therapists and Speech Therapists. Child development entails the biological, psychological and emotional changes that occur in human beings between birth and the conclusion of adolescence, as the individual progresses from dependency to increasing autonomy. It is a continuous process with a predictable sequence, yet having a unique course for every child. It does not progress at the same rate and each stage is affected by the preceding developmental experiences. Because these developmental changes may be strongly influenced by genetic factors and events during prenatal life, genetics and prenatal development are usually included as part of the study of child development. Related terms include developmental psychology, referring to development throughout the lifespan, and pediatrics, the branch of medicine relating to the care of children. Developmental change may occur as a result of genetically-controlled processes known as maturation, or as a result of environmental factors and learning, but most commonly involves an interaction between the two. It may also occur as a result of human nature and our ability to learn from our environment. Promoting child development through parental training, among other factors, promotes excellent rates of child development. Parents play a large role in a child's life, socialization, and development. Having multiple parents can add stability to the child's life and therefore encourage healthy development. Another influential factor in a child's development is the quality of their care. Child care programs present a critical opportunity for the promotion of child development. The optimal development of children is considered vital to society and so it is important to understand the social, cognitive, emotional, and educational development of children. Increased research and interest in this field has resulted in new theories and strategies, with specific regard to

practice that promotes development within the school system. There are also some theories that seek to describe a sequence of states that compose child development.

4. Importance of Child Development

Observing and monitoring child development is an important tool to ensure that children meet their 'developmental milestones'. Developmental milestones (a 'loose' list of developmental skills that believed to be mastered at roughly the same time for all children but that are far from exact) act as a useful guideline of ideal development.

By checking a child's developmental progress at particular age markers against these arbitrary time frames, it allows a 'check in' to ensure that the child is roughly 'on track' for their age. If not, this checking of developmental milestones can be helpful in the early detection of any hiccups in development. This 'check' is usually carried out through child/mother services and Pediatricians as infants and toddlers, and later through preschool and school term skills assessments. As children grow older, they develop in several different ways. Child development includes physical, intellectual, social, and emotional changes. 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. You want the very best for your child — every parent does. But raising a child can be overwhelming. There are health concerns, safety issues, nutrition, self-esteem, education, and socialization. And that's just on a good day! And many parents even worry whether their child is growing and developing the way they should be. Don't worry. Every parent has the same issues and worries. But sometimes you just need a little help. That's why we're committed to making things easier for parents of any age and experience. We offer a wide variety of programs, services, resources, and professionals who can help you build a healthy and happy family. Every child grows and develops differently, doing things at their own pace. Children generally reach certain milestones in their life at roughly the same time, so we've got several pages that describe each of the major age milestones, and what usually happens at that time. Understanding these gives you the chance to help your child develop new skills and reach their full potential.

The earliest possible detection (and early intervention treatment if appropriate) of developmental challenges can be helpful in minimizing the impact these developmental hiccups can have on a child's skill development and subsequently their confidence, or serve as an indicator of a possible future diagnosis.

Developmental milestone checklists or charts are used as a guide as to what is 'normal' for a particular age range and can be used to highlight any areas in which a child might be delayed. However, it is important to be aware that while child development has a predictable sequence, all children are unique in their developmental journey and the times frames that they meet the many developmental milestones.

5. Child Labor

Child labor is the employment of children below the age of 14 years in any industry or business. Child labor is an illegal act and has been a big social issue in India for years. It is considered as exploitative for the future of children and country. Any type of job performed by the children in industries is difficult and demanding as well as more hazardous and morally reprehensible for them. Children have to perform a wide range of tasks and activities even after being of small age and low capacity. Child labor is an illegal act performed by the children in their little age by the involvement of some industrialists and businessmen all over India. Industrialists and businessmen generally chose child labor because of the efficient work in minimum time at low cost. And, children generally get involved in child labor because of their poverty and lack of education. People, who are very poor and cannot manage their two times food and clothes, become forced to send their kids and children to do some job at lowest payment instead of sending them to the school for education. According to the survey of 2001, it was found that approximately 90 percent of the children were involved in productive activities as a supplement to their family income (23.8%) or improving their family income (66%). Tasks or activities, which are not involved in affecting the health and personal development of children or interfering in their schooling, cannot be counted as child labor. They can be taken as positive and no need to be eliminated. However, all those activities, affecting a child in all aspects (health, personal development, schooling, etc), are needed to be eliminated. Generally, middle class children get involved in some simple house tasks and activities which help their parents in daily routine without affecting children's health and schooling. Such activities at home are considered to be necessary for children. However, all the activities that affect children's health, development and schooling, come under child labor. Child labor involves some hard tasks performed by children below the age group of 14 years at very low payment. Child labor is needed by some Industrialists and businessmen in the country who want efficient work at low minimum cost.

Child labor is also the need of poor people (living below the poverty line), who fail to manage two times food for them, send their kids and children to do some job even at very low cost. Such activities should be blocked urgently by the government by supporting the poor people. They should be motivated to send their kids to school and get proper education. It is needed to take some positive steps by both, government and well doing citizens to help poor people and their kids to be productive members of the Indian society in their adult life. Child labor is a big social issue in our country as well as abroad which everyone must be aware of. Let your kids and children know what is child labor, its causes and what prevention measures are. These child labor essay are written in very simple words especially for the use of children and students going to school. By using such essay on Child Labor, students can easily win the essay writing competition because all are written in very easy English language. Child labor is the crime to humanity which has become a curse to the society and big issue preventing the country growth and development. Childhood is the most memorable period of the life which everyone has right to live from birth. Children have full rights to play with friends, go to school, feel the love and care of parents and touch beauty of the nature. However, just because of the improper understandings of the people (parents, owners, etc), children are forced to live life of the elder. They are forced to arrange all the resources for life survival in their childhood. Parents want to make them very responsible towards their family in the early childhood of their kids. They do not understand that their kids need love and care, they need proper schooling and play with friends to grow properly. Such parents understand that their kids are the only property of them, they can use them as they want. But really, every parents need to understand that they have some responsibility towards their country too. They need to make their kids healthy in every aspect to make the future of the country bright. Parents should take all the responsibility of the family by own and let their kids to live their childhood with lots of love and care. The main causes of the child labor all over the world are poverty, parents, society, low salary, joblessness, poor living standard and understanding, social injustice, lack of schools, backwardness, ineffective laws which are directly affecting the development of the country, child labor means that children are forced to work like adults and take part in an economic activity. According to the ILO International Labor Organization the term is applied to people up to age thirteen, or seventeen in case of dangerous work. Only about a fourth of the ILO members have ratified the respective convention, but the age limits are generally accepted. Child labor refers to the employment of children in any work that deprives children of their childhood, interferes with their ability to attend regular school, and that is mentally, physically, socially or morally dangerous and harmful. Child labor is fundamentally different from casual work done by children, like guarding other children, or helping here and there. Child labor is forbidden in most countries. In some places minor boys and girls work in tea stalls, restaurants, hotels and other small shops. Some work in huge factories like brick factories. The main reason why child labor occurs is poverty.

6. Problems in Child Development

Problems in child development can arise due to: genetics, prenatal circumstances, the presence of a specific diagnosis or medical factors, and/or the lack of opportunity or exposure to helpful stimuli. Specific assessment by the best fit professional (which may initially be the GP or Paediatrician, and then Occupational Therapist, Speech Therapist, Psychologist and/or Physiotherapist) can provide clarity about the developmental issues and extent of concern as well as can help to formulate a plan to overcome the challenge(s). As the process of child development involves multiple skills developing simultaneously, there may then be benefit in consulting multiple professionals.

Overcoming the developmental challenges is crucial to maximising the ease and speed of development, minimizing the gap that occur between a child's ability and those of their same aged peers, the confidence of the child as well as the frustration that can be encountered by the child's parents and/or care-givers. Child development refers to the process through which human beings typically grow and mature from infancy through adulthood. The different aspects of growth and development that are measured include physical growth, cognitive growth, and social growth. Child development focuses on the changes that take place in humans as they mature from birth to about age 17. When we think of early childhood, we usually think of ABCs and 123s. This period of early childhood development lasts from two years of age through six years of age. Physically, our center of gravity shifts from the breastbone, where it was when we were infants, to the belly button. Our physical growth occurs much more slowly during this period as compared to the rapid growth that took place during infancy. We also increase dramatically in our fine and gross motor skills and are now able to run, jump, climb, and balance. We can also write letters and create very detailed drawings due to fine motor development. Cognitive processing speed increases, which allows us to advance in thinking, reasoning, and problem-solving, as well as master our native language. Social development advances as we learn to understand our own emotions and those of others; our earliest playmates tend to be chosen based on availability. During infancy and childhood, there are many important physical and developmental changes that take place, especially in the first year of life. Studies have shown that in healthy full-term children, "developmental milestones" are generally always achieved within certain age ranges. An important part of the general pediatric checkup is to make sure that your child is reaching these milestones within the appropriate age range.

Physical growth, which is generally measured in terms of height, weight and head growth, is also monitored carefully. Because growth and development are key/telling signs of a child's health, and because changes occur so rapidly during the first 18 months, check-ups need to be organized on a frequent, regular basis

during this important period of your child's life. As children get older, check-ups to assess growth and development are generally only necessary every 6 months, or once a year.

7. How to Develop a Child

Children represent the future, and ensuring their physical, socio-emotional and language and cognitive development ought to be a priority for all societies. Children are particularly vulnerable to malnutrition and infectious diseases, many of which can be effectively prevented or treated. Watching your child grow and develop is one of the most exciting parts of being a parent, especially in the early months when it seems every day brings a new skill. Knowing what to expect from your child will help you in many ways. If you're worried she is not reaching some milestones, you can mention it to your doctor. As well, if you know what skills to expect at a specific age, you can be sure to take steps to keep your child safe (for example, keeping dangerous objects well out of reach before your baby starts crawling). Although some might believe that talent is rare, psychologist Benjamin Bloom said otherwise after he investigated top performers in six talent domains: "What any person in the world can learn, almost all persons can learn if provided with the appropriate conditions of learning." Those appropriate conditions include five things: an early start, expert instruction, deliberate practice, a center of excellence, and singleness of purpose. Children can't ignite and stoke these talent factors on their own. Instead, as I argue in my 2019 book, "Nurturing Children's Talents: A Guide for Parents," children need a talent manager, most often a parent, to nurture talent growth. I make this case as an educational psychologist who specializes in learning and talent development. Let's take a closer look at these talent factors and parents' influence. Stay healthy while you are pregnant, and be aware that certain drugs can be destructive to your baby's brain in utero. Many children who were drug-abused in the womb struggle with severe learning problems and suddenly act with unprovoked aggressive behaviors. Studies have also revealed that cigarette smoking during pregnancy is linked with lower fourth-grade reading scores. Play is how children learn about themselves, other people, and world around them. Through play, children also learn how to solve problems and develop confidence —finding the ball behind the couch, getting the right shape into its hole, getting the jack-in-the-box to pop up. An infant who successfully presses a button on a toy that produces a pleasant sound is learning that he can make something happen. It is also through play that children learn how it feels to be someone else, to try on new roles and to work out complicated feelings. A two-year old who dresses up, playing a mommy going off to work, may be working out her feelings about separations. A three-year old playing Power Rangers may be practicing being more assertive, mastering fears or venting aggressive feelings. Let your child lead playtime—this will build his confidence, assertiveness, and leadership skills. Feeling useful and needed makes children feel important and builds confidence. Jobs should be age-appropriate. Very young children can sort laundry with you, help feed pets, water plants, and pick up toys. Be specific about what is expected. Say, "Please put a napkin on each plate," not "Help me set the table." Children are always keenly watching their parents for clues about what to do or how to feel about different tasks or social interactions. When it comes to learning how to manage emotions like hurt, anger, or frustration, you are their "go-to" person. If you can model persistence and confidence in yourself, your child will learn this too. Try new things and praise yourself aloud. "I was really frustrated putting up that shelf. It was hard to do. When it fell, I was mad. I rested and tried again. Now I'm proud of myself for getting the job done and not giving up."

If you can say to your child when you are angry, "I don't like that you threw that ball at me. I know you are angry and that's o.k. But throwing hurts. You can tell me why you are mad and hit this pillow if you have to do something with your body." You are not only addressing your child's behavior, and offering alternatives, but the way you are dealing with your anger gives your child a healthy model for coping with strong feelings.

8. Child's Growth

Growth not only involves length and weight of a body, but also includes internal growth and development. A child's brain will grow the most during the first five years of life, reaching 90 percent of its final size. Growth also affects different parts of the body at different rates; the head reaches almost its entire size by age 1. Throughout childhood, a child's body becomes more proportional to other parts of his or her body. Growth is complete between the ages of 16 and 18, at which time the growing ends of bones fuse. Physical growth refers to the increases in height and weight and other body changes that happen as kids mature. Hair grows; teeth come in, come out, and come in again; and eventually puberty hits. It's all part of the growth process. Physical growth refers to an increase in body size (length or height and weight) and in the size of organs. From birth to about age 1 or 2 years, children grow rapidly. After this time, growth slows. As growth slows, children need fewer calories and parents may notice a decrease in appetite. Two-year-old children can have very erratic eating habits that sometimes make parents anxious. Some children may seem to eat virtually nothing yet continue to grow and thrive. Actually, they usually eat little one day and then make up for it by eating more the next day. During the preschool and school years, growth in height and weight is steady. Children tend to grow a similar amount each year until the next major growth spurt occurs in early adolescence. Different organs grow at different rates. For example, the reproductive system has a brief growth spurt just after birth, then changes very little until just before sexual maturation (puberty). In contrast, the brain grows almost exclusively during the early years of life. The kidneys function at the adult level by the end of the first year. Children who are beginning to walk have an endearing physique, with the belly

sticking forward and the back curved. They may also appear to be quite bow-legged. By 3 years of age, muscle tone increases and the proportion of body fat decreases, so the body begins to look leaner and more muscular. Most children are physically able to control their bowels and bladder at this time. The first year of life is a time of amazing change during which babies, on average, grow 10 inches (25 centimeters) in length and triple their birth weights. Given all the growth that happens then, new parents might be surprised when their child doesn't continue to grow so fast after the first year. But no child continues the rate of growth of infancy. After age 1, a baby's growth in length slows quite a bit. By age 2, growth in height usually continues at a fairly steady rate of about 2½ inches (6 centimeters) per year until adolescence. No child grows at a perfectly steady rate throughout this period of childhood, though. Weeks or months of slightly slower growth alternate with mini "growth spurts" in most children. Kids actually tend to grow a bit faster in the spring than during other times of the year! A major growth spurt happens at the time of puberty, usually between 8 to 13 years of age in girls and 10 to 15 years in boys. Puberty lasts about 2 to 5 years. This growth spurt is associated with sexual development, which includes the appearance of pubic and underarm hair, the growth and development of sex organs, and in girls, the start of menstruation. By the time girls reach age 15 and boys reach age 16 or 17, the growth of puberty has ended for most and they will have reached physical maturity. Kids differ in growth and development during childhood. And as with adults, some kids are taller or shorter. Generally, girls hit puberty earlier than boys, though some girls might lag behind their peers in breast development or getting their first period. All of this is usually normal. Try to avoid comparing growth among siblings or other children. Drawing attention to height, for example, will only make kids feel selfconscious about their size. Encourage your kids to accept their own growth and development. Explain that some kids grow and develop at different rates — and late bloomers usually catch up eventually. Kids have many questions about growth, from why their teeth fall out to tough or embarrassing topics like breast development or sweating. Answer questions honestly and even start talks about growth to help kids understand the many changes they're facing. This will help them accept the changes positively. If you're uncomfortable discussing these topics, your kids may think there's something shameful about the changes they go through and might be less likely to bring their concerns to you. Kids who are short often face teasing by peers and may need help coping. You can help by supporting your child's self-esteem. For example, it might be hard for a small boy to make the football team. But focusing on alternatives, such as soccer or tennis, may make him feel better about himself and what he can do. Try to understand your child's feelings and keep the lines of communication open. Another way to boost your child's mood is to encourage activities that don't focus on height or weight. Special skills and individual qualities, such as musical talent or a love of literature, are things to be proud of too. Some parents worry about their child's growth and development. So it can be reassuring to know that most kids who are short or delayed in development are healthy and normal.

For example, shorter parents tend to have shorter children and not all kids develop at the same rate. If you have concerns, talk with your doctor. The doctor can examine your child, ask questions about your family history and, if needed, order tests to see if there's a medical condition affecting growth. The doctor may check your child's growth more often or refer your child to a pediatric endocrinologist (a doctor who treats growth disorders). By age 4 to 6 months, an infant's weight should be double their birth weight. During the second half of the first year of life, growth is not as rapid. Between ages 1 and 2, a toddler will gain only about 5 pounds (2.2 kilograms). Weight gain will remain at about 5 pounds (2.2 kilograms) per year between ages 2 to 5. Between ages 2 to 10 years, a child will grow at a steady pace. A final growth spurt begins at the start of puberty, sometime between ages 9 to 15. The child's nutrient needs correspond with these changes in growth rates. An infant need more calories in relation to size than a preschooler or school-age child needs. Nutrient needs increase again as a child gets close to adolescence. A healthy child will follow an individual growth curve. However, the nutrient intake may be different for each child. Provide a diet with a wide variety of foods that is suited to the child's age. Healthy eating habits should begin during infancy. This can help prevent diseases such as high blood pressure and obesity.

9. Solution to Problems of Child Development

There are three main reasons kids lie; to get attention, to avoid getting in trouble, and to feel better about themselves. Distinguishing the reason for the lie can help you determine the best course of action. When you catch your child in a lie, ask, "Is that what really happened or what you wish would have happened?" Give your child an extra consequence for lying. Emphasize the importance of honesty by creating a household rule that says, "Tell the truth." Praise your child when she tells the truth—especially when the truth could get her in trouble. Say something like, "I'm so proud of you for being honest about eating that cupcake after I said no. I'm still going to take away your video games today but because you told the truth you won't lose your game for tomorrow too." Your child's aggressive behavior might range from throwing a math book when he's frustrated over his homework to outright punching his brother when he's mad. Some kids become aggressive because they don't know how to handle their feelings in a socially appropriate way. Others are perfectionists who meltdown every time things don't go the way they planned. Aggressive behavior is normal for toddlers and preschoolers. But, aggression should be decreasing over time as your child gains new skills.

10. Conclusion

From the time they are born, children begin learning. Most of what they will learn how to do socially, emotionally, academically and behaviorally will come through imitating others. Early Childhood teachers play an important role in helping to shape young minds early, with important skills that will help them be

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successful in their educational careers. Helping to teach and empower the next generation for success is an important job should never be underestimated. At Athena Career Academy, we take great pride in offering a comprehensive Early Childhood Education program that provides teachers with the training needed to begin a successful career in education. Contact us today to get started.

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