

Family and Consumer Sciences Assessments (FCSA)

Child Development Study Guide

- **Parenting Skills and Responsibilities**

- Review parenting styles
- Investigate the legal rights and responsibilities of parents
- Relationship and communication skills needed for parenting
- Explore the parental responsibilities of educating children

- **Protection and safety of children**

- Recognize the signs of domestic violence;
- First aid and cardiopulmonary resuscitation skills;
- Community resources relevant to the care and protection of children, including childcare services, health care services, and organizations;
- Appropriate health care for children, including immunizations;
- Safety of children's cribs, toys, clothing, and food;
- Legislation and public policies affecting children.

- **Components of optimal prenatal care and development**

- Identify signs and stages of pregnancy;
- Analyze the effect of environmental and hereditary factors on fetal development, including prenatal brain development;
- Describe nutritional needs prior to and during pregnancy;
- Analyze appropriate medical care and good health practices prior to and during pregnancy;
- Explore technological advances
- Analyze the process of labor and delivery

- **Strategies for optimizing the development of infants, including those with special needs**

- Physical, emotional, social, and intellectual needs of the infant;
- The impact of the infant on the family in areas such as roles, finances, responsibilities, and relationships;
- Identify typical growth and development of infants such as brain development;
- Identify appropriate nutritional needs for infants

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- Advantages of breastfeeding.
- **Strategies for optimizing the development of toddlers, including those with special needs**
 - Physical, emotional, social, and intellectual needs of the toddler;
 - Create play activities such as mathematics, science, physical movement, outdoor play, art, and music that enhance a toddler's growth and development;
 - Identify patterns of typical growth and development of toddlers; and
 - Prepare snacks or meals that meet appropriate nutritional guidelines for toddlers.
- **Growth and development of preschool children, including those with special needs**
 - Physical, emotional, social, and intellectual needs of the preschool child;
 - Describe the role of play in a preschool child's growth and development;
 - Develop activities such as physical exercise or group play that meet developmental needs of preschool children;
 - Appropriate nutritional guidelines for preschool children
 - Identify appropriate licensing regulations for preschools
- **Growth and development of school-age children, including those with special needs**
 - Analyze the physical, emotional, social, and intellectual needs of the school-age child;
 - Role of the school environment on the growth and development of the school-age child;
 - The importance of individual and group identification to the growth and development of school-age children;
 - Appropriate activities for meeting developmental needs of school-age children such as physical exercise, language development, communication, listening skills, independence, conflict resolution, and self-discipline;
 - Careers involving school-age children