



1 COURSE OUTLINE

Course: Understanding Child Development (The Preschool Years): A Practical Guide

Contact Hours: 18

Pre-requisite: None

1.1 Abstract

Child Development and the Preschool Years is an introductory course designed to provide an understanding of the “preschool curriculum.” At the preschool level, children are only able to successfully transition to primary school if they are developmentally capable. As such, in this course, participants will be introduced to some developmental milestones that must be met to ensure successful completion of the preschool years. This course will also provide participants with tools to encourage, advance and observe child development.

1.2 Target Audience

This course is for parents, guardians and / or caretakers, currently fulfilling the role of preschool teacher, who desire a better understanding of how children develop in preschool, and ways to promote proper learning and learning outcomes throughout these academic years.

1.3 Learning Outcomes

At the end of this course, participants will be able to:

1. Identify milestones of child development within the preschool context.
2. Use the skills learned to observe children to foster development and learning.
3. Determine when and how to assist children to advance their development.
4. Effectively support children’s development.

1.4 Topics Covered

1. Fine and Gross Motor Development

- Visual Perception and spatial awareness
- Hand-eye coordination
- Bilateral coordination
- Problem solving and decision making
- Following instructions



- As a parent/guardian, what should I be doing to develop this growth? And why?
- Suggestions on how to observe and encourage this development

2. Pre-Writing Development (1/2)

- Three to five year old milestones of:
 - Use of crayons
 - Use of paintbrushes
 - Handedness
- As a parent/guardian, what should I be doing to develop this growth? And why?
- Suggestions on how to observe and encourage this development

3. Pre-Writing Development (2/2)

- Three to five year old milestones of:
 - Use of play dough
 - Use of scissors
 - Letter formation
- As a parent/guardian, what should I be doing to develop this growth? And why?
- Suggestions on how to observe and encourage this development

4. Cognitive Development

- Three to five year old milestones of:
 - Memory
 - Assimilation and curiosity
 - Executive functioning
 - Attention
 - Fantasy vs reality
 - Screen time
- As a parent/guardian, what should I be doing to develop this growth? And why?
- Suggestions on how to observe and encourage this development

5. Language Development and Storytelling (1/2)

- Three to five year old milestones of:
 - Speech
 - Grammar and vocabulary
 - Phonics
- As a parent/guardian, what should I be doing to develop this growth? And why?
- Suggestions on how to observe and encourage this development



6. Language Development and Storytelling (2/2)

- Three to five year old milestones of:
 - Open ended questions vs close ended questions
 - Storytelling and The Storytelling curriculum
 - Story book reading
- As a parent/guardian, what should I be doing to develop this growth? And why?
- Suggestions on how to observe and encourage this development

7. Social and Behavioural Development (1/2)

- Prosocial behaviour
- Peers vs friends
- Types and stages of socialisation
- Social learning theory
- As a parent/guardian, what should I be doing to develop this growth? And why?
- Suggestions on how to observe and encourage this development

8. Social and Behavioural Development (2/2)

- Attachment
- Parenting
- Operant and classical conditioning
- Process vs product
- As a parent/guardian, what should I be doing to develop this growth? And why?
- Suggestions on how to observe and encourage this development

9. Play

- Types of play
- How children play
- Developmental benefits of play
- As a parent/guardian, what should I be doing to encourage play? And why?
- Suggestions on how to observe play