

G is for **GROWTH AND DEVELOPMENT**

Understanding Growth and Development to Support Children's Learning

Research shows that knowing about growth and development helps guide quality early learning experiences. Read below to locate and access resources to help stay informed about developmental milestones and understand how to best support children's learning and development.

Strategies for Monitoring Children's Growth and Development

Here are four strategies and tips for monitoring children's growth and development.

1. Learn about developmental milestones and the age ranges when children typically achieve them.

- Visit websites like the [Centers for Disease Control](#) to see which important skills children learn from birth to age 5.
- Look at your state's [early learning foundations](#) or [standards](#) to see what children are expected to learn at different ages.
- Watch [videos](#) that show what different skills look like.

2. Keep track of children's growth and development.

- Use [developmental checklists or a milestone tracker](#) to track a child's growth and development.
- Use education assessments or [apps](#) to track a child's growth and development.

3. Share successes and concerns about children's growth and development.

- Write down successes, questions, and concerns about the child's growth and development.
- Share successes, questions, and concerns with others who interact regularly with the child, such as early learning and care providers.
- Schedule and attend routine well-child pediatrician visits to discuss the child's growth and development.

4. Learn about ways to support children's growth and development.

- Share ideas with others who interact regularly with the child and ask them to share their ideas about how to support growth and development.
- Watch examples and read about how to support growth and development in [everyday routines](#).

What We Are Doing

The Anita Zucker Center and our collaborators are helping families and practitioners learn how to monitor children's growth and development and to use strategies that will support children's learning and development in everyday routines.