**Developmental Skills**

Definitions | AGES 0-18 months

**Balance**
Balance comes from a combination of 3 things:
- Sensory Input – from our vision
- Proprioception – from our sense of touch: this tells us where our body is in space, or in relation to the things around us
- Vestibular System – in our inner ear: this detects gravity, linear movement & rotational movement

Good balance makes motor skill development easier, reduces the risk of injury & helps children focus better on intellectual tasks

**Body Awareness**
This is a sense of how one’s limbs, joints, and muscles work together and the ability to locate body parts without looking. Having Body Awareness helps as your child develops motor skills, both gross and fine; gains mobility; and learns how to eat, especially when feeding themselves.

**Cause & Effect**
How one action affects another. Experience with cause and effect helps a child learn how his/her actions create a result. (ex: when they toy truck is dropped from the high chair, it falls on the floor)

**Coordination**
Coordination is the ability to integrate all of the senses to produce a movement response that is smooth, efficient, and skillful, such as reaching for and grasping an object.

**Feelings**
Emotional Development is an ongoing process, guided by our everyday experiences. It means learning how and when to appropriately express emotions, how to recognize what we are feeling, and how to place those feelings into our lives. It also affects how we relate to, and interact, with others. We help our child develop emotionally, by providing a secure loving environment, learning to recognize and respond to their cues and talking to them about emotions.

**Fine Motor**
Fine motor skills are the skills that control the small muscles, especially in the hands. It begins with picking up small objects and progresses to using tools, such as spoons, pencils, or scissors.

**Gross Motor**
Gross Motor Skills focus on the large muscles of the body, especially the arms and legs. Anything that builds strength and/or control of these muscles helps your child learn to crawl, walk, run, lift, dance, etc.

**Problem Solving**
The ability to work out a solution to a mental or physical puzzle. A child solves a problem when he figures out how to fit a piece into a puzzle, stack nesting boxes, or open a package.

**Rhythm**
Babies are tactile-kinesthetic learners. This means they learn through touch and movement. By the time they reach preschool or kindergarten many babies have moved on to other learning styles, but they all start out this way. Movement to rhythms is the best way for babies to learn about patterns, and the steady control that will make them a smooth reader one day.

**Sensory - Auditory**
Most babies begin to hear while in the womb, and are born with a well-developed sense of hearing. What they need to develop after birth, is the ability to interpret what they hear.

**Sensory - Tactile**
Tactile discrimination is the ability to determine differences in shape or texture by touch. This helps children explore and understand their environment and recognize objects.

**Sensory - Visual**
Vision is something that babies develop over time. Just like walking or talking. In addition to improved depth and color babies need to develop the ability to: 1) Focus their eyes, 2) Move their eyes accurately, 3) Use their eyes together, 4) Process the visual information they take in

**Spatial Awareness**
Spatial Awareness means knowing where one’s own body is in relation to other people and objects. A child uses spatial awareness to crawl under a bed, crawl or walk between two objects, and generally move through space.

**Strength**
The development of muscles, especially those used for basic posture, sitting, creeping, crawling, pulling up, walking, climbing & running. The development of muscles, especially those used for basic posture, sitting, creeping, crawling, pulling up, walking, climbing & running.