



Child Development and Wellbeing

Foundations of Caregiver Support

Course Description

At the end of this training, you should have better understanding of the six domains of wellbeing, understand the four domains of child development, be able to recognize some of the major milestones of child development, and understand the principles of development.

The 'Child Development and Wellbeing' Training is one of a series of five introductory Foundations of Caregiver Support Trainings. You will also have the opportunity to participate in the other four trainings including;

- Colonization, Historic Trauma and Healing Training.
- Childhood Trauma, Stress and the Developing Brain.
- Core Story of Brain Development.
- Child Development and Wellbeing.
- Through the Lens of Loss & Grief.

Learning Objectives

At the end of this training, you should:

- Be familiar with the 6 domains of child wellbeing.
- Understand the four domains of child development.
- Understand why knowledge about child development is important.
- Understand the stages of development.
- Be familiar with some developmental milestones.
- Understand the 7 Principles of Child Development.

Key Messages

Our vision for infants, children and youth involved with CS is that they are nurtured by empathic, responsive caregivers who accept them as they are, respond to them in a developmentally appropriate manner, interpret their behaviour through a trauma informed lens and have an appreciation for the impact of loss and grief. We recognize that Indigenous infants, children and youth have a unique identity and culturally connected needs that must be supported by the adults in their lives.

This training explores what children need throughout their development and to ensure overall well-being including the need to/for:

- Feel safe & secure.
- Have their basic needs met – e.g., for food, shelter, warmth, sleep.
- Have a responsive and attuned adult who responds to them.
- Developmentally enhancing activities.
- Language rich environment.
- Have a consistent environment with the rhythms and routines of daily life that help them to feel safe and secure.
- Feel loved and nurtured.
- Have their emotions validated.

The six domains of well-being explored throughout this training are:

- Safety and permanence.
- Physical wellbeing.
- Cognitive wellbeing.
- Social and emotional wellbeing.
- A sense of belonging and purpose.
- Relationships.

Resources

Infant Mental Health Promotion

Link: <http://www.imhpromotion.ca/>

Centre on the Developing Child - Harvard University

Link: <http://developingchild.harvard.edu/>

Alberta Family Wellness Initiative

Link: <http://albertafamilywellness.org>

Center for Advanced Studies in Child Welfare

Link: <https://cascw.umn.edu/portfolio-items/wellbeing-indicator-tool-for-youth-wit-y/>

Centre for the Study of Social Policy

Link: <https://www.cssp.org/>