



CHILD DEVELOPMENT

Standard XI



The Coordination Committee formed by GR No. Abhyas - 2116/ (Pra. Kra. 43/16) SD-4 Dated 25.4.2016 has given approval to prescribe this textbook in its meeting held on 20.06.2019 and it has been decided to implement it from the educational year 2019-20.

Child Development

STANDARD XI



Maharashtra State Bureau of Textbook Production
and Curriculum Research, Pune 411 004



P8Y2B7

The digital textbook can be obtained through DIKSHA APP on a smartphone by using the Q.R.Code given on the title page of the textbook and useful audio-visual teaching-learning material of the relevant lesson will be available through Q.R.Code .

First Edition : ●

© Maharashtra State Bureau of Textbook Production and Curriculum Research, Pune - 4 ●

The Maharashtra State Bureau of Textbook Production and Curriculum Research reserves all rights relating to the book. No part of this book should be reproduced without the written permission of the Director, Maharashtra State Bureau of Textbook Production and Curriculum Research, 'Balbharati', Senapati Bapat Marg, Pune 411004.

Child Development Subject Committee

Dr. Smt. Ila Devchand Jogi - **Chair Person**
Shri. Dnyandeo Prabhakar Chabukswar - **Member**
Dr. Girish Vitthalrao Vaidya - **Member**
Smt. Honey J. Thakkar - **Member**
Smt. Manda Gajanan Maindarkar - **Member**
Smt. Maneesha Ashtaputre - **Member**
Dr. Smt. Sarita Kasaralkar - **Member**
Shri. Satish Ramkisanrao Surye - **Member**
Smt. Seethalakshmi.S - **Member**
Smt. Shilpa Gangatirkar - **Member**
Smt. Sudha Patni - **Member**
Smt. Surekha Rajendra Jogi - **Member**
Shri. Sushil Dwarkinath Mhaske - **Member**
Dr. Smt. Thulasi Bharat Bhushan
(**Member Secretary**)

Coordinator

Dr. Thulasi Bharat Bhushan

Expert Advisor

Dr. Smt. Vinita Dhananjay Apte

Production

Shri. Sachchitanand Aphale
Chief Production Officer
Shri. Prabhakar Parab
Production Officer
Shri. Shashank Kanikdale
Asst. Production Officer

Cover

Smt. Monica Yogesh Patankar

Illustrations

Shri. Deepak Sankpal
Shri. Chandrashekhar Joshi

Diagrams

Shri. Sandeep Koli

Paper : 70 GSM Creamwove

Print Order : N/PB/2019-20/5,000

Printer : S Graphix (I) Pvt. Ltd., Thane

Publisher

Shri. Vivek Uttam Gosavi
Controller

Maharashtra State Textbook Bureau,
Prabhadevi, Mumbai - 400 025

Chief Coordinator

Smt. Prachi Ravindra Sathe



The Constitution of India

Preamble

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens:

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

NATIONAL ANTHEM

Jana-gana-mana-adhināyaka jaya hē
Bhārata-bhāgya-vidhātā,

Panjāba-Sindhu-Gujarāta-Marāthā
Drāvida-Utkala-Banga

Vindhya-Himāchala-Yamunā-Gangā
uchchala-jaladhi-taranga

Tava subha nāmē jāgē, tava subha āsisa māgē,
gāhē tava jaya-gāthā,

Jana-gana-mangala-dāyaka jaya hē
Bhārata-bhāgya-vidhātā,

Jaya hē, Jaya hē, Jaya hē,
Jaya jaya jaya, jaya hē.

PLEDGE

India is my country. All Indians
are my brothers and sisters.

I love my country, and I am proud
of its rich and varied heritage. I shall
always strive to be worthy of it.

I shall give my parents, teachers
and all elders respect, and treat
everyone with courtesy.

To my country and my people,
I pledge my devotion. In their
well-being and prosperity alone lies
my happiness.

PREFACE

Dear students,

Welcome to standard XI. We have great pleasure in offering you this textbook on Child Development based on the new syllabus. This subject may seem unfamiliar to you. It is a scientific body of knowledge, which is interdisciplinary and has relevance to subjects like Biology, Psychology, Anthropology, Cultural studies, Sociology, and Neuroscience. One of the reasons that the subject has grown in importance is due to the need to improve the lives of children today.

In this subject this year, you will get an understanding of the scope, objectives, domains, the principles that underlie development and the factors that affect the growth and development of every individual. You will realize that the emotional, social and physical development of young children has a direct effect on their overall development and on the adult, they will become. That is why understanding the need to invest in very young children is so important as to maximize their future well-being.

While studying the concepts and principles, we have given some reflective activities to ensure that you associate it to daily life. So do go through these activities very carefully. The boxes in each chapter will give you an idea of some facts related to the topic and some interesting features to enhance your knowledge.

Child Development is a vast subject and we have given only a glimpse into this evidence based study. Make use of information available by using the QR code alongside the text. This will provide you with the related audio-visual materials and some further links to deepen your understanding of the topic. It will also help you in revising the topic when you need to solve the additional exercises and questions.

Please do give us your feedback about what you liked in this textbook and how you would like us to add further initiatives to enrich your knowledge.

Wishing you all, the best for the study of the new textbook.



(Dr. Sunil Magr)
Director

Maharashtra State Bureau of Textbook Production
And Curriculum Research Pune

Date : 20 June, 2019

Indian solar year : 30 Jyeshtha 1941

Std XI Child Development - Competency Statements

Student will be able to

1. Define Child Development
2. Understand the objectives of Child Development
3. Comprehend the concept of growth and development
4. Know the career options of Child Development
5. List and explain the domains of development
6. Enumerate the stages of development
7. Describe the characteristics of each stage of development.
8. Distinguish between growth and development
9. Elaborate the Principles of development.
10. Know the factors influencing development
11. Describe the Importance of Maturation and Learning.
12. Understand the reproductive system of male and female.
13. Become aware of the menstrual cycle.
14. Know the care and hygiene during menstruation
15. Define conception
16. Develop an awareness about signs and care during pregnancy
17. Clearly explain the stages of prenatal development
18. Explain the types of birth
19. Detail the factors affecting prenatal development
20. Describe the neonatal stage and the physical appearance of a newborn
21. Discuss the various adjustment of the neonate
22. Use key terms related to neonatal reflexes
23. Know about causes and effects of prematurity
24. Understand the aspects of physical and motor development.

25. Recognize and know the changes in physical structure from birth to two years.
26. Sequence in motor development
27. Discriminate between fine and gross motor skills.
28. Understand the meaning and importance of Cognition
29. Determine various mental process
30. Outline the stages of cognitive development
31. State the importance of infant stimulation and early intervention.
32. Differentiate and understand language and communication
33. Explain the importance and functions of language
34. Know and describe the Pre speech forms.
35. Recognise the basic components of emotion
36. Become aware of the milestones in emotional development.
37. Understand the development of emotions and evolution of emotion in children.
38. Get apprised of the manifestation and handling of children's emotions.
39. Understands the process of socialisation
40. Realize the impact of family and environment
41. Recognize the stages of social development during infancy
42. Recognise the need for care during infancy.
43. Understand the importance, advantages of breast feeding, weaning and supplementary feeding.
44. List the immunization schedule
45. State the importance and need for Toilet training.
46. Realize the significance of preventive care and safety

For Teachers ...

There is growing evidence about the nature and importance of Child Development that enables those who work with young children to know what they need most in order to thrive.

The objective of studying this subject is to ensure that we create a desire in students to seek more and learn more about the subject.

It is crucial to motivate learners by developing their ability to dig deeper into the subject, to think about events happening around them or with them.

In the process of learning and teaching, encouraging the students to introspect, observe, compare, discuss and share their thoughts needs to be given prime importance.

Eliciting what they know from the queries to assess their previous knowledge before initiating the topic to be learnt is an important consideration. You could add on and use your creativity and activities to introduce or expand the same.

Amazing, interesting facts have been incorporated to kindle and sustain student interest.

A warm, friendly informal and non judgmental attitude will ensure that students participate willingly and actively.

Consistent encouragement to ask questions will help students to find clarity and precision in what they learn.

Activities to recapitulate and consolidate their learning have been purposefully interspersed.

Further information, related reading and audio visual links are in the QR code.



INDEX

Chapter No.	Title	Pag No.
1.	Introduction to Child Development	1
2.	Principles of Development	13
3.	Reproductive System	29
4.	Prenatal Development and Care during pregnancy	41
5.	Neonatal Development (Birth to 15 days)	6
6	Infancy : Physical and Motor Development	77
7.	Infancy : Cognitive and Language Development	91
8	Infancy : Emotional Development	109
9.	Infancy : Social Development	122
10.	Care During Infancy	130
*	Related Activities and Projects	146
*	Glossary	150
*	Bibliography	158
*	Webliography	16