



# PARENT & CHILD DEVELOPMENT

## 5 PROTECTIVE FACTORS

Positive development grows through warm relationships, everyday moments, and clear information. When caregivers understand how children grow, they can respond with confidence, create supportive routines, and enjoy the small moments that help children thrive.

### Understanding Child Development

Children grow in stages, each bringing new skills and challenges. Development isn't a race—every child moves at their own pace. Big feelings, testing limits, or clinginess often mean a child is learning something new.

Knowing what's typical helps caregivers respond with patience, support learning through play, and notice when a child may need extra help.

### Everyday Ways to Support Growth


- ▶ Follow your child's cues to understand their interests and communication
- ▶ Create predictable routines that help children feel secure
- ▶ Offer simple choices to build confidence and independence
- ▶ Talk, read, and play together to support language and problem solving
- ▶ Name feelings and model calm to teach emotional expression
- ▶ Celebrate small steps to help children feel capable

### When to Reach Out

Every parent has questions. Reaching out doesn't mean something is wrong—it shows care and curiosity. You might reach out when you're:

- unsure about a behavior or milestone
- noticing changes in sleep, emotions, or routines
- wanting ideas for learning or big feelings
- needing help understanding your child's cues
- feeling overwhelmed and wanting someone to talk with

Support is available. You don't have to navigate questions alone.

 508-240-3310

 [capecodchildrensplace.org](https://www.capecodchildrensplace.org)

