

# Global Development : From Childhood to Adulthood

## Developmental Spheres

Throughout his/her life, a person gains knowledge and skills that will help him/her to adapt to his/her environment. He/she will develop physical, motor, cognitive, communication, independence, socioemotional and language skills.



Development is the global process in which the developmental spheres interact with each other simultaneously.

A person's development stems from his/her personal characteristics, his/her environment and the interaction between the two.

It's important to mention that the development of certain abilities may vary according to the individual or age. A delay is present when the skills are developed late and are outside of the expected individual variations.

References : <https://childdevelopmentinfo.com/child-development/#gs.83dpr2>,  
<http://www.portailenfance.ca/wp/modules/troubles-du-developpement/notions-essentielles/>, [http://www.unipsed.net/wp-content/uploads/2015/02/Lignes\\_directrices\\_sur\\_l\\_valuation\\_du\\_retard\\_de\\_d\\_veloppement.pdf](http://www.unipsed.net/wp-content/uploads/2015/02/Lignes_directrices_sur_l_valuation_du_retard_de_d_veloppement.pdf)

### Physical, Sensory and Motor Sphere

- Growth
- Hormonal changes
- Sexual maturity
- Fine motor skills
- Gross motor skills
- Puberty
- Body image
- Physiological needs
- Sensitivities

### Language and Communication Sphere

- Receptive language
- Expressive language
- Vocabulary
- Pronunciation
- Communication with others
- Monolingual, bilingual, multilingual
- Reading
- Telling of stories/events

### Cognitive Sphere

- Imitation
- Learning
- Understanding causal effect
- Problem solving
- Creativity
- Understanding of concepts
- Memory
- Interpretation of information
- Moral reasoning

### Adaptive Independent Sphere

- Answer to physiological needs
- Ability to respond to his/her own needs

### Socioemotional Sphere

- Attachment
- Concept of self
- Self esteem
- Personality and temperament
- Relationship with parents
- Relationship with peers
- Sexual identity
- Empathy
- Emotional regulation
- Conflict resolution





## Livres / Books

Aamodt, S., & Wang, S. (2012). *Welcome To Your Child's Brain*. Bloomsbury.

Boisvert, C. (2003). *Parents d'ados : De la tolérance nécessaire à la nécessité d'intervenir*. Éditions CHU Sainte-Justine.

Boisvert, C. (2008). *Que savoir sur mon ado?* Éditions CHU Sainte-Justine.

Delagrave, M. (2020). *Ados : Mode d'emploi*. Éditions CHU Sainte-Justine

Ferland, F. (2014). *Le développement de l'enfant au quotidien*. Éditions CHU Sainte-Justine.

Siegel, D.J., & Bryson, T.P. (2012). *The Whole-Brain Child. / Le cerveau de votre enfant*. Guy Saint-Jean.

Siegel, D.J. (2018). *Le cerveau de votre ado : Comment il se transforme de 12 à 24 ans*. Guy Saint-Jean.



## Internet

<https://www.cdc.gov/ncbddd/childdevelopment/facts.html>

<https://childdevelopmentinfo.com/#gs.7gyowf>

<https://www.child-encyclopedia.com/>

<https://www.inspq.qc.ca/publications>

<https://naitreetgrandir.com/fr/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2892678/>

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeId=1&ContentID=3051>



## Ressources / Resources

**Ligne Parents (24/7)** : 1-800-361-5085, <https://www.ligneparents.com/LigneParents>

**8-1-1**: Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

**Tel-Jeunes (24/7)**: 1-800-263-2266, text 514-600-1002, chat : <https://www.teljeunes.com/Tel-jeunes>

**Jeunesse, J'écoute - Kids Help Phone (24/7)**: 1-800-668-6868, text : 686868, <https://kidshelpphone.ca/>

**Suicide Action Montréal (24/7)**: 1-866-277-3553, <https://suicideactionmontreal.org/>

**L'Autre Maison Crisis Center (24/7)**: 514-768-7225, <https://centredecrise.ca/lautre-maison>

**West Island Crisis Center (24/7)**: 514-684-6160, <https://centredecriseoi.com/>

**Amis de la santé mentale - Friends for Mental Health**: 514-636-6885, <https://info@asmfmh.org>

