

# Child Development Bench Card

The Illinois Childhood Trauma Coalition has created this bench card to help Illinois judges ensure that children's interests and development are fully examined in cases related to child welfare, child abuse and neglect, juvenile delinquency, domestic violence, custody, placement, visitation and probate.

The goal of these questions is for judges to introduce child development issues, including physical, physiological, emotional, social and cognitive development concerns, into court proceedings. Ultimately, these questions will help judges determine if a child's development is normal or if any functional impairments need addressing.

For more detailed information about age-appropriate developmental milestones and other information resources, go to <http://lookthroughtheireyes.org>



This bench card was prepared by the Illinois Childhood Trauma Coalition with support from the Illinois Children's Mental Health Partnership.

## PHYSICAL

### **Is this child on track to meet developmental milestones for his or her physical development?**

Is the child demonstrating age-appropriate development of fine and gross motor skills, physical development, and coordination?

## PHYSIOLOGICAL

### **Is this child on track to meet developmental milestones for his or her physiological development?**

Is the child demonstrating age-appropriate and regular sleeping and appetite behaviors? Is the child demonstrating age-appropriate sensory and sexual development?

## EMOTIONAL

### **Is this child on track to meet developmental milestones for his or her emotional development?**

Is the child demonstrating age-appropriate behaviors associated with experiencing and expressing a full range of emotions, the ability to label and manage emotions, and an ability to sooth, calm and self-regulate/cope when distressed?

## SOCIAL

### **Is this child on track to meet developmental milestones for his or her social development?**

Is the child demonstrating age-appropriate abilities to form relationships with parents/families/caregivers and peers? Does the child demonstrate age-appropriate abilities for identifying emotions in others, such as showing empathy and compassion?

## COGNITIVE

### **Is this child on track to meet developmental milestones for his or her cognitive development?**

Is the child demonstrating age-appropriate abilities related to attention, memory, communicating using language, and impulse control? Does the child demonstrate age-appropriate abilities to plan, organize and follow through, self-identify (gender, culture, individual strengths), think abstractly, and sense right and wrong?

## FOLLOWING ROUTINES

### **Is this child on track to meet developmental milestones related to his or her ability to expect and follow routines and avoid risky behaviors?**

## DAILY LIVING

### **How well does this child function at activities of daily living, at school, at home, at work and in the community?**