



**Unit 2: Factors that influence the child's development**  
**Session 2: Biological and environmental factors**

**Learning checklist**

Here is a checklist of all of the topics we have covered in this Session. These topics will form part of your assessment for this qualification. You can use this checklist to make sure you are confident with your learning in each of these areas or to identify areas of learning you would like to revisit and improve upon; this will help you to be as prepared as possible for your assessment.

**1. Biological and environmental factors**

You will understand there are different biological and environmental factors that may affect the healthy growth and development of the child:

- Biological factors:
  - Inherited or health conditions:
    - Muscle structure
    - Hair and eye colour
- Environmental factors:
  - People, places, situations, circumstances and relationships that the child experiences at home or in the wider world:
    - Inner city: centre of the city
    - Rural: countryside
  - Socio-economic:
    - Income: poverty
    - Housing: standards
  - Family lifestyle:
    - Abuse
    - Neglect
    - Drug/alcohol abuse
    - Healthy diet
    - Poor diet
  - Opportunities for exercise
  - Stimulation:
    - Language rich environment: talking and interaction
    - Play experiences: indoor or outdoor, outside of the learning environment
  - Relationships:
    - With adults
    - With children



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**2. Effect of biological and environmental factors**

You will understand the possible short and long term effect of biological and environmental factors on the healthy growth and development of the child and how factors may affect the child in positive or negative ways:

- Biological:
  - Short term:
    - Limited learning opportunities
    - Limited concentration when at a childcare setting
    - Withdrawn social behaviour
    - Insecure/secure parental attachment
    - Inhibited relationships with others
  - Long term:
    - Reduced educational attainment
    - Limited range of career choices
    - Declining growth
    - Mental illness
    - Difficulty managing feelings
    - Not achieving age-related milestones
    - Achieving expected age-related milestones
- Environmental:
  - Short term:
    - Weight gain
    - Positive feelings of wellbeing
    - Illnesses and deficiencies
    - Meeting expected age-related milestones
    - Not meeting expected age-related milestones
    - Insecure/secure parental attachment
  - Long term:
    - Limited range of career choices
    - Thriving growth and healthy body weight
    - Nutritional deficiency
    - Pain
    - Successful educational achievement
    - Meeting expected milestones
    - Not achieving expected milestones
    - Positive emotional wellbeing