

ACTIVE LEARNING TEMPLATE: Growth and Development

STUDENT NAME Chloe Sylvester

DEVELOPMENTAL STAGE Infant

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

Birth - One year

weight: +1.5 lb/month
↳ double by 6mo: 16lb
↳ triple by 12mo: 22lb

height: +1 in./month x 6
+0.5 in./month x 6

head circ: $\frac{1}{2}$ in/mo x 6 mo
 $\frac{1}{4}$ in/mo x 6 mo

lay supine for sleep
prone for play

AF → closes @ 12-18 mo

PF → closes @ 2 mo

Cognitive Development

0-6 mo:

- cries/squeals
- imitate sounds
- watches faces
- loves to be held, cooed, talked to

6-12 mo:

- responds to simple commands
- one word talking
- solitary play
- separation anxiety worst between 10-18 months

Psychosocial Development

Erikson stage 1:

trust vs. mistrust

↳ trust basic needs are met

Age-Appropriate Activities

1-3 mo:

- rocking
- rattles
- mirrors
- mobiles

3-6 mo:

- teething rings
- squeaky toys
- pat a cake

6-9 mo:

- crawling
- bath toys
- soft blocks

9-12 mo:

- building blocks
- plastic bowls/cups

Health Promotion

Sleep: 14-15 hours daily w/ 9-11 overnight @ 4 mo
@ 12 mo - sleep through night + 1-2 naps

Immunizations

educate parents!
delayed vaxs can lead to risks of severe illness

contraindication to vax:

- severe febrile illness
- NOT a cold

- hep b
- flu
- pneumonia

Health Screening

nutrition
injury prevention
motor skills

Nutrition

human milk/formula ONLY

solids added > 6 mo

introduce 1 new food at a time q4-7 days

Injury Prevention

- anchor heavy objects to wall
- hold for feedings
- sleep = alone/supine, no blankets/toys
- always supervise near any amount of water
- cover outlets
- check water temp

Growth and Development

STUDENT NAME Chloe Sylvester

DEVELOPMENTAL STAGE Toddler

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development	Cognitive Development	Psychosocial Development	Age-Appropriate Activities
<p>1 - 3 years</p> <p>Weight: 4-6 lb/year ↳ @ 2 yrs → 27 lbs</p> <p>Height: 3 in/year ↳ @ 2 yrs → 34 in</p>	<p>15 mo</p> <ul style="list-style-type: none"> • can be away from parent • imitating parents <p>18 mo</p> <ul style="list-style-type: none"> • temper tantrums • express emotions • dependency on object <p>24 mo</p> <ul style="list-style-type: none"> • dress self • parallel play • pulls people to show <p>30 mo</p> <ul style="list-style-type: none"> • knows own sex • can go to toilet w/ help needed for wiping 	<p>15 mo</p> <ul style="list-style-type: none"> • 4-6 words • uses no • ask by pointing <p>18 mo</p> <ul style="list-style-type: none"> • 10+ words • says no A LOT • word combos <p>24 mo</p> <ul style="list-style-type: none"> • 300+ words • verbalizes needs <p>30 mo</p> <ul style="list-style-type: none"> • gives full name • names colors 	<p>rocking horse</p> <p>big-piece puzzles</p> <p>telephones</p> <p>bubbles</p> <p>talking toys</p> <p>Clay</p> <p>ball</p>

Health Promotion

injuries cause more deaths in toddlers than any other age group

dental → dentist by 1 yr, flossing/brushing by adult

Sleep → 11-12 hrs and 1 nap, create routine, wean off naps

Immunizations	Health Screening	Nutrition	Injury Prevention
<p>hep A</p> <p>tetanus</p> <p>flu</p>	<p>dentist</p> <p>well visits</p>	<p>3 meals, 2 snacks</p> <p>avoid popcorn, nuts, small hard candy, gum, big pieces of meat</p> <p>by 1 yr - should be able to eat the same as family</p> <p>may become picky or ritualistic @ meal time</p> <p>bit size pieces</p>	<p>Car: fear facing → 2 yo</p> <p>gates on stairs</p> <p>lock windows</p> <p>check toys for small parts</p> <p>child proof lids/locks</p> <p>always watch in water</p>

ACTIVE LEARNING TEMPLATE: *Growth and Development*

STUDENT NAME Chloe Sylvester

DEVELOPMENTAL STAGE Preschooler

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

3-6 years

Weight: 4.5-6.5 lbs/year

Height: 2.5-3.5 in/yr
* more in legs

Cognitive Development

3

- 900+ words
- 3-4 word sentences
- talks always

4

- 1500+ words
- names colors
- knows songs

5

- 2100+ words
- follow 3 commands
- names 4+ colors

Psychosocial Development

3

- dresses self
- feeds self
- fears (dark)

4

- shows off
- impatient
- independent

5

- less fears
- manners
- eager to please

Age-Appropriate Activities

Associative play:
group play - no rules

- jumping, climbing
- dramatic play
- less TV

Health Promotion

Sleep - 12 hrs/day no naps

manage frustration/aggression

Immunizations

required before
school begins

- flu
- MMR
- VAR

Health Screening

dentist
injury prevention

Nutrition

- variety
- balance intake w/ energy expenditure
- by 5 → more agreeable to try new foods
- ensure vitamin intake
- 5 servings fruit/veg/day

Injury Prevention

- helmets on bikes
- street safety
- booster seat → 12 yo

Growth and Development

STUDENT NAME Chloe Sylvester

DEVELOPMENTAL STAGE School-Age Child

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

6 - 12 years

Weight: 4.5-6.5 lb/yr

Height: 2 in/yr

6 - active, draw/paint

7 - cautious w/ new activities

8/9 - always moving, dresses self fully

10/12 - puberty changes

Cognitive Development

6 - 1st grade, L vs R, concept of #'s

7 - concept of time and grade

8/9 - days/weeks/months, read books, concept of change/minute

10/12 - reads for fun, writes stories, uses phone

Psychosocial Development

6 - rough play, will cheat, can share, more social

7 - group play, sexes split up to play, more time alone

8/9 - dramatizes, competitive, modesty, enjoys clubs/sports

10/12 - loves friends, interest in opp. sex, more affectionate

Age-Appropriate Activities

group play
sports

help w/ chores

solitary games

Health Promotion

monitor for signs of bullying

Immunizations

- Tdap
- flu
- meningococcal
- HPV

Health Screening

scoliosis
sight/hearing

Nutrition

model healthy behavior
no food rewards
physical activity

Injury Prevention

- pedestrian safety
- sport safety
- swimming
- encourage exercise

Growth and Development

STUDENT NAME Chloe Sylvester

DEVELOPMENTAL STAGE Adolescent

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

12 - 18 years

girls - puberty 8-13

- pubic hair
- breast enlargement
- menstruation

boys - puberty 9-14

- enlargement of testes
- hair growth
- voice changes

Cognitive Development

11-14

- trying out roles
- ↓ self esteem
- conformity to "norms"

15-17

- rich fantasy life
- self centered
- idealistic

18-20

- mature sexual identity
- social roles defined

Psychosocial Development

11-14

- more close friends
- struggle role in friend group

15-17

- beyond norms set by friend group
- fear of peer rejection
- explore opp. sex

18-20

- lasting relationships
- individual friendships become more important

Age-Appropriate Activities

Sports
reading
music

interactions w/ friends

Health Promotion

Sleep - increases, stay up later, sleep in earlier, emphasize importance

Immunizations

- HPV
- flu

Health Screening

mental health

Sex ed

n/w/BMI

Nutrition

- ↑ nutrients
- avoid equating food - reward
- emphasize activity
- healthy meal + snack choices

Injury Prevention

Sunscreen

Storage of guns

Seatbelts

Safety gear for sports

ACTIVE LEARNING TEMPLATE: *Growth and Development*

STUDENT NAME Chloe Sylvester

DEVELOPMENTAL STAGE Young Adult

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development	Cognitive Development	Psychosocial Development	Age-Appropriate Activities
18 - 30 years growth stops - 20	high order cognitive operations Completed developing - critical thinking = peak	• Struggle between continuing the irresponsibility of adolescence + commitments of adulthood • Intimacy vs. Isolation	* major task = form intense + lasting connections 3 relationships ↳ choose partner ↳ start family ↳ set values differ from nuclear family

Health Promotion

Immunizations	Health Screening	Nutrition	Injury Prevention
flu tetanus	STDs routine exams contraception use substance use	balanced with exercise	• avoid substance abuse • never drive impaired • seat belt

ACTIVE LEARNING TEMPLATE: *Growth and Development*

STUDENT NAME Chloe Sylvester

DEVELOPMENTAL STAGE Middle Adult

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development	Cognitive Development	Psychosocial Development	Age-Appropriate Activities
30 - 65 years Changes based on diet, exercise, rest, genetics ↓ skin turgor + subq fat, ↓ muscle mass, bone density	does not advance reaction time ↓ Stored knowledge remains intact	role changes: kids leave house work = importance midlife crisis → may feel bored or unsatisfied	major task - achieve lifelong goals

Health Promotion
major life changes & responsibilities
↳ manage stress

Immunizations	Health Screening	Nutrition	Injury Prevention
flu pneumococcal	menopause depression marital changes sexual identity colon cancer obesity type 2 diabetes eye exams	balance with activity	• avoid substance abuse • never drive impaired • seat belt

ACTIVE LEARNING TEMPLATE: **Growth and Development**

STUDENT NAME Chloe Sylvester

DEVELOPMENTAL STAGE Late Adult

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development	Cognitive Development	Psychosocial Development	Age-Appropriate Activities
65 yrs - death ↓ bone density ↓ Co arthritis cancer	possible onset of dementia decreased memory ? recall impaired attention ? problem solving skills	Integrity vs. despair · reflection on life, goals met, career	walking activity w/ family hobbies

Health Promotion

struggle w/ relying on assistance for ADLs, maintain optimal QOL

Immunizations	Health Screening	Nutrition	Injury Prevention
flu pneumococcal herpes zoster	prostate hearing vision cholesterol diabetes obesity substance use	↑ vit D, B12, fiber, calcium ability to purchase food influenced by cost, immobility, depression, etc. nutrient dense foods →	assistive devices no throw rugs good house lighting also @ night assistance from *prevent falls*