

Growth and Development

STUDENT NAME Amanda Benson

DEVELOPMENTAL STAGE Infant (1 month - 1 yr)

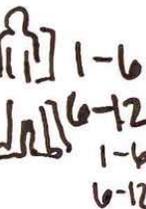
REVIEW MODULE CHAPTER _____

- Cephalo caudal development

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

- rapid growth
- wt gain: 1.5 lbs per month, doubles by 4-6 mos (male 14kg)
- Birth wt triples by 12 mos (21-22 lbs)
- ↑ Ht 1" per month
- ↑ Ht .5" / month
- Head: .5" / month
- 1/4" / month
- post fontanel close by 2 mos



- Ant font: close 12-18 m

Cognitive Development

- language development
- understands simple commands
- responds
- sign language
- respond to stimuli turns head by 3 mos
- communicate w/ crying
- object permanence

Psychosocial Development

- loves to be held
- smiles at, cooed
- makes face
- watches others
- solitary play
- anxious w/out parents
- separation anxiety (10-18 mc)

Age-Appropriate Activities

- grasping
- standing
- rolling
- crawling
- sitting unsupported
- crawling w/ help or walking
- feet to mouth
- turn book pages

Health Promotion

Sleep: nocturnal by 3-4 mos. 14-15 hrs asleep daily, 9-11 hrs @ night by 4 mos. 1-2 naps per day by 12 mos

Immunizations

- important
- ↳ weak immune system
- delay poses risks
- possibly req'd for school
- * contraindications
- ↳ severe illness
- ↳ immunocompromised NO LIVE vacc.
- BIRTH: Hep B
- 2 mos: DTaP
- Rotavirus
- Polio, Hib, PCV, Hep B

Health Screening

- hearing (in hospital)
- reflexes

Nutrition

- 0-1 yr: human milk or formula
- solids @ 6 mos
- 10-12: head control
- teeth, hand-eye
- introduce 2 @ a time 4-7 days between

Injury Prevention

- Bodily harm
- ↳ sharp objects out of reach
- ↳ cords, plug covers, sharp corners
- anchor furniture
- aspiration
- suffocation: nothing in crib, balloons / bags
- car crash: rear-facing
- falls
- poisoning

Drowning

ACTIVE LEARNING TEMPLATE: **Growth and Development**

STUDENT NAME A Benson

DEVELOPMENTAL STAGE Toddler (1-3)

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

- Ant fontanel close by 18 m
- 4-6 lb / yr wt.
- 3 in / yr ↑
- Birkhoff quadruple by 2.5 yrs
- Elongation of UGS

Cognitive Development

- Sensorimotor to preoperational
- object permanence
- remember events
- symbolize objects
- people, imitate
- Language
- 24m: 300 words
- can speak 3-2 word phrases

Psychosocial Development

- Autonomy vs Shame/Doubt
- independence
- Separation anx
- regression
- MORAL DEV
- parallels cog Dev.
- Egocentric: own pt of view
- good = reward
- bad = punishment
- self-concept

Age-Appropriate Activities

- contribute to self-care
- dressing, feeding
- toilet training
- walking
- stairs
- cup use
- build tower
- jumping: both feet
- manage spoon
- parallel play
- temper tantrum
- choices
- toileting
- fill/empty containers
- blocks
- books
- push/pull toys
- Ball

by 3, should be able to accept separating from primary care giver for short periods

Health Promotion
 Ensure safety, allow exploration.
 Injury prevention

Immunizations

- Hep A . PCV
- Hep B
- diphtheria
- tetanus
- pertussis
- measles
- mumps
- rubella
- varicella
- polio
- flu
- Hib

Health Screening

- lead levels in blood draw
- Safety in the home
- Dental health

Nutrition

- picky, want favorites
- No more than 2-3 cups milk per day
- limit juice
- serving size: 1 tbsp for each year
- Avoid unhealthy & choking hazards (hot dogs, grapes, raw carrots)

Injury Prevention

- Aspiration: no sm objects, no balloons
- Bodily harm: sharp objects, animals
- Burns: bath, turn down thermostat, smoke detectors, outlets, sunscreen
- Drowning: bathtub, toilets, pool/water, swim lessons
- Falls: Doors/windows locked, crib mattress in low position, safety gate
- Cars: correct seat
- Poisoning: lead,
- Suffocation

ACTIVE LEARNING TEMPLATE: **Growth and Development**

STUDENT NAME A Benson

DEVELOPMENTAL STAGE Preschooler (3-6)

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

- gradual
- posturally erect
- sturdy, graceful
- wt: 4.5-6.5 lb/yr
- ht: 2.5-3.5"/yr

Cognitive Development

- return demonstrate
- avoids 'Hot'
- tower 1-10 blocks
- 3-4 words together
- conversation
- 900 words - 2100
- Preoperational phase
- make judgements
- intuitive thought
- TIME

Initiative vs. Guilt

Psychosocial Development

- able to be calmed after being left w/ others
- plays w/ other kids
- dresses self
- parallel play (3)
- independence (4)
- trustworthy (5)
- Associative play (4-5)
- moral development
- Body-image chg

Age-Appropriate Activities

- Ball
- puzzles
- tricycles
- pretend / dress-up
- role playing
- hand puppets
- musical toys
- painting, drawing
- coloring
- pools, sand
- skating
- cooking

Health Promotion

Play, safety (injury prevention), prep for school

Immunizations

4-6: DTap
measles, mumps, rubella (MMR)
varicella, polio

3-6: Flu

Health Screening

- Vision @ preschool
- physical exam

Nutrition

- 1200-1400 calories/day
- Fmicky before age 5
- 13-19g/day protein
- 700-1000mg/day Ca
- 19-25g/day fiber
- 5 servings of veg
- 2 hr to screen
- 1 hr physical activity
- 0 sugar-swt bev

Injury Prevention

Body harm: protective equip, stranger danger, no firearms

Burns: hot water, set below 420°F, smoke detectors, guns, screen

Drowning: bathtubs, pool, etc

Cars: seat-forward to booster until 8-12 yrs

Street safety

Poisoning: lead paint, plants, locked cabinets, meds

ACTIVE LEARNING TEMPLATE: Growth and Development

STUDENT NAME Abenson

DEVELOPMENTAL STAGE school-age child (6-12)

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development
 Wt: 7lb/yr
 Ht 2"/yr
 Fine/gross motor
 - better coordination, refined movements
 - permanent teeth
 - puberty

Cognitive Development
 - Concrete operations
 ~ wt/volume unchanging, analogies
 time, emotions, self-motivated language: definitions, grammar, multiple meanings, word connections, jokes/riddles

Psychosocial Development
 Erikson: identity vs inferiority
 - ↑ self-worth are motivating
 - stress
 - fear of ridicule
 - moral: will bend rules/not understand reasoning
 latter → law & order
 self-concept dev:
 need encouragement
 Body-image solidifies
 Edu on curiosity

Age-Appropriate Activities
 competitive/cooperative play
 6-9: board, video, # games, hopscotch, jump rope, collecting, bikes, building art, team sports
 9-12: crafting, books, building, hobbies, puzzles, video games, sports, musical instruments

school, community peers, friendships → allow kids to keep up w/ school work today's skills + knowledge, maintain sense of accomplishment

* Bullying

Health Promotion
 maintenance education essential to promote healthy choices, prevent illness, Latent-key kids

Immunizations
 - Diphtheria
 - tetanus
 - pertussis
 - HPV
 - Hep A/B
 - MMR
 - varicella
 - flu
 - polio
 - meningococcal
 - pneumococcal (↑ risk)

Health Screening
 - scoliosis

Nutrition
 - By end, eat adult servings w/ snacks
 - obesity pre-disposes for disease, ↓ self-esteem, ↓ discipline
 - food reward
 - physical activity
 - balanced diet
 * Dental health brush/floss daily

Injury Prevention
 Bodily harm:
 - firearms
 - safe play areas
 - stranger danger
 - helmets/pads
 Burns:
 - fire safety
 - sunscreen
 Drowning:
 - water near water
 - swimming skills
 Cars: booster 4'3" in back
 Substance/poison
 - cleaners/chemicals over
 - say no to drugs
 - X smoking

ACTIVE LEARNING TEMPLATE: **Growth and Development**

STUDENT NAME Arbenson

DEVELOPMENTAL STAGE Adolescence (12-20)

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

- gain final 20-25% HT during puberty
- acne
- F: Stop growing 2-2.5 yrs after menarche
 - 2-8 in, 15-55 lb
 - breasts, pubic hair, axillary hair, menstruation

- M: stop growing 18-20
- 4-12"
- 15-16 lb
- testes / scrotum
- pubic hair
- axillary
- facial
- ↓ voice

Cognitive Development

- P: Formal Ops
- think about 2+ categories
- evaluate quality of thought
- imaginative
- formal logic
- abstract
- Language: can communicate easily

Psychosocial Development

- E: Identity vs role confusion
- try diff roles/exp to develop sense of personal ID
- group ID
- Psych Health: swings/variations in emotions common
- introspection ↑
- emotional stability
- anger mgmt

Age-Appropriate Activities

- nonviolent Vets
- music
- sports
- caring for pet
- career training
- reading
- socializing

Sex ID: experimentation
Autonomy, Risky behavior
Body-image

Health Promotion

Sleep @ least 9 hrs / night, avoid deprivation
Mental health

Immunizations

- catch up on anything not received 11/12
- seasonal flu
- meningococcal
- COVID-19

Health Screening

- scoliosis
- HT / WT - BMI
- BP checks for HTN
- Hgb / Hct
- lipids
- STIs

Nutrition

- Rapid growth ↑ metabolism = ↑ nutrients, can't tolerate caloric restrictions
- over / under eating an issue

Injury Prevention

- Bodily harm
- screen for depression, anxiety, suicidal ideat.
- substance use
- NO firearms
- proper sp. equipment
- water or drug in mood
- Bullying
- Car Safety: seat belt & no cell phones
- substance use disorder
- Sexuality: provide education, prevent pregnancy

ACTIVE LEARNING TEMPLATE: **Growth and Development**

STUDENT NAME Arbenson

DEVELOPMENTAL STAGE Young Adult (20-35)

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

- Cardiac output, efficiency peak
- Senses peak
- Optimal muscle functioning 25-30
- Childbearing
- Preg changes

Cognitive Development

- P: Formal ops
- critical thinking
- memory peaks in 20s
- ability for creative thought increases
- values relevant
- decision-making skills flexible

Psychosocial Development

- E: intimacy vs isolation
- can take on more responsibility
- occupations relate to goals/dreams
- exploring/exp. moral, personalize values/beliefs
- Healthy self-concept by avoiding substance use disorder
- family formation
- interactions w/ family/friends

Age-Appropriate Activities

- socializing
- VEs
- occupation

leave home, close friendships

Health Promotion

@ risk for: substance use disorder, periodontal disease, unplanned preg, STIs, infertility, work-related injury, violent death

Immunizations

- seasonal flu
- Tdap
- catch up on any vax not given before

Health Screening

- get PCP for age-related guidelines
- contraception use
- Routine HC visits

Nutrition

- monitor Ca & F
- my plate guide for nutrition
- vecs

Injury Prevention

- Avoid alcohol, tobacco, drugs
- no driving under the influence
- seat belt
- helmet

Growth and Development

STUDENT NAME Arbenson

DEVELOPMENTAL STAGE Middle Adult (35-65)

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development	Cognitive Development	Psychosocial Development	Age-Appropriate Activities
<p><u>Decreases:</u></p> <ul style="list-style-type: none"> - skin turgor + moisture - sub Q fat - melanin in hair - hair + auditory (↑ pitch) - visual acuity - taste - skeletal muscle - H₂O, Ca / bone density - bone elasticity - vital capacity - lg intestine / gastric secretions glucose tolerance 	<p>P: Formal Ops</p> <ul style="list-style-type: none"> - reaction time / speed of performance slow - memory intact - stored knowledge - fluid intelligence declines 	<p>E: generativity vs stagnation</p> <ul style="list-style-type: none"> - use life as opp for creativity / productivity - concern for others - parenting - contribute to well-being of next gen Moral: advanced self-concept: menopause sexuality, depression inhibitory, marital changes sex drive ↓ 	<ul style="list-style-type: none"> - working - parenting - caring for family members

Health Promotion

@ RF alterations in health: obesity, type 2 diabetes, CV disease, cancer, substance use disorder, psychosoc. stress

Immunizations	Health Screening	Nutrition	Injury Prevention
<ul style="list-style-type: none"> - seasonal flu - Tdap - zoster - pneumococcal catch up: Hep A/B, MMR2, varicella, mening 	<ul style="list-style-type: none"> - DXA scan - eye exam 2-3 yrs - mental health 	<ul style="list-style-type: none"> protein ↑ grains / fruit / veg - ↓ fat / choles - ↑ vit D / calcium 	<ul style="list-style-type: none"> - avoid substances - avoid driving under influence - seat belt - helmet

Growth and Development

STUDENT NAME ABenson

DEVELOPMENTAL STAGE Late Adult (65+ yrs)

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Slow reaction
to touch
senses
adjust
of eyes
inability
to hear
pituitary
glands
enzymes,
motility

Physical Development

↓ Ht, muscle tone

- Integ:

- ↓ skin turgor, subQ fat, CT, wrinkles/ dry skin
- thin/gray hair
- thickened nails

Cardio/Pwm

- ↓ heart, cilia activity
- V capacity → Resp inf.
- ↓ cardiac output
- ↓ periph circulation
- ↑ BP

Cognitive Development

P: Formal ops

- ↓ speed, maintain function
- slowed neuro transmission → reaction time
- Delirium, dementia, depression

Psychosocial Development

E: Integridus despair

- retirement
- changes in fam structure
- losses
- face death
- self-concept: hard to see self as aged
- stay independent

Age-Appropriate Activities

- Reading
- socializing
- gardening
- retiring

Health Promotion

Risks: CV disease, mobility affected, mental health disorders, stroke, DM, cancer, incontinence, abuse/neglect, eye probs, pain, dental hygiene

Immunizations

- Dtap
- varicella
- Pw
- herpes
- pneumococcal
- Hep A/B @ 65
- Hib
- single shingles dose @ age 60

Health Screening

- hearing annually
- fecal occult
- Digital-rectal prostate
- DXA
- eye
- mental health
- cholesterol
- Diabetes

Nutrition

- ↓ in nutrition
- ↓ metabolism
- ↑ caloric rate to maintain
- ↑ vitamins
- ↑ fluid
- multivitamin
- Na, alc, fat
- ↑ socialization during mealtime
- phys activity to promote independence

Injury Prevention

- therapeutic comm
- touch
- reality orientation
- validation
- reminiscing
- help w/ phys appearance
- use assistive devices
- nails
- no throw rugs
- no clutter, wires
- safe meds
- lighting
- avoid drinking