

ACTIVE LEARNING TEMPLATE: **Growth and Development**

STUDENT NAME Kimberly Joseph  
 DEVELOPMENTAL STAGE Infant (Birth - 1 year)

REVIEW MODULE CHAPTER \_\_\_\_\_

**EXPECTED GROWTH AND DEVELOPMENT**

**Physical Development**

- Wt. gain of 1.5 pounds per month
- Wt. doubles by 2-6 mos. of age (Avg = 16 pounds)
- Wt. triples by 1 yr (Avg = 21-22 pounds)
- ↑ ht 1 inch during 1st 6 mos.
- disproportionate short-legged / bowlegged

**Cognitive Development**

- loves to be held, talked to, cooed, smiled at
- makes faces
- cries for displeasure
- Laughs out loud
- makes coo sounds
- understands mama or dada
- understands simple commands

**Psychosocial Development**

- enjoy watching faces
- watches what goes around them
- talks when others talk
- Responds to simple commands
- solitary play
- separation anxiety

**Age-Appropriate Activities**

- Roll side to side
- sit erect w/o support
- turn from belly to back
- grasp objects
- bangs cubes
- Reaches for objects
- grabs feet
- pulls self up to standing position
- can turn pages of book
- build blocks

**Health Promotion**

Nocturnal sleep patterns normalize around 4 mos. sleep 14-15 hrs daily, 9-11 hrs overnight by 4 mos. day/night they sleep through nights

**Immunizations**

Posterior fontanel closes by 2 mos.  
 anterior fontanel closed by 18 mos.  
 back to sleep cephalo caudal development head-7 trunk-7 lower extremities

- stress importance to parents
- Required vaccines for school entry

**Health Screening**

- newborn screening
- growth measurements
- developmental/behavioral
- TB, oral health

**Nutrition**

- 1st year - human milk or infant formula
- add solids after 6 mos. of age
- introduce infant cereal after 6 mos
- introduce 1 food at a time

**Injury Prevention**

- keep sharp objects out of reach
- anchor heavy objects to wall
- anything that can fit to toilet paper roll could be swallowed
- don't pop bottles
- MVC (rear faced car seats)
- check bath temp.
- electric outlets
- supervise in bathtub / swimming pools

• building fine motor skills

• Proximal distal development (neck -> far midline to periph)  
 • standing walking. Hand eye coordination

# Infant Remediation:

- separation anxiety will occur. Remind parents this is normal for this age group
- develops sense of attachment to primary caregiver
- can identify when parent/caregiver is in room

Injury Prevention  
• keep sharp objects out of reach  
• use stair gates  
• use car seat properly  
• use pool covers  
• use gates at top and bottom of stairs  
• use gates at end of beds

Nutrition  
• 1 year - transition to milk-vegetarian  
• 1 year - solid foods  
• 1 year - 2 cups of milk  
• 1 year - 1/2 cup of fruit  
• 1 year - 1/2 cup of vegetables

Health Screening  
• 1 year - hearing  
• 1 year - vision  
• 1 year - dental  
• 1 year - lead  
• 1 year - iron

Immunizations  
• 1 year - measles, mumps, rubella (MMR)  
• 1 year - diphtheria, tetanus, pertussis (DTaP)  
• 1 year - polio (IPV)  
• 1 year - Hib (Haemophilus influenzae type b)  
• 1 year - pneumococcal (PCV13)  
• 1 year - hepatitis A (HepA)

Developmental Milestones  
• Gross Motor Skills  
• Fine Motor Skills  
• Language Skills  
• Social Interaction Skills

Check back for updates

Active Learning Templates  
• Growth and Development  
• Infant Remediation

# Growth and Development

STUDENT NAME Kimberly Joseph  
 DEVELOPMENTAL STAGE Toddler (Age 1-3 y.o)

REVIEW MODULE CHAPTER \_\_\_\_\_

## EXPECTED GROWTH AND DEVELOPMENT

<p><b>Physical Development</b></p> <ul style="list-style-type: none"> <li>• Avg. wt. gain is 4 lbs per year</li> <li>• Avg wt @ 2 y.o = 27 lbs</li> <li>• Ht = 3 inches per year</li> <li>• Avg ht of 2 y.o = 34 in</li> <li>• walks w/ help</li> <li>• climbs up stairs</li> <li>• picks up object w/o falling</li> <li>• jumps w/ both feet</li> </ul>	<p><b>Cognitive Development</b></p> <ul style="list-style-type: none"> <li>• begins awareness of ownership</li> <li>• notices sex differences</li> <li>• kisses &amp; hugs parent</li> </ul>	<p><b>Psychosocial Development</b></p> <ul style="list-style-type: none"> <li>• Says 4-6 words</li> <li>• head shaking gesture as no</li> <li>• points to common objects</li> <li>• form word combinations</li> <li>• separates easily from parent</li> </ul>	<p><b>Age-Appropriate Activities</b></p> <ul style="list-style-type: none"> <li>• Rocking horse</li> <li>• shovel &amp; bucket</li> <li>• toy telephones</li> <li>• bubbles</li> <li>• puzzles w/ large pieces</li> </ul>
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**Health Promotion**

- portion & chop food up to prevent choking
- encourage independence
- educate on "stranger danger"
- allow stimulation from appropriate play

<p><b>Immunizations</b></p> <ul style="list-style-type: none"> <li>• 12 mos - 15 mos MMR</li> <li>• Rubella</li> <li>• Diphtheria, Tetanus</li> <li>• flu shots (annually)</li> <li>• Pertussis vaccine</li> </ul>	<p><b>Health Screening</b></p> <ul style="list-style-type: none"> <li>• educate parents importance of up to date vaccines</li> <li>• screening for any speech delays &amp; autism</li> <li>• lead poisoning</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>• allow variety of choices in fruits &amp; vegetables</li> <li>• provide adequate hydration</li> </ul>	<p><b>Injury Prevention</b></p> <ul style="list-style-type: none"> <li>• Teach to hold hand when crossing street</li> <li>• put matches away</li> <li>• use gates</li> <li>• learn CPR Heimlich</li> <li>• supervise baths</li> <li>• avoid stray animals</li> </ul>
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# Growth and Development

STUDENT NAME Kimberly Joseph  
 DEVELOPMENTAL STAGE Preschooler (3-5yrs) REVIEW MODULE CHAPTER \_\_\_\_\_

## EXPECTED GROWTH AND DEVELOPMENT

### Physical Development

- wt. increases by 4.5-6.5 pounds per year
- ht. increases 2.5-3.5 inches per year
- walk backwards

### Cognitive Development

- vocab-900 words
- telegraphic speech
- increased attention span

### Psychosocial Development

- dresses completely
- feeds self completely
- fear of dark
- parallel play
- knows own gender

### Age-Appropriate Activities

- block building
- drawing shapes
- group activity
- creative play
- associative play
- playing ball
- electronic games

## Health Promotion

Encourage immunizations, push for healthy foods, encourage play for socialization

### Immunizations

- 4-6yrs: Diphtheria, tetanus, MMR, varicella, IPV
- yearly flu

### Health Screening

- Regular pediatrician screening
- checking for growth percentile

### Nutrition

- nutrient-dense foods
- balance energy w/ healthy weight
- kids might be picky eaters
- "By 5 kids usually new foods"

### Injury Prevention

- watch around pools & baths
- in car seat/ booster until 4ft. 9 or 8-12y.
- supervise outside, could run into road chasing ball

# Growth and Development

STUDENT NAME Kimberly Joseph  
 DEVELOPMENTAL STAGE School-Age Child (6-12y.o) REVIEW MODULE CHAPTER \_\_\_\_\_

## EXPECTED GROWTH AND DEVELOPMENT

<p><b>Physical Development</b></p> <ul style="list-style-type: none"> <li>• wt. doubles by 1/2</li> <li>• gain 4-5-6.5 pounds per year</li> <li>• 2 inches per year height</li> <li>• active age</li> <li>• jumps, chase, skips</li> <li>• fine motor control</li> <li>• puberty develops</li> </ul>	<p><b>Cognitive Development</b></p> <ul style="list-style-type: none"> <li>• aware of hand as tool</li> <li>• more cautious trying new activities</li> <li>• counts backwards</li> <li>• Read books</li> <li>• uses telephone</li> </ul>	<p><b>Psychosocial Development</b></p> <ul style="list-style-type: none"> <li>• Repeats activities to master</li> <li>• can share &amp; cooperate</li> <li>• will cheat to win</li> <li>• rough play</li> <li>• more independent</li> <li>• ↑ socialization</li> <li>• likes to help</li> <li>• develops interest in opp. sex</li> </ul>	<p><b>Age-Appropriate Activities</b></p> <ul style="list-style-type: none"> <li>- socialize w/ friends</li> <li>• clubs/peer groups</li> <li>• team play</li> <li>• quiet play</li> </ul>
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**Health Promotion**  
 encourage kids to participate in group activities, to be open up about potential bullying, educate on puberty changes

<p><b>Immunizations</b></p> <ul style="list-style-type: none"> <li>• chicken pox</li> <li>• Hep. A, B</li> <li>• MMR</li> <li>• Polio</li> <li>• Tetanus, diphtheria</li> <li>• Pertussis</li> <li>• HPV</li> <li>• Meningococcal vaccine</li> <li>• Tdap vaccine</li> </ul>	<p><b>Health Screening</b></p> <ul style="list-style-type: none"> <li>• Dental checks</li> <li>• BMI</li> <li>• Vision</li> <li>• Hearing</li> <li>• Depression</li> </ul>	<p><b>Nutrition</b></p> <ul style="list-style-type: none"> <li>• eat 4-5x a day</li> <li>• aim for 1/2 to 2 cups of fruit/vegetables</li> <li>• avoiding sugary, caffeinated drinks</li> <li>• hydrating w/ water</li> </ul>	<p><b>Injury Prevention</b></p> <ul style="list-style-type: none"> <li>• wear helmets for bikes</li> <li>• teach to swim</li> <li>• look both ways before crossing street</li> </ul>
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# ACTIVE LEARNING TEMPLATE: Growth and Development

STUDENT NAME Kimberly Joseph  
 DEVELOPMENTAL STAGE The Adolescent (12-20 yrs) REVIEW MODULE CHAPTER \_\_\_\_\_

## EXPECTED GROWTH AND DEVELOPMENT

Physical Development	Cognitive Development	Psychosocial Development	Age-Appropriate Activities
<ul style="list-style-type: none"> <li>Girls: puberty @ 8-13 completed in 4 yrs</li> <li>Boys: puberty b/w age 9-14 completed in 3.5 yrs</li> <li>sex hormones secreted</li> <li>sexual maturation</li> <li>Girls - breast change, pubic hair growth, menstruation</li> </ul>	<ul style="list-style-type: none"> <li>Self-discovery</li> <li>low parent-child relationships</li> <li>narcissistic</li> <li>conformity to social norms</li> <li>low self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>preoccupied w/ body changes</li> <li>seeks peers approval</li> <li>strong need for self-identity</li> <li>explores attraction to opp. sex</li> <li>emotional/physical separation from parents</li> </ul>	<ul style="list-style-type: none"> <li>participating in sports</li> <li>Riding bikes</li> <li>driving passively</li> </ul>

**Health Promotion**  
 emphasize physical activity, encourage balanced diet, encourage to sleep & avoid staying up late

Immunizations	Health Screening	Nutrition	Injury Prevention
<ul style="list-style-type: none"> <li>Flu vaccine</li> <li>Meningococcal vaccine</li> </ul>	<ul style="list-style-type: none"> <li>assess for suicide ideation</li> <li>assess for depression</li> </ul>	<ul style="list-style-type: none"> <li>overeating &amp; undereating can bring challenges</li> <li>avoid using food as reward</li> </ul>	<ul style="list-style-type: none"> <li>lap seatbelts should be worn</li> <li>learn 1st aid &amp; CPR</li> <li>avoid alcohol, tobacco, &amp; drugs</li> <li>teach sunscreen use</li> <li>educate on STI awareness/prevention</li> </ul>



# Growth and Development

STUDENT NAME Kimberly Joseph

DEVELOPMENTAL STAGE Young Adult (18-30 yrs)

REVIEW MODULE CHAPTER \_\_\_\_\_

## EXPECTED GROWTH AND DEVELOPMENT

### Physical Development

- female; possibly carrying child
- in peak yrs
- should be in great health, ↓ physical functioning

### Cognitive Development

- continues to refine cognitive skills
- ↑ ability to critically thinking

### Psychosocial Development

- virtue: love
- forms lasting relationships
- differentiation of self from the nuclear family
- capacity of love & respect

### Age-Appropriate Activities

- starting family
- choosing a marital partner
- intimacy

## Health Promotion

encourage to avoid substance use, educate on importance of dental health, risks of STIs/pregnancy

### Immunizations

- flu shot
- TDAP
- MMR, varicella
- HPV
- p. pneumococcal / meningococcal vaccines

### Health Screening

- transitioning primary care to adult provider
- educate on contraceptive use ↓ safe sex measures
- establishing gynecology services

### Nutrition

- educate females on importance of vit. D consumption
- avoiding caffeine drinks (energy drinks)

### Injury Prevention

- avoid, alcohol, tobacco
- don't drink & drive
- wear seatbelts
- secure safe place for firearms

# Growth and Development

STUDENT NAME Kimberly Joseph  
 DEVELOPMENTAL STAGE Middle Adult (30-65) REVIEW MODULE CHAPTER \_\_\_\_\_

## EXPECTED GROWTH AND DEVELOPMENT

Physical Development	Cognitive Development	Psychosocial Development	Age-Appropriate Activities
<p>virtue: care</p> <p>vary depending on diet, exercise, rest</p> <p>stress-dependent</p>	<ul style="list-style-type: none"> <li>• cognitive skills do not advance</li> <li>• nerve impulse travels slower</li> <li>• ongoing mental stimulation</li> </ul>	<ul style="list-style-type: none"> <li>• work is crucial</li> <li>• midlife crisis creeps in</li> <li>• role changes occur (children leave home)</li> </ul>	<ul style="list-style-type: none"> <li>• mentoring younger generation</li> <li>• improving self at <del>career</del> career</li> </ul>

Health Promotion

Educate on health risks of CV disease, cancer screening, & Diabetes

Immunizations	Health Screening	Nutrition	Injury Prevention
<ul style="list-style-type: none"> <li>• flu</li> <li>• Tdap</li> <li>• Shingles</li> <li>• Hep B boosters</li> <li>• Covid 19</li> </ul>	<ul style="list-style-type: none"> <li>• Eye exams for glaucoma / cataracts</li> <li>• Colonoscopy / Endoscopy</li> <li>• Breast Cancer Screenings @ 40y.o &gt;</li> </ul>	<ul style="list-style-type: none"> <li>• ensuring they ↑ protein</li> <li>• consuming vit D for osteoporosis</li> <li>• ↑ fruits / vegetables intake</li> <li>• Calcium supplements</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid alcohol</li> <li>• install carbon dioxide detector in home</li> <li>• wear med. bracelet for health issues</li> <li>• DM</li> </ul>

ACTIVE LEARNING TEMPLATE: **Growth and Development**

STUDENT NAME Kimberly Joseph  
 DEVELOPMENTAL STAGE Late Adult (65 yrs - death) REVIEW MODULE CHAPTER \_\_\_\_\_

**EXPECTED GROWTH AND DEVELOPMENT**

<p><b>Physical Development</b></p> <ul style="list-style-type: none"> <li>• ↓ bone density &amp; mass</li> <li>• visual/hearing acuity ↓</li> <li>• taste/smell ↓</li> <li>• skin changes (wrinkly, dry, scaly)</li> </ul>	<p><b>Cognitive Development</b></p> <ul style="list-style-type: none"> <li>• brain cells shrink / grow dormant</li> <li>• short term memory less reliable</li> </ul>	<p><b>Psychosocial Development</b></p> <p>Virtue: wisdom                  Integrity vs. despair                  change in family structure                  death of loved one                  becoming dependent</p>	<p><b>Age-Appropriate Activities</b></p> <p>Regular physical activity (walking)</p> <ul style="list-style-type: none"> <li>• Retirement</li> <li>• educating on safe medication use</li> <li>• participate in family gatherings</li> </ul>
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**Health Promotion**  
 ↑ risks of CV problems, pulmonary, renal, & ↑ risk of cancer, maintaining moderate physical activity

<p><b>Immunizations</b></p> <p>Yearly flu shot                  Covid 19 boosters                  shingles booster</p>	<p><b>Health Screening</b></p> <p>colonoscopy's, endoscopy's                  male: prostate exam, PSA testing                  lipid panels                  female: cervical, uterine cancer screenings, osteoporosis (DEXA scans)</p>	<p><b>Nutrition</b></p> <p>female: vit D supplements                  fiber, heart healthy                  ↑ fluid intake                  wear glasses, dentures</p>	<p><b>Injury Prevention</b></p> <p>• railings added in shower                  • switching / moving to 1st story home                  • may need in home caregiver                  • No throw rugs</p>
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