

ACTIVE LEARNING TEMPLATE: *Growth and Development*

STUDENT NAME _____

DEVELOPMENTAL STAGE _____ REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

Weight: rapid growth during the first year, 1.5 pounds per month, doubles by 4 to 6 months, triple by 12 months.
Height: 1 inch per month during the first six months, half inch per month during second six months, first six months increase in trunk, second six months increase in legs.
Head: increase half inch per month for first six months, increase 1/4 inch per month for second six months, posterior font now closes by two months, anterior font now closes by 12 to 18 months

Cognitive Development

Gross motor skills: require whole body movement involving large muscles
Fine motor skills: finger and hand skills

Psychosocial Development

birth to 3 months: soft toys, play music, take for walks. 3 to 6 months – squeaky toys, teething, rings, peekaboo, reading/looking at books. 6 to 9 months – safe place to crawl, bathtub toys, banging toys together, talking/singing. 9 to 12 months –safe place to explore, push pool and motion, toys, building blocks.

Age-Appropriate Activities

0-6 Months: can turn over from belly to back (five months), sits with support (4months), voluntarily grabs objects (5 months), grasps feet and pulls to mouth (6 months), cries, squeals, imitate sounds, loves to be touched
6-12 Months: sits unsupported (8 months), stands with furniture (10 months), walks with one hand held (12 months), puts objects in container (11 months), turn pages (12 months), "talks" when others are talking, mama, dada, understands simple commands, play independently from others, separation anxiety PEAKS between 10-18 months

Health Promotion

Immunizations

Health Screening

Nutrition

Injury Prevention