ACTIVE LEARNING TEMPLATE: *Growth and Development*

STUDENT NAME _____

DEVELOPMENTAL STAGE preschooler _____ REVIEW MODULE CHAPTER_____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

Weight: increasing by 4.5-6.5 pounds/year
Height: 2.5-3.5 inches/year

Cognitive Development

parents should be aware of signs and stressors. aggressive behavior= by unprovoked physical attacks on other children and adults

Psychosocial Development

Age-Appropriate Activities

3 years- goes up stairs with alternating feet, builds tower with 9-10 blocks, can copy circle, complete sentences of 3-4 words, dresses self almost, feeds self completely. 4 years- catches ball reliably, skips/hops on one foot, uses scissors, questioning at its peak, knows simple songs, very independent, selfish, aggressive. 5 years- throws and catches ball well, ties shoes, prints few letters, less rebellious, independent but trustworthy, has manners

Health Promotion

associative play- group play in similar or identical activites but without rigid rules. imitiative, imaginative play is big in this group.

Immunizations

SLEEP
- 12 hours per day, difficult going to bed because of night terrors- reassure but avoid sleeping with them

Health Screening

There are absolute no indicators for readiness for school- but social and maturity are important

Nutrition

by 5, will be agreeable to try new foods
-age 4 is picky eater period

Injury Prevention

aware of potential dangers
-in booster until 4ft 9in or 8-12 years old
-back seat still