

2025	Erikson	Piaget	Freud	Kohlberg	Motor	Nutrition/ Growth	Language; Communication Approaches	Misc.
Infant (birth - 1)	Trust vs. Mistrust Trust is the sense that there is correspondence between your needs and the world	Sensorimotor *Separation *Object permanence *Mental representation Aware mother & self are separate plus developing object permanence equals Separation anxiety Stranger anxiety at 6 to 8 mo.	Oral Stage Sucking, biting, vocalizing Nonnutritive sucking	X	2m-lift head 4m- head control 5-6m-roll 6-7m crawling 8m- sit up 10m-prone to sit; 11m- walk holding on; 12m- walking Grasp at 6 mo. Places object to container 11 mo. Build block of 2 by 12 mo.	Breastmilk or Formula first 6m. Or Iron fortified formula 4-6m- solids Cereal, fruits, veggies then meats Whole milk post year 1 Skim milk at end of 2 nd year 6 mo. Birth wt. doubles 12 mo. Birth wt. tripled 30 mo. Birth wt. Weigh quadrupled Weigh nude, Measure length supine; Posterior	Crying, coos, responds to noises, laughs, squeals says 3-5 words "mama dada" 10 mo & comprehends "no" by 1 yr Talk softly, meet at eye level, maintain safe distance at first, use transitional object	Safety: no sharp parts or edges, no detachable parts Sleep: alone, supine, no blankets/bedding, smoke free environment , do not overdress Vital signs: apical pulse, BP by extremities , legs best Communication calm, quiet voice, eye level position, Allow parent to hold if possible IM med – 0.5 mL , vastus lateralis, 22 to 25 gauge,

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Infant						fontanel Closes at birth to 2 mo. Anterior fontanel closes 12 to 18 mo.		5/8 to 1 inch long
Toddler (1 - 3)	Autonomy vs. Shame & Doubt Toddlers want to do things themselves Negativism "No" Ritualism - transitional obj. Avoid using open ended questions with toddlers	Sensorimotor *Object permanence. *Domestic mimicry. *Imitation Start to problem solve in their mind	Anal Stage: Toilet training Readiness: dry post nap or night, aware of urge to go, communicate need to go	Punishment & obedience orientation; action considered good or bad depending on the outcome; toddler trying to avoid punishment	15m- walk, creep up stairs; 18m- throw ball overhand; 2y- up/downstair w/ both feet; 2.5y- stand on 1 foot	Picky/fussy eaters; finger foods; 1y-whole milk; 2y-low fat milk Older than 2 measure height standing up	1-3y; one word sentences to several word/simple sentences; <u>300 words by 2y</u> Approach cautiously, use toddler's words for communication, use short - concrete terms. Prepare for procedure immediately before the event, use play for demo	Do not put to bed with juice or milk *Parallel play *Temper tantrums *Sibling rivalry Childproof environment Add Deltoid site if older than 18 mo. and developed muscle; Use 22 to 25 gauge, volume 0.5

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Toddler								mL (infant) to 1 mL (child) Deltoid common site for immunization
Preschooler (3 - 6)	Initiative vs. Guilt Initiate new activities and consider new ideas Intrude into others bodies and space	Preoperational Problems solving based on what they can see & hear; difficulty telling truth from fantasy Egocentric -Animism- Give life like qualities to animals and inert obj. -"Wishing makes it so" -Irreversibility cannot undo -Immature logic Fear of body mutilation	Phallic Stage Recognize differences in sexes	Age 4 to 7: Punishment & obedience orientation Fair exchange What's in it for me? Actions Good or Bad in terms of consequence Will the action result in reward or punishment?	3y - tricycle 4y - skips/hops on 1 foot; throw ball overhead 5y- jump rope, walk backwards	Picky; willing to sample new foods Food jags	>2,100 words; 4-5 word sentences by 5y, enjoys talking <hr/> Seek opportunity for choices, use simple terms, allow questions, describe procedures that are to be done, allow handling of equipment	Nightmares & night terrors Play in a group, no leader Imaginary friends

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School-age (6 - 12)	Industry vs. Inferiority Child desires real achievement	Preoperational At age 7 shift to social awareness and consider others viewpoint Concrete operational 7-11yr. Concrete operational: Classification and logic - Thinking logically about concrete events	Latency Period Best friend same sex Focused on developing existing skills	Fair exchange 7 to 10: Good boy/ Nice girl – living up to expectations 10-12 – social rules and laws determine behavior	Competitive and cooperative play	Adult portions, teach healthy food choices, no skipping meals	Establish limits, provide reassurance, explain in clear terms, allow time for composure and privacy, use photos, dolls, videos to explain procedures	Begin losing primary teeth “age of lose teeth”

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Adolescent (puberty - 20)	Identity vs. Role Confusion Who am I and where am I going? New emotions, body, thoughts, etc. Peer groups important	Formal operational Imaginary Audience - everyone will notice Personal fable - believe feelings and experiences completely unique High risk for injury Abstract logic	Genital Stage Energies invested in forming friendships and preparing for marriage	Good boy - Nice girl Law & order Rules			May be preoccupied with body image, encourage - support independence, provide privacy, use photo, books, video to explain procedures, avoid becoming too abstract or detailed, avoid prying, confronting, condescending comments	Need visits from friends

Freud: Mnemonic - “Old Aged People Love Grandchildren” - oral, anal, phallic, latency, and genital.