

AGE	Erikson	Piaget	Freud	Motor	Nutrition/ Growth	Language; Communication Approaches	Misc.
Infant (birth – 1)	<p>Trust vs. Mistrust</p> <p>Trust is the sense that there is correspondence between your needs and the world</p>	<p>Sensorimotor</p> <ul style="list-style-type: none"> *Separation *Object permanence *Mental representation <p>Aware mother & self are separate plus developing object permanence equals Separation anxiety</p> <p>Stranger anxiety at 6 to 8 mo.</p>	<p>Oral Stage</p> <p>Sucking, biting, vocalizing</p> <p>Nonnutritive sucking</p>	<p>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</p> <p>Grasp at 6 mo. Places object to container 11 mo. Build block of 2 by 12 mo.</p>	<p>Breastmilk or Formula first 6m. Or Iron fortified formula</p> <p>4-6m- solids Cereal, fruits, veggies then meats Whole milk post year 1 Skim milk at end of 2nd year</p> <p>6 mo. Birth wt. doubles 12 mo. Birth wt. tripled 30 mo. Birth wt. Weigh quadrupled</p> <p>Weigh nude, Measure length supine; Posterior fontanel Closes at birth to 2 mo. Anterior fontanel closes 12 to 18 mo.</p>	<p>Crying, coos, responds to noises, laughs, squeals says 3-5 words “mama dada” 10 mo & comprehends “no” by 1 yr</p> <hr/> <p>Talk softly, meet at eye level, maintain safe distance at first, use transitional object</p>	<p>Safety: no sharp parts or edges, no detachable parts</p> <p>Sleep: alone, supine, no blankets/bedding, smoke free environment, do not over dress</p> <p>Communication calm, quiet voice, eye level position, Allow parent to hold if possible</p>
Toddler (1 – 3)	<p>Autonomy vs. Shame & Doubt</p> <p>Toddlers want to do things themselves</p>	<p>Sensorimotor</p> <ul style="list-style-type: none"> *Object permanence. *Domestic mimicry. *Imitation <p>Start to problem solve in their mind</p>	<p>Anal Stage:</p> <p>Toilet training Readiness: dry post nap or night, aware of urge to go, communicate need to go</p>	<p>15m- walk, creep up stairs; 18m- throw ball overhand; 2y- up/downstairw/ both feet; 2.5y- stand on 1 foot</p>	<p>Picky/fussy eaters; finger foods; 1y- whole milk; 2y-low fat milk</p> <p>Older than 2 measure height standing up</p>	<p>1-3y; one-word sentences to several word/simple sentences; 300 words by 2y</p> <hr/>	<ul style="list-style-type: none"> *Parallel play *Temper tantrums *Sibling rivalry <p>Childproof environment</p>

AGE	Erikson	Piaget	Freud	Motor	Nutrition/ Growth	Language; Communication Approaches	Misc.
	Negativism “No” Ritualism - transitional obj. Avoid using use open ended questions with toddlers					Approach cautiously, use toddler’s words for communication, use short , concrete terms. Prepare for procedure immediately before the event, use play for demo	
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 form 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	3y – tricycle 4y – skips/hops on 1 foot; throw ball overhead 5y- jump rope, walk backwards	Picky; willing to sample new foods Food preference for one or two items (food jag)	>2,100 words; 4-to-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

AGE	Erikson	Piaget	Freud	Motor	Nutrition/ Growth	Language; Communication Approaches	Misc.
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	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	
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	Brain matures front to back: First – vision, hearing, touch; Next coordinating functions; last executive functions like setting priorities, planning, weighing consequences. Frontal lobe not fully developed until age 25.	Puberty: Female 2-8” growth Gain 15-55 pounds Males Grow 4-12” Gain 16-65 pounds Needs sleep to prepare body for growth Well balanced diet – calcium, iron, and protein	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, avoid condescending comments	Peer group is important Risk for injury related to: peer pressure, feeling indestructible, peak incidence for participating in sport