

MCN Unit 4 Online Assignment

Growth and Development Chart		
Infant	Physical Development	<ul style="list-style-type: none"> • Triple birth weight and double birth length in first 12 months • Infant's posterior fontanel closes at 2-3 months of age • Larger anterior fontanel closes at 12-18 months • Produce 6-8 teeth during first year (risk for dental cavities) • Vital signs: HR 120-160 in newborn, 100-120 by first year • BP 90/60 by 12 months • Respirator rate 30-60 • Axillary temp 97.7-99.5
	Cognitive Development	<ul style="list-style-type: none"> • Beginning to discriminate between persons • Comprehend word meaning • Learn object permanence
	Gross Motor	<ul style="list-style-type: none"> • Hold head up by 3 months by lying prone • Rolls over by 5-6 months • Lean forward by 7 months • Sitting position alone by 9 months • Stands alone by 12 months • Walking between 9-12 months
	Fine Motor	<ul style="list-style-type: none"> • Identifies hands and brings together by 3 months • Grasp rattle 4 months • Transfers objects from hand to hand by 6 months • Drink from cup at 9 months • Build two block tower by 12 months
	Psychosocial Development	<ul style="list-style-type: none"> • Bonding with parent skin-skin • Sense of connection with parents • Recognize the parent
	Language Development	<ul style="list-style-type: none"> • Cooing 1-2 months • Laughing 2-4 months • Imitative sounds 6 months • One-2 words at 12 months
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Require 22-23 hours of sleep a day for first few weeks of life • Older infants require 16 hours of sleep • 1-2 hour naps morning and late afternoon
	Nutrition	<ul style="list-style-type: none"> • Exclusive breastfeeding/formula feeding first 6 months (8-12 times a day) • Iron fortified infant cereals

		<ul style="list-style-type: none"> • Pureed fruits and vegetables • Lean meats and egg yolks at 10 months • Egg whites after 10 months • No cow's milk
	Age Appropriate Activities	<ul style="list-style-type: none"> • rattles • Teeth rings • Noisemakers • Stuffed animals • Crib mirrors • No buttons • Crib busy boxes
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Safe home environment • When infant becomes mobile need to be monitored • Supervision to prevent injuries
Toddler	Physical Development	<ul style="list-style-type: none"> • Grow 3in/year • Abdomens protrude from underdeveloped abdominal muscles • Bowlegged • Walks no later than 15 months • HR 70-110 • RR 20-30 • BP 90/55-105/70 • T 99F
	Cognitive Development	<ul style="list-style-type: none"> • Trial and error experimentation • exploration • More complex play
	Gross Motor	<ul style="list-style-type: none"> • Throwing and catching • Running and jumping • Swimming and splashing • Push/pull toys
	Fine Motor	<ul style="list-style-type: none"> • Grasp of toys • •
	Psychosocial Development	<ul style="list-style-type: none"> • Fear of dark • Learn toilet skills • Display of frustration • Trust vs mistrust • tantrums
	Language Development	<ul style="list-style-type: none"> • 300-500 words • 2-3 word sentences •

	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 14 hours of sleep a day • One nap in afternoon • Bedtime routine • Security item to sleep with
	Nutrition	<ul style="list-style-type: none"> • Picky eater • No more than 24-32 oz of milk • 70-90kcal/kg/day • Eat family meals sat age 2
	Age Appropriate Activities	<ul style="list-style-type: none"> • Puzzles • Stacking items • Hide and go seek
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • May sleep with parents • Keep medications and cleaning supplies locked or out of reach • Stranger anxiety
Preschool	Physical Development	<ul style="list-style-type: none"> • Have all 20 primary teeth • Blood sugar begins to stabilize • HR 65-110 • RR 20-25 • BP 95/60 – 110/75 • Maturing immunity • No expected hearing deficits • Visual disturbances begin
	Cognitive Development	<ul style="list-style-type: none"> • Preconceptual thinking • Intuitive thinking • Symbolic functioning • Magical thinking • Understand concept of time • Selective attention
	Gross Motor	<ul style="list-style-type: none"> • Complete independent tasks • Provide praise when accomplish but do not reprimand if fails • Displays good balance • Rides scooters • Skates
	Fine Motor	<ul style="list-style-type: none"> • Teach handwashing • Dresses without help • Buttons and unbuttons • Draws • Learns to write • Lacing shoes
	Psychosocial Development	<ul style="list-style-type: none"> • Imaginary friends

		<ul style="list-style-type: none"> • Cheating to win • Minimize technology
	Language Development	<ul style="list-style-type: none"> • Answering simple questions • Rhymes • Complex sentences • States full name and address
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 12 hours of sleep a night • Do not watch tv before bedtime • Nightmares • No more naps in afternoon
	Nutrition	<ul style="list-style-type: none"> • May be picky • Well-balanced diet • Snacks • Fruits and vegetables every meal • Be aware of food allergies!!
	Age Appropriate Activities	<ul style="list-style-type: none"> • Play kitchen • Construction kits • Tool chest • Medical and nursing kits
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Struggle with concept of death • Time outs in quiet areas • Front facing car seat in the back
School-age	Physical Development	<ul style="list-style-type: none"> • Shedding deciduous (baby) teeth • Gains 5-6.6 lbs./year • Doubled weight and grown 1-2 feet in height at end of this stage • Muscle replaces fat • Decrease in head circumference and increase in leg-length • Mature body functions • PUBERTY—(8-12 in girls and 9-14 boys) • Slower growth in height and weight
	Cognitive Development	<ul style="list-style-type: none"> • Think abstractly and concretely • Rational judgments • Teacher becomes important figure
	Gross Motor	<ul style="list-style-type: none"> • Graceful movements • Biking, skateboarding, in-line skating, skiing, climbing are easier • •
	Fine Motor	<ul style="list-style-type: none"> • N/A • •

	Psychosocial Development	<ul style="list-style-type: none"> • Attention on school, hobbies, friends • Social development with peers very important • Become leader or follower
	Language Development	<ul style="list-style-type: none"> • Learn to spell and use dictionary • Classify objects •
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 10-12 hours of sleep • They try to avoid sleeping • Set limits on technology before bedtime
	Nutrition	<ul style="list-style-type: none"> • Eat responsibly • Portion control • Obesity is major health problem • Nutrition education
	Age Appropriate Activities	<ul style="list-style-type: none"> • Family movie night • Cooking with family • Decorating home
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Be aware of bullying at school • Be aware of sexual predators • Bicycle safety
Adolescent	Physical Development	<ul style="list-style-type: none"> • Growth spurt • Rapid skeletal growth finishes around 17 years old • Grow breasts, body hair, deep voice
	Cognitive Development	<ul style="list-style-type: none"> • Entertain hypothetical situations, metaphors • Higher-level thinking • Poor decision making and risky behaviors
	Gross Motor	<ul style="list-style-type: none"> • n/a • •
	Fine Motor	<ul style="list-style-type: none"> • n/a • •
	Psychosocial Development	<ul style="list-style-type: none"> • Influence of social media • Clubs and sport activities •
	Language Development	<ul style="list-style-type: none"> • n/a • •
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 8-10 hours of sleep/night • Teens produce melatonin later at night than adults

		<ul style="list-style-type: none"> • Do not stay up late studying • Need sleep to function
	Nutrition	<ul style="list-style-type: none"> • Seem to be constantly hungry and frequently eating • 11-14 yrs. → 60-85 kcal/kg/day • 15-18 yrs. → 2100-3900 kcal/day • Need calcium
	Age Appropriate Activities	<ul style="list-style-type: none"> • sports • Caring for pet • Reading • Volunteering • Journaling • Social events • Jewelry making • Board games
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Texting and driving • Be a role model of health and decision making • Be trustworthy so they will communicate with you • At risk to begin substance abuse, sexual behaviors, MVA's • Be aware of depression, self-harm, suicide risk