

MCN Unit 4 Online Assignment

Please complete the chart with a minimum of 3 bullet points in section. This table is meant to be your notes related to the content so include as much information as your feel appropriate to address each area.

| Growth and Development Chart | | |
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| Infant | Physical Development | <ul style="list-style-type: none"> • Triple birth weight and double birth length in the first year • weight increase 1.5 lb per month first 6 months, 0.75 lb 6-12 months • length increase of 1 inch per month for the first six months |
| | Cognitive Development | <ul style="list-style-type: none"> • birth-1month survival suckling reflex • 4-8 months environmental alertness, gives attention to objects within reach • 8-12 months learn object permanence |
| | Gross Motor | <ul style="list-style-type: none"> • Holds head up by 3 months while lying prone • sits leaning forward by 7 months • stands alone by 12 months |
| | Fine Motor | <ul style="list-style-type: none"> • Identifies hands by 3 months • uses finger and thumb to grasp by 9 months • builds two block tower by 12 months |
| | Psychosocial Development | <ul style="list-style-type: none"> • Socially smiles 2 months • Recognizes familiar faces 3 months • Fears strangers 6 months |
| | Language Development | <ul style="list-style-type: none"> • Cooing 1-2 months, laughing 2-4 months • consonant sounds 3-4 months • imitate sounds at 6 months • say one to two words at 12 months |
| | Sleeping Patterns and Concerns | <ul style="list-style-type: none"> • Young infants sleep 22-23 hours per day • older infants require 16 hours of sleep, with two naps (morning and afternoon) • 4-6 months infants sleep through the night (depends on each child!) |
| | Nutrition | <ul style="list-style-type: none"> • Cows milk can be introduced after 1 year • breast milk or formula are the only source of nutrition from birth to 6 months • cereal introduced after 6 months, then veggies and fruit: lean meats, and eggs are introduced 10 months |
| | Age Appropriate Activities | <ul style="list-style-type: none"> • Skin to skin with baby and caregiver • “tummy time” supervised and on clean ground, no risk of falling • sitting with support and supervision, reaching and playing with toys that pose no risk of strangulation or choking |
| | Anticipatory Guidance & Teach Points | <ul style="list-style-type: none"> • Carseats should be rear facing, should not be expired or been in an accident • baby should sleep in crib alone on their back, with no blankets, stuffed animals, or crib bumpers • Cribs cannot have drop sides, slats should be no wider than 2 3/8 to reduce the risk of strangulation |

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| Toddler | Physical Development | <ul style="list-style-type: none"> • Grows an average of 3 inches per year • annually gain 4-6 lbs • HC increases 1 inch 1-2, 0.5 inch 2-3 yo |
| | Cognitive Development | <ul style="list-style-type: none"> • Trial and error experimentation • relentless exploration • play becomes more complex, puzzles, stacking |
| | Gross Motor | <ul style="list-style-type: none"> • Walking with more stability • running, although unsteady • climbing and jumping |
| | Fine Motor | <ul style="list-style-type: none"> • Use of silverware and feeding of self (pincher grasp, spatial reasoning) • placing shapes in correct slots • puzzle work and placing items in correct order |
| | Psychosocial Development | <ul style="list-style-type: none"> • Autonomy vs shame and doubt • trust vs mistrust • autonomy and control |
| | Language Development | <ul style="list-style-type: none"> • First word 11 mo, second word 12 mo • 4-8 words 16 months • 2 word sentences 20 mo, 3 word sentences 30 months |
| | Sleeping Patterns and Concerns | <ul style="list-style-type: none"> • Deep fear of dark, requiring nightlights • 14 hours of sleep per day • security items such as a blanket or stuffy may be requested |
| | Nutrition | <ul style="list-style-type: none"> • Beginning of the 2nd year, toddlers should be given same food as the rest of the family • food lags and jags are common, pickiness goes along with psycho social development • included in family dining, use of high chair or booster |
| | Age Appropriate Activities | <ul style="list-style-type: none"> • push/pull toys (small grocery cart, large trucks, popcorn pusher) • throwing and catching with soft foam balls • swimming and splashing in safe environment and supervision |
| | Anticipatory Guidance & Teach Points | <ul style="list-style-type: none"> • Select safe childcare with trusted individuals in safe and clean environments , make sure private childcare is licensed • Do not reason with, threaten, make promises, hit or give in to a toddler having a tantrum. • Toilet training without expectation can begin at 18 months. |
| | Physical Development | <ul style="list-style-type: none"> • 5 lbs each year • 2.5-3 inches each year • immunity matures, visual acuity matures 20/40 by 3rd birthday 20/30 by 4th |
| | Cognitive Development | <ul style="list-style-type: none"> • Preconceptional thinking- judgment based on sensory experiences • intuitive thinking-cause and effect relationships • symbolic functioning- assign meaning to object different than its literal meaning |
| | Gross Motor | <ul style="list-style-type: none"> • 3 yo builds towers of 6-9 blocks • 4 yo throws ball over head |

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| Preschool | | <ul style="list-style-type: none"> • 5 yo dresses without help |
| | Fine Motor | <ul style="list-style-type: none"> • Practices tying of shoes • colors within the lines • traces and cuts out simple shapes |
| | Psychosocial Development | <ul style="list-style-type: none"> • Initiative vs feelings of guilt • initiate activities that are independent and self directed • selective attention may take place. A child is engrossed in an activity and may not respond to questions or their name. |
| | Language Development | <ul style="list-style-type: none"> • 3 years- 900 words • 4 years- answering simple questions with simple answers • 5 years- rhymes, complex and compound sentences, talks in future, states full name |
| | Sleeping Patterns and Concerns | <ul style="list-style-type: none"> • 12 hours of uninterrupted sleep • may require nap in early preschool, older preschool may not need afternoon nap • nightmares and night terrors may be present |
| | Nutrition | <ul style="list-style-type: none"> • Consumes 1200-1600 calories a day • picky food eating may be present, offer fruits and vegetables • 2 cups of milk or calcium fortified plant milk |
| | Age Appropriate Activities | <ul style="list-style-type: none"> • Artistic and creative play • imaginary friends • games with simple rules |
| | Anticipatory Guidance & Teach Points | <ul style="list-style-type: none"> • Use correct anatomical language, teaching parts of the body that are private • Cleaning of teeth should be done regularly to reduce cavities. • Medications should be kept out of reach. Do not allow stalling when the child needs medication. |
| School-age | Physical Development | <ul style="list-style-type: none"> • Loosing of deciduous teeth • 4-6.6 lbs annually • 2 inches per year |
| | Cognitive Development | <ul style="list-style-type: none"> • Learning to read • fully developing sense of time, space, cause and effect • becoming interested in collections |
| | Gross Motor | <ul style="list-style-type: none"> • 6-7 bike riding without training wheels • 7-8 monkey bars without support • jump rope |
| | Fine Motor | <ul style="list-style-type: none"> • 3 finger grasp holding pencil • improved handwriting • building with Legos |
| | Psychosocial Development | <ul style="list-style-type: none"> • Stage of Industry • successes are important to the child • sense of accomplishment |
| | Language Development | <ul style="list-style-type: none"> • Relationships with peers, less socialization with parents |

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| | | <ul style="list-style-type: none"> • formal rules and teamwork • learns how to behave and respond through friends, family and peers |
| | Sleeping Patterns and Concerns | <ul style="list-style-type: none"> • 10-12 hours each night • may avoid going to sleep, stalling behaviors • comfort throughout the night, water or a hug |
| | Nutrition | <ul style="list-style-type: none"> • Eating responsibly, obesity may be a challenge • food choices become more independent • 1500 calories for first 20 kg, plus 25 calories for each additional kg |
| | Age Appropriate Activities | <ul style="list-style-type: none"> • Coordinated team sports with rules • lego building, more complex puzzles • clubs, groups, scouts, organized social clubs |
| | Anticipatory Guidance & Teach Points | <ul style="list-style-type: none"> • Establish rules for after school activities and checking in with parents • Establish limits on “screen time” • Promote school attendance and homework completion. |
| Adolescent | Physical Development | <ul style="list-style-type: none"> • Rapid skeletal growth (10-12 girls) (12-14 boys) finishes 17 year • sebaceous gland activation • hair growth axillary, breast areola, genital, anal areas |
| | Cognitive Development | <ul style="list-style-type: none"> • Ability to think abstractly • enhanced ability to reason • frontal lobe neurons become fully myelinated and allow for better critical thinking |
| | Gross Motor | <ul style="list-style-type: none"> • Greater physical strength • greater physical endurance • improved spacial reasoning and hand eye coordination |
| | Fine Motor | <ul style="list-style-type: none"> • Write legibly for long periods of time • automobile driving • in hand manipulation (twirling pencils) |
| | Psychosocial Development | <ul style="list-style-type: none"> • Developing sense of identity (identity vs role confusion) • develop confidence in self identity • Freud- “genital stage” may become sexually active and masturbate |
| | Language Development | <ul style="list-style-type: none"> • Self centered in life and conversations • rapidly jump to conclusions • argue for the sake of arguing with adults |
| | Sleeping Patterns and Concerns | <ul style="list-style-type: none"> • 8-10 hours each night uninterrupted • melatonin release later at night, may have difficulty falling asleep • often enjoy sleeping in |
| | Nutrition | <ul style="list-style-type: none"> • Constantly hungry and frequently eating • 15-18 2100-3900 Kcal/day! • Need more calcium to support rapid skeletal growth |
| | Age Appropriate Activities | <ul style="list-style-type: none"> • Reading for pleasure |

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| | | <ul style="list-style-type: none">• video games• social events (movies, dances, supervised parties) |
| | Anticipatory Guidance & Teach Points | <ul style="list-style-type: none">• Be aware of cochlear damage from loud music and earbud use• Provide opportunities to deter social isolation such as clubs, sports and youth groups• Promote safe driving and seatbelt use. |