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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		
Infant	Physical Development	<ul style="list-style-type: none"> <li>• Infants will triple their birth weight in the first 12 months.</li> <li>• Infant will produce 6-8 teeth in their first year of life.</li> <li>• Infant will grow around 1 inch a month</li> </ul>
	Cognitive Development	<ul style="list-style-type: none"> <li>• Learning to discriminate between people.</li> <li>• Comprehending word meaning</li> <li>• Learning object permanence (an object that still exists even when its no longer in view)</li> </ul>
	Gross Motor	<ul style="list-style-type: none"> <li>• Holds head up by 3 months while laying prone.</li> <li>• Pulls up to stand by 9 months.</li> <li>• Learns to walk independently by 9-12 months</li> </ul>
	Fine Motor	<ul style="list-style-type: none"> <li>• Brings hands together by 3 months.</li> <li>• Use finger and thumb to grasp items together by 9 months.</li> <li>• Builds two block towers by 12 months</li> </ul>
	Psychosocial Development	<ul style="list-style-type: none"> <li>• Crisis of trust vs. mistrust</li> <li>• Socially smiles at 2 months.</li> <li>• Fears strangers around 6 months</li> </ul>
	Language Development	<ul style="list-style-type: none"> <li>• Baby should start cooing by around 1 to 2 months, laughing at 3 to 4 months.</li> <li>• Imitate sounds at around 6 months and first words will be “mama” or “da-da.”</li> <li>• Able to say 1 to 2 words by 12 months</li> </ul>
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> <li>• Crib shouldn’t have drop gate sides because they can cause injury.</li> <li>• Should have a firm mattress, with no blankets, stuffed animals, or any other suffocation risks.</li> <li>• The top of crib should be plastic covered so when the child starts teething, they don’t get any splinters.</li> <li>• Place infant on their back</li> <li>• No co-sleeping to help reduce the risk of SIDS</li> </ul>
	Nutrition	<ul style="list-style-type: none"> <li>• Breastfed or bottle until around 6 months of age</li> <li>• After 6 months introduce one need food at a time</li> <li>• No cows milk until 12 months of age</li> </ul>
	Age Appropriate Activities	<ul style="list-style-type: none"> <li>• Rattles</li> <li>• Teething rings</li> </ul>

		<ul style="list-style-type: none"> <li>• Stuffed animals without buttons</li> <li>• Tummy time</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Head support while holding the baby.</li> <li>• Instead of using blankets, dress the baby in weather appropriate clothes to keep them warm.</li> <li>• They require more frequent meals and as they get older the frequency will decline.</li> </ul>
<b>Toddler</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Growth slows down and toddlers will grow about 3 inches a year.</li> <li>• Toddlers will gain about 4-6 pounds annually.</li> <li>• Toddlers will be able to walk upstairs by 24 months.</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> stage the toddler must experience trial and error experimentation to understand their environment.</li> <li>• Toddlers need constant play and stimulation.</li> <li>• 2<sup>nd</sup> stage of development includes more complex mental combinations, such as age-appropriate puzzles, stacking items, and language development.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Toddlers tend to be clumsy, full of energy, and demonstrate an overwhelming desire to move around constantly.</li> <li>• Toddlers will jump with both feet at 30 months.</li> <li>• Toddlers should be given a spoon to eat to practice feeding themselves.</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Offer toddlers challenging toys, such as placing objects in appropriate shaped slots.</li> <li>• Include toys that encourage hand-eye coordination.</li> <li>• Increased mastery of their hands</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Experiencing autonomy vs. shame and doubt</li> <li>• Experiences a deep fear of the dark and should be provided with a night-light.</li> <li>• Toddlers don't understand the importance of personal items and will manipulate other possessions such as glasses and jewelry.</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Be encouraged to join in conversation with the family and praised for it.</li> <li>• Houses where 2 languages are spoken may cause temporary delays in language development.</li> <li>• 2-3-word sentences, learn to use pronouns, and state first and last name by 2 ½.</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Toddler on average requires 14 hours of sleep a night</li> <li>• Transitions from 2 naps to 1 nap a day</li> <li>• Separation anxiety make create issues getting the child to sleep</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Picky eater and slows down in their consumption of food.</li> <li>• 3 meals and 3 snacks a day provides adequate nutrition and decreases drops in their blood sugar.</li> <li>• Meals should be offered in smaller portions and cut into small, bite sized pieces to decrease choking.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Push/pull toys such as grocery carts or large trucks help children with their skills of pushing and pulling.</li> <li>• Climbing and balancing on toys such as outdoor structures/jungle gyms encourage confidence and body balance.</li> <li>• Swimming/splashing with safety flotation devices or noodles help to promote large motor control, but child must be monitored closely.</li> </ul>
		<b>Anticipatory Guidance &amp;</b>

	<b>Teach Points</b>	<ul style="list-style-type: none"> <li>• Tantrums are common and you should not give in to them, the best way to handle them is to ignore the behavior.</li> <li>• Baby gates and locks should be used to help keep the toddler safe.</li> </ul>
<b>Preschool</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• All 20 primary teeth have erupted, and toward the end of the preschool year they will begin to shed their primary teeth.</li> <li>• Preschoolers will typically only gain around 5 pounds a year, and grow 2.5 to 3 inches a year.</li> <li>• Toddler will start to stand with a more erect posture rather than with a protruding tummy.</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Preconceptual thinking – Young Childs judgment of his or her environment and objects by sensory experiences and classifying objects by one characteristic only (color, shape, meaning)</li> <li>• Intuitive thinking – begins around 4 years of age, the preschooler can classify information and become more aware of cause-and-effect relationships.</li> <li>• Symbolic functioning – child assigns meaning to an object different than its literal meaning. IE cardboard box for a car.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Will be able to accomplish new, independent tasks.</li> <li>• Provide praise for all tasks completed, this might include attempts to tie his or her shoe.</li> <li>• Build tower to 6 or 9 blocks.</li> <li>• Able to hop, or gallop and pump on a swing.</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Learn to ride a tricycle.</li> <li>• Learn to write basic letters,</li> <li>• Can jump, skip, draw and paint.</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Initiative vs feelings of guilt, child must master the process of initiating activities that are independent and self-directed.</li> <li>• Parents and caregivers need to support the child in attempts, so the child does not develop guilt over any failures. However, the parents also need to watch the child and guide and support them by setting limits and restricting the child from partaking in unsafe situations.</li> <li>• If a child perceives to much is being asked of them then they may act rebellious, aggressive, and provoke frustrations.</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Speaks a total of 300 to 900 words by 3 years old and speaks even when others are not listening or paying attention.</li> <li>• Speaks a total of 1500 words, tells exaggerated stories, and uses four-to-five-word sentences by 4 years old.</li> <li>• Speaks a total of 2100 words, learns time-oriented concepts such as days of the week and speaks in 5 word sentences by 5 years old.</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Typically requires 12 hours of uninterrupted sleep a night.</li> <li>• Nightmares and night terrors are common in this period. Very little needs to be done except reassurance and safety during the episode.</li> <li>• Preschoolers typically no longer require an afternoon nap.</li> <li>• Bedtime routines are important, and they should not watch TV prior to bed as this can cause disturbances in the Childs sleep routine.</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Still picky eaters, it is important they get a well-balanced diet.</li> <li>• Can benefit from 2 cups of nonfat or low fat milk.</li> </ul>

		<ul style="list-style-type: none"> <li>• Offer fruit and vegetables at every meal and encourage consumption of protein.</li> <li>• Nutritious snacks should be offered such as graham crackers with peanut butter.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Encourage associative play. Play kitchens, tool chests, and medical and nursing kits.</li> <li>• Playing dress up with adult sized clothes to recreate adult occupations.</li> <li>• Arts and crafts can be performed, can also create pictures based on the season.</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Children at this age have an inherent desire to please the adults in their life and should be given opportunities to help in small ways and receive praise.</li> <li>• Limit screen time to no more than 2 hours a day as it has been linked to childhood obesity, lower test grades and overall performance, and less creativity and imaginative play the child has.</li> <li>• Preschoolers typically will refuse or fight off taking medication but its important that you don't call medications candy.</li> </ul>
<b>School-age</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Prepubescence -time right before puberty, marked by the development of secondary sex characteristics. Includes body hair, breast development, testicular and penile growth, and body odor.</li> <li>• Rapid growth of bones and muscles.</li> <li>• Girls will have breast development and their first period.</li> <li>• Boys will have enlarged testicles and penis, facial hair starting on their upper lip, and a deepening of the voice.</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Think more abstractly and concretely, the ability to make rational judgements.</li> <li>• Goes from learning to read, to reading to learning.</li> <li>• Moving from a very egocentric, carefree world, to one with problems, concerns, worries, and empathy.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Able to participate in group sports.</li> <li>• Ability to ride a bicycle without training wheels.</li> <li>• Avoid injury from overuse and overconfidence in sports.</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Able to put more complex puzzles together.</li> <li>• Able to classify objects in multiple categories.</li> <li>• Interested in board games with rules and rationales.</li> <li>• Progress to more difficult card games... IE goldfish to hearts.</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Progresses from free play to play that may be elaborately structured with rules and in able to interrelate with peers according to the rules.</li> <li>• Demonstrates tendencies to be a leader or a follower in this stage.</li> <li>• Begins to participate in social structures in the classroom, including group projects or group oral or written reports.</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Less time with parents and more with their peers</li> <li>• Often partake in deals, agreements, and equal exchanges are prevalent in the Childs social interactions.</li> <li>• Bullying or cyberbullying may occur during this stage, and is often a sign of that a child is experiencing perceived or real power loss.</li> <li>• Use of technology to bully others.</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• May avoid going to sleep, engage in stalling behaviors, having difficulty falling or staying asleep.</li> <li>• Typically need 10 to 12 hours of sleep a night.</li> <li>• Any TV, music player, or other electronic should be turned off before bed. Some children may enjoy</li> </ul>

		reading a book to fall asleep.
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Responsible eating and portion control is important, obesity is a major health problem among those in the school aged group.</li> <li>• At this group they tend to make more decisions themselves as they attend parents and eat more with others</li> <li>• Imperative to offer meals that include a variety of healthy, low fat choices and to discourage consumption of fast foods and candy.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Video games.</li> <li>• Bicycles or rollerblading</li> <li>• skateboarding</li> <li>• Board games</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Food should never be used as a bribe or a reward for good behavior.</li> <li>• Set limits for use of technology before bed as it may cause the child to have difficulties going to sleep.</li> <li>• Children with difficult temperaments may have strong negative emotional reactions to new situations, teach parents to offer rehearsal or practice situations with the children, this way the child can become accustomed to the new perceived demands.</li> </ul>
<b>Adolescent</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Rapid skeletal growth begins around 10 to 12 years for girls and 12 to 14 years for boys.</li> <li>• Girls start to develop breasts and begin menstruating and boys grow facial hair, nocturnal emissions(wet dreams), and their voices deepen.</li> <li>• Girls gain 1 to 3 inches a year and boys gain 2 to 4 inches a year typically.</li> <li>• Obesity is also at an increased risk among this age group</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Able to entertain hypothetical situations, use and understand metaphors, and participate in future oriented and higher-level thinking, however they are equally capable of making poor decisions and engaging in risky behaviors.</li> <li>• More likely to fear social consequences to risky behavior than they are to fear the potential consequences of discipline.</li> <li>• May be modeling adults they see on social media or they may fear teasing.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• May develop poor posture “slumping” due to rapid skeletal growth and slower muscular growth.</li> <li>• Playing sports</li> <li>• Surfing, hiking, running, or dancing</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Texting</li> <li>• Turning pages in a book</li> <li>• Using a pencil to write an essay</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Self-esteem can be influenced by the comments of others. Low self esteem has been found to have a direct relationship with eating disorders, depression, substance use disorder, and delinquency behaviors.</li> <li>• Feelings grown up when partaking in adult like activities such as driving or voting.</li> <li>• Formal operations the adolescent may manipulate abstract observable or no observable concepts with greater depth.</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Use of social drama to communicate.</li> <li>• Tend to jump to conclusions quickly and defend their perspectives verbally.</li> <li>• Need opportunities to experiment with their skills of reasoning even when creating frustration in the adults</li> </ul>

		around them.
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• At least 8 to 10 uninterrupted hours a night.</li> <li>• Produce the brain hormone melatonin later at night than adults so they might complain of issues falling asleep at night.</li> <li>• Sleep deprivation has a profound negative effect on the teens ability to concentrate and perform well in school.</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• 11-14 need 60 to 85 kcals a day and then age 15 -18 need 2100 to 3500 kcal/day. Even more is required if they are in sports.</li> <li>• Teens typically follow a variety of diets during this stage such as vegan, vegetarian, and even gluten free.</li> <li>• Teens need an increased amount of calcium to support skeletal growth.</li> <li>• Magnesium helps the body absorb and retain calcium.</li> <li>• Vitamin D to regulate the use and storage of calcium and vitamin K helps to regulate calcium and form strong long bones.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Board or video games</li> <li>• Reading for pleasure</li> <li>• Social events such as movies or school dances</li> <li>• Caring for a pet</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Increased calcium is important during this stage of development, you can obtain more calcium with food that are high or fortified with calcium such as fortified cereals, calcium fortified orange juice, sardines, milk products, and even broccoli.</li> <li>• Set a regular bedtime schedule and avoid caffeine and other stimulants past 4pm.</li> <li>• Teens may start to have sexual urges, so it is important to educate them on safe sex and the prevention of STIs, STDs and pregnancy.</li> </ul>