

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"> • Triple birth weight and double birth length in first 12 months • Posterior fontanel closes at 2-3 months, large anterior fontanel closes at 12-18 months • Infant's metabolic rate is almost 2x rate of an adult, they require more calories, nutrients, and water for their size in comparison of an adult
	Cognitive Development	<ul style="list-style-type: none"> • Beginning to discriminate between persons, comprehend word meaning, and learn object permanence • Find enjoyment/satisfaction in encountering things orally for exploration and simulation • Rattles, teething rings, noisemakers are appropriate and safe for an infant at this stage
	Gross Motor	<ul style="list-style-type: none"> • Holds head up by 3 months while lying prone • Sits unsupported by 8 months • Begins to walk independently between 9 and 12 months
	Fine Motor	<ul style="list-style-type: none"> • Identifies hands by 3 months • Uses fingers and thumb to grasp items by 9 months (prehension) • Builds two block tower at 12 months
	Psychosocial Development	<ul style="list-style-type: none"> • Erikson: Trust vs. Mistrust- infant must develop a sense of trust for future psychosocial tasks to be accomplished • Freud: infant desires to learn their environment through their mouth (suck, chew, bite, swallow) • Piaget: Infancy is the sensorimotor stage where infant gains knowledge of environment through senses
	Language Development	<ul style="list-style-type: none"> • Will imitate sounds at 6 months when caregivers communicate with them • Infant will be able to say one or two words of meaning at 12 months (Ma Ma, Da Da) • Important for deaf families to communicate via sign language for family members who are deaf
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Young infants require 22-23 hours of sleep a day for the first few weeks of life • Separation anxiety starts around 8-10 months and intensifies at 12 months • Placing the infant on the back for sleep greatly reduces incidence of sudden death syndrome
	Nutrition	<ul style="list-style-type: none"> • Exclusively breast milk or formula until the infant is 6 months of age (8-12 per day to start) • Iron-fortified infant cereal are given first- after infant shows interest in food and can swallow bolus of food • No cow's milk until after 12 months- can cause inflammation and micro-bleeds in the intestines
	Age Appropriate Activities	<ul style="list-style-type: none"> • Laying an infant on their stomach to strengthen muscles in their neck, shoulder, and arms allowing them to eventually sit up, crawl, and walk • Excersaucer-for babies that can sit up on their own. They can rotate themselves and are surrounded by different toys and activities • Blocks would be appropriate for a wide age range. They are too big to be a choking hazard and are able to help babies develop motor skills

	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Sunscreen should not be applied to infants under the age of 6 months- skin absorbs the chemicals • Cribs should be free from toys, stuffed animals, bumper pads, and blankets (suffocation risk) • Car seats should be placed in the center of the back seat, facing backwards
Toddler	Physical Development	<ul style="list-style-type: none"> • Height at 24 months typically represents half the expected height of the child at adulthood • Their abdomens protrude due to underdeveloped abdominal muscles • By 24 months, they can walk up and down stairs, one step at a time, placing both feet on each step
	Cognitive Development	<ul style="list-style-type: none"> • Experiences trial and error experimentation to understand environment • Explores relentlessly and needs constant stimulation • Second stage of development is more complex: puzzles, stacking according to size/shape
	Gross Motor	<ul style="list-style-type: none"> • Jumping • Running • Throwing
	Fine Motor	<ul style="list-style-type: none"> • Turning pages in a book • Holding a crayon with thumb and fingers • Rolling play doh
	Psychosocial Development	<ul style="list-style-type: none"> • Autonomy and control begin: will say no frequently, have tantrums, show increasing sense of individualism • Will test the importance of manipulating other's possessions: will throw items they identify as being important to an adult to see the reaction • Gains neuromuscular control of anus and begins to have control over toileting behaviors
	Language Development	<ul style="list-style-type: none"> • Begins the second year with only one to two words, ends 3rd birthday with 300-500 • Will learn their first and last name by 2.5 • Deaf toddlers will learn sign language at the same rate if they are raised by parents who sign fluently
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Requires an average of 14 hours of sleep per day • Later in the toddler period: develop desire for bedtime routine (same sequence of events every night) • Security may become very important, may develop attachment to blanket, toy, etc.
	Nutrition	<ul style="list-style-type: none"> • No more than 24-32 oz of milk should be consumed daily (more greatly reduces consumption of other sources of protein and vitamins) • During the second year, child eats what the rest of the family is consuming in smaller portions • "Food jags"- child is willing to only eat a few foods for several days
	Age Appropriate Activities	<ul style="list-style-type: none"> • Nesting cups- larger containers must be placed below smaller ones to build a tower • Shape puzzle- toddler identifies what shape fits in what opening • Cars/Trucks- Combines skills of pushing and pulling
		Anticipatory Guidance & Teach Points
	Physical Development	<ul style="list-style-type: none"> • Growth begins to slow, gains only 5 pounds and grows 2.5-3 inches per year • All 20 primary teeth have erupted, toward the end of this period they will begin to shed

Preschool		<ul style="list-style-type: none"> Hearing acuity is 100% intact with no expected deficits
	Cognitive Development	<ul style="list-style-type: none"> Preconceptual thinking: child's judgement of their environment/objects by sensory experiences and classifying objects by one characteristic only (shape, color, meaning) Intuitive thinking: starts around 4, ability to classify information while becoming aware of cause-and-effect relationships Symbolic functioning: experience of play is demonstrated by a child who assigns meaning to an object different than its literal meaning (cardboard box for a car)
	Gross Motor	<ul style="list-style-type: none"> 4 years: alternates feet going up stairs 5 years: dresses without help Between 3rd and 5th: draws copies of shapes on paper
	Fine Motor	<ul style="list-style-type: none"> Weaving yarn through design on cardboard Cut out shapes with safety scissors Thread large beads onto a string
	Psychosocial Development	<ul style="list-style-type: none"> Child must be given the opportunity to initiate activities and be self-directed, if not, they may become reluctant to try new experiences Caregivers need to support the child in any attempts- frequent experiences of blame or negativity during skill exploration can cause guilt and decreased feelings of worth Balance can be difficult between setting limits, restricting from unsafe situations, and allowing new experiences
	Language Development	<ul style="list-style-type: none"> 3 years: asks many questions, poor use of pronouns 4 years: May use profanity, tells exaggerated stories 5 years: Speaks a total of 2,100 words, learns time-oriented concepts (days of the week/months/seasons)
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> On average, they need 12 hours of uninterrupted sleep per night- common to wake up and need reassurance from any fears Providing a night light may assist with the reduction of fears in the middle of the night Watching tv before bedtime has shown to disturb the child's sleep routine- should be avoided
	Nutrition	<ul style="list-style-type: none"> Consumes about half the calories of an adult (1,200-1,6000 calories a day) Ensure that the child is consuming a well-balanced diet (taking in adequate calories, limited salt/fat, exposed to new foods) Caregivers should offer fruit and vegetables at every meal and encourage consumption of protein
	Age Appropriate Activities	<ul style="list-style-type: none"> Fingerpainting Playing dress-up Sensory table
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> Thumb sucking at this period can disrupt dentition: some caregivers choose over-the-counter applications to apply to the child's thumb or nails to provide an undesirable taste Teaching children to wash their hands when returning home from preschool reduce germs by 50% Time-outs should last for the amount of time it takes for the child to understand and recover from whatever behavior was found to be unacceptable (Normally 1 minute for each year of age)
	Physical Development	<ul style="list-style-type: none"> Stage begins with shedding of deciduous teeth (primary/baby teeth) and ends with the beginning of puberty At end of this stage, children will have doubled their weight and grown 1-2 feet in height

School-age		<ul style="list-style-type: none"> • Prepubescence-time period right before puberty. Takes an average of two years, ending with child's ability to reproduce
	Cognitive Development	<ul style="list-style-type: none"> • Stage is marked by an increase in the ability to think more abstractly, concretely, and make rational judgements • Teacher will impact their social skills, manners, and self esteem • Homework becomes very important, and a middle-school child's sense of identity may be highly influence by their work
	Gross Motor	<ul style="list-style-type: none"> • Catching a ball with their hands • Jumping over an object and landing with both feet together • Balancing on a beam
	Fine Motor	<ul style="list-style-type: none"> • Writing neatly • Cutting shapes neatly with scissors • Holding a pencil and generating movement from fingers (instead of wrist)
	Psychosocial Development	<ul style="list-style-type: none"> • Erikson: Industry or sense of worth • Piaget: concrete operations or the beginning of logical thought (still struggle with abstract or hypothetical) • Freud: sexual latency or when sexual desires are dormant and the focus is on school, hobbies, friends, etc
	Language Development	<ul style="list-style-type: none"> • Use simple, but complete sentences that contain 5-7 words • 7 year: know 7,100 words and add three new ones each day • Are able to follow a longer series of instructions
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Needs 10-12 hours of sleep, but may engage in stalling behaviors, avoid going to sleep, have difficulty falling asleep, or have difficulty staying asleep • Lack of sleep causes a tremendous decrease in energy at school and may cause poor academic performance • Needs a predictable routine and a reasonable bedtime every night
	Nutrition	<ul style="list-style-type: none"> • On average, need only 1,500 calories for the first 20 kilograms of weight plus 25 calories for each additional kilogram over 20 • This period is marked by slower growth in both height and weight, portion control is important to control obesity • Food choices become more independent at this age due to spending more time at activities, school, and social events
	Age Appropriate Activities	<ul style="list-style-type: none"> • Swinging on a swing set • Puzzles • Reading
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Food should never be used as a reward for good behavior • Limit technology use right before bedtime- may cause difficulties for the child when going to sleep • Children with a difficult temperament
	Physical Development	<ul style="list-style-type: none"> • Rapid skeletal growth beginning at age 10-12 for girls and 12-14 for boys, finishes at about the 17th year • Girls will usually grow 1-3 in per year and 15-55 lbs. • Boys will grow 1-3 in per year and 15-65 lbs.
	Cognitive Development	<ul style="list-style-type: none"> • Analyze situations logically in terms of cause and effect, but do not always display mature decision-making

Adolescent		<ul style="list-style-type: none"> • More likely to fear social consequences of risky behaviors than potential discipline • As teens mature, their decisions about risky behavior and consequences become more mature
	Gross Motor	<ul style="list-style-type: none"> • Usually has found and enjoys certain sports • Good balance • Hand-eye coordination
	Fine Motor	<ul style="list-style-type: none"> • Playing instruments • Learning to drive • Eating with forks and knives
	Psychosocial Development	<ul style="list-style-type: none"> • Erikson: Identity vs. Role confusion- examining and redefining self, family, peer group, and community while experimenting with different roles • Freud: Genital- focuses on their erogenous zone and possibly engage in sexual relationships • Piaget: Formal operations- logically manipulate abstract observable and nonobservable concepts with greater depth
	Language Development	<ul style="list-style-type: none"> • Complex grammar skills • Well-developed narrative • Able to figure out the meaning of words from its context
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Average teen needs at least 8-10 hours of uninterrupted sleep per night • Quality and length of sleep affect adolescents' ability to perform well in their academic lives • Lack of sleep has also been associated with emotional troubles, car accidents, poor grades, and illness
	Nutrition	<ul style="list-style-type: none"> • Teens experiencing a growth spurt seem to be constantly hungry and are frequently eating • Calorie requirements for 11-14 year olds: 1,500-3,000 then 2,100-3,900 for 15-18 years old • More calories are needed if the teen participates in vigorous sports activities
	Age Appropriate Activities	<ul style="list-style-type: none"> • Football • Board games • Journaling
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Calcium is necessary to build strong bones. Encourage calcium-rich foods • 11 teens die each day in America due to texting and driving, 4,000 deaths annually • Listening to music too loud through headphones or earbuds can cause hearing damage