

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"> • Infant will triple its birth weight and double the birth length in the first 12 months. Weight should increase by 1.5 lb per month for first 6 months • Premature infants will take several months to match growth of average infants. • Metabolic rate is almost twice as an adults
	Cognitive Development	<ul style="list-style-type: none"> • Discriminating between persons, word meaning, and object permanence • Bringing most items to the mouth for exploration • Safe toys
	Gross Motor	<ul style="list-style-type: none"> • Holds head up by 3 months laying prone, roll over by 5-6 months • 6 months holds head while sitting , sitting alone by 9 months • Pulls up to stand by 9 months, stands alone 12 months or walking by 9-12 months independently
	Fine Motor	<ul style="list-style-type: none"> • Identifies hands by 3 months, brings hands together, grasp rattle by 4 months • Transfer items hand to hand by 6 months, finger and thumb grasp by 9 months • Drink from sippy cup 9 months, builds two blocks 12 months
	Psychosocial Development	<ul style="list-style-type: none"> • Bonding- developing a meaningful relationship between infant and caregiver; sense of security infant feels safe • Hold skin-to-skin, talking with baby • Sensory organs assist infant in recognizing the parent and developing that bond
	Language Development	<ul style="list-style-type: none"> • Cooing at 1-2 months • Laughing 2-4 months, consonant sounds 3-4 months • Imitative sounds 6 months, 1-2 words by 12 months (ma-ma,da-da)
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 22-33 hours of sleep a day for first few weeks, Baby should sleep alone • Sleep on back in crib • CPR classes
	Nutrition	<ul style="list-style-type: none"> • New foods at after 6months • No cow's milk during the first year • Breastfeeding or formula feeding exclusively 8-12 feedings a day early stages and feedings will become more and less frequent as baby grows
	Age Appropriate Activities	<ul style="list-style-type: none"> • rattles • Teething rings • Stuffed animals, crib mirrors, busy boxes
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Well child check-ups, immunizations • Safe sleep areas and patterns

		<ul style="list-style-type: none"> • Promotion of safe home environment
Toddler	Physical Development	<ul style="list-style-type: none"> • Grows average 3 inches per year • Gains 4-6 pounds a year • Protruded abdomen due to underdeveloped abdominal muscles, walking by no later than 15 months • Able to walk upstairs by 18 months, jump with both feet at 30 months
	Cognitive Development	<ul style="list-style-type: none"> • Trial and error experimentation to develop understanding of the environment • Explores relentlessly while awake and needs constant play and stimulation • Complex mental combinations. Age-appropriate puzzles, stacking items according to size and shape
	Gross Motor	<ul style="list-style-type: none"> • Jumping • Running • Throwing
	Fine Motor	<ul style="list-style-type: none"> • Offer challenging toys • Placing objects in appropriate shaped slots • Spoon to practice feeding self
	Psychosocial Development	<ul style="list-style-type: none"> • Autonomy vs shame and doubt • Deep fear of the dark, might protest loudly at bedtime • Do not understand importance other place on personal items may test by manipulating other personal items • Displays frustration need to learn to wait for need gratification, and learn that behaviors have a reliable and predictable effect on others.
	Language Development	<ul style="list-style-type: none"> • First words: 11 months- mama, dada, Second words: 12 months- needs audience, encouragement, response • Jargon: 14 months- enjoys interacting, making up sounds and words • Four to eight word vocab- 16 months words become exponential • Two-word sentences- 20 months “daddy byebye” • Three word sentences- 30 months- nouns and verbs together • Use of pronouns- 36 months understands “me” “you” “my”
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 14 hours of sleep per day • Less frequent naps • Bedtime routine, security items to make child feel safe
	Nutrition	<ul style="list-style-type: none"> • Picky eaters and slow consumption of foods down • No more than 24-32oz of milk daily • Offer small portions 3 meals and 3 snacks • Food jags- willing to eat only a few certain foods Food lags- lack of interest in eating and missing meals
	Age Appropriate Activities	<ul style="list-style-type: none"> • Toys, simple crafts, and games • Cleanup, self-feeding, self-dress • Push/pull toys, rocking and rolling, throwing and catching, climb and balance, running and jumping, swimming and splashing
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Safe home environment and supervision. Toddlers are very curious • Tantrums are common during toddlerhood and parents should not give in to the demands • Promoting toddler sleeping alone in bed

Preschool	Physical Development	<ul style="list-style-type: none"> • Slowing of physical growth 5 lbs per year • Posture changes • Teeth have erupted and by the end of preschool teeth will begin to fall out
	Cognitive Development	<ul style="list-style-type: none"> • Preconceptual thinking (judgement of environment and objects) • Intuitive thinking (classify information while being more aware of cause and effect relationships) predict consequences of actions • Symbolic functioning (assigns meaning to an object different than its literal meaning)
	Gross Motor	<ul style="list-style-type: none"> • Builds towers 6-9 blocks • Catches a ball • Paints in circular motions with whole hand
	Fine Motor	<ul style="list-style-type: none"> • Cutting and pasting • Stringing beads • Button and unbutton
	Psychosocial Development	<ul style="list-style-type: none"> • Initiative vs guilt • Initiating activities that are independent and self-directed • If activity isn't successful or doesn't receive support child will feel guilt
	Language Development	<ul style="list-style-type: none"> • 2 years 50 words • 3 years 900 words • 4 years answering simple questions with simple answers • 5 years rhymes, complex compound sentences, talk in future tense, states full name and address
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 12 hours of uninterrupted sleep per night • May wake up throughout the night due to fear • Should not watch tv before bedtime can disturb sleep routine
	Nutrition	<ul style="list-style-type: none"> • 1200 to 1600 calories a day • Picky eating may still continue at this age • Make sure consuming a well-balanced diet (family meals and my plate)
	Age Appropriate Activities	<ul style="list-style-type: none"> • Play kitchens • Construction kits • Tool chest, medical nursing kits • Simple math counting small object • Creating jewelry stringing large beads
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Well check ups • Regular dental appts • Developmentally appropriate education about medications
	Physical Development	<ul style="list-style-type: none"> • Losing teeth • More mature and functional • Larger bladder capacity, immune system functions efficiently
	Cognitive Development	<ul style="list-style-type: none"> • Ability to think more abstractly and concretely being making rational judgments • Teachers may become an important person in child's life other than parents

School-age		<ul style="list-style-type: none"> • Homework becomes very important, sense of identity may be highly influenced by the quality of work and grades earned on academic projects
	Gross Motor	<ul style="list-style-type: none"> • Walking balance beam • Walking backward heel-to-toe • Hopping on one foot
	Fine Motor	<ul style="list-style-type: none"> • Holding pencil correctly • More complex puzzles • Tying shoes
	Psychosocial Development	<ul style="list-style-type: none"> • Need to master industry (sense of worth), achievements, and gain confidence • If failed will have sense of inferiority • Need opportunities to demonstrate academic, social, and cognitive achievements
	Language Development	<ul style="list-style-type: none"> • Early school age Simple but complete sentences • Grammar and pronunciation become normal • Can follow more complex commands
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • They may avoid sleep, may engage in stalling behaviors, difficulty falling asleep, or difficulty staying asleep • Needs 10-12 hours of sleep • Sleep should be prioritized, lack of sleep effects child's performance
	Nutrition	<ul style="list-style-type: none"> • Obesity is a major health problem due to slower growth in height and weight • Promote intake of a well-balanced diet • 1500 calories
	Age Appropriate Activities	<ul style="list-style-type: none"> • Riding bike • Skating • Skateboarding
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Establishing rules for after school activities • Set limits on use of technology • Teaching ways to set personal boundaries
	Physical Development	<ul style="list-style-type: none"> • Girls grow breast/menstruating Boys grow body hair/voice deepens/ nocturnal emissions • Rapid skeletal growth 10-12 years girls 12-14 years boys • Growth spurts
	Cognitive Development	<ul style="list-style-type: none"> • Thinking understanding and reasoning changes drastically 13-18 years old • Entertain hypothetical situations understand metaphors and higher level thinking • Can still make poor decisions and risky behaviors
	Gross Motor	<ul style="list-style-type: none"> • Increased coordination • Physical strength • Prolonged endurance
	Fine Motor	<ul style="list-style-type: none"> • Competitive sports • Driving a car • Playing musical instruments
	Psychosocial Development	<ul style="list-style-type: none"> • Identity vs. role confusion

Adolescent		<ul style="list-style-type: none"> • Redefining self, family, peers and community while exploring different roles • Establish healthy self esteem
	Language Development	<ul style="list-style-type: none"> • Know approx. 30,000 words • Sarcasm and code switching • Communicate as adults
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Average teen need 8-10 hours of sleep • Avoid stimulants • Exercise regularly
	Nutrition	<ul style="list-style-type: none"> • Growth spurt results in constant hunger and eating more frequently • 2100-3900 calories a day • Teens usually follow different diet • Need more calcium to support bone growth
	Age Appropriate Activities	<ul style="list-style-type: none"> • Sports • theater • Dance
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Dental health • hearing • Preventing motorvehicles accidents • Social isolation