

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"> • A newborn’s skeletal system has more collagen than ossified bone. Over time, they become less pliable. • Newborns have an absence of normal gut flora, leaving them prone to gut infections. Breastfeeding can introduce normal gut flora naturally. • The newborn’s endocrine system is influenced by the mother’s hormones. They can secrete a milky substance from their nipples called witch’s milk and females can have pseudomenstruation, which is when they secrete a small amount of a blood-colored substance.
	Cognitive Development	<ul style="list-style-type: none"> • The infant experiences the sensorimotor period of cognitive development according to Piaget • They start to distinguish between people, comprehend word meaning, and learn object permanence. • According to Freud, the infant is experiencing the oral stage, exploring the world by putting things in their mouths.
	Gross Motor	<ul style="list-style-type: none"> • By 3 months, the infant should be able to hold their head up while lying prone. • By 5 or 6 months they should be able to roll over. • Between 9 and 12 months, they should begin to walk independently.
	Fine Motor	<ul style="list-style-type: none"> • By 3 months, the infant should be able to identify their hands and bring them together. • By 4 months, they should be able to grasp voluntarily. • By 6 months, they should be able to transfer objects between hands.
	Psychosocial Development	<ul style="list-style-type: none"> • Bonding is needed to make the infant feel safe. • They learn to connect these calm feelings with their parents. • According to Erikson’s theory of psychosocial development, infants experience the trust vs mistrust crisis.
	Language Development	<ul style="list-style-type: none"> • With proper play, infants should express joy through cooing at 1 or 2 months and laughing at 2 to 4 months. • The infant should make consistent sounds by 3 or 4 months. • They may start to make imitative sounds by 6 months and may start saying 1 to 2 words by 12 months.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Young infants require 22 to 23 hours of sleep per day for the first few weeks of life. • The infant should begin to sleep through the night at 4 to 6 months, however, children vary greatly in this aspect. • Separation anxiety may begin around 8 to 10 months.
	Nutrition	<ul style="list-style-type: none"> • The newborn starts exclusively on breastmilk and/or formula for the first 6 months for 8 to 12 feedings per day. • After 6 months, foods are gradually introduced one by one starting with iron-fortified infant cereal. • Green vegetables are introduced next followed by yellow and orange vegetables. • Pureed fruits are introduced one by one after the vegetables.

		<ul style="list-style-type: none"> Lean meats and egg yolks can be introduced at 10 months. Egg whites can be introduced after 10 months
	Age Appropriate Activities	<ul style="list-style-type: none"> Infants will suck and bite on things to explore what they are. By 4 to 8 months, they start to pay close attention to objects within their reach. By 8 to 12 months, infants will start to actively seek out hidden objects and explore their world.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> Parents should be taught to have safe oral toys for infants, especially when they are teething as the process can cause immense discomfort. An infant who is formula fed should be completely weaned from the bottle before their first birthday. Only a one-piece plastic pacifier should be given to a teething infant to prevent them from chewing the pacifier into small pieces.
Toddler	Physical Development	<ul style="list-style-type: none"> Toddlers grow an average of 3 inches per year. They typically are able to walk no later than 15 months of age. A toddler's abdomen protrudes due to underdeveloped abdominal muscles and walk with a bow-legged stance because the trunk is a burden on the legs.
	Cognitive Development	<ul style="list-style-type: none"> According to Piaget, the toddler is experiencing the sensorimotor cognitive development period. They need constant play and stimulation. They start to become aware that there is a casual relationship between 2 events, for example, they may notice that flipping a light switch makes a room bright.
	Gross Motor	<ul style="list-style-type: none"> Toddlers move from crawling to running very fast. They can learn to push and pull things at this age. Active games can help toddlers develop motor skills.
	Fine Motor	<ul style="list-style-type: none"> Toddlers develop an awareness of shapes and sizes. Puzzles and toys such as shape-in-a-hole games of nesting cups can help toddlers develop fine motor skills. They may also start to clean and dress themselves.
	Psychosocial Development	<ul style="list-style-type: none"> According to Erikson, toddler experience the autonomy vs shame and doubt crisis. They experience a deep fear of the dark and should be provided a night light for sleep. Even though the toddler is becoming more independent, separation anxiety still persists through early toddlerhood.
	Language Development	<ul style="list-style-type: none"> The toddler enters their second year knowing 1 or 2 words and begin their third year knowing 300-500 words. They start using 2- or 3-word sentences and learn to use pronouns. They may start to introduce themselves with their first and last name by 2 ½ years.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> Toddlers require an average of 14 hours of sleep per day. They transition from taking two naps in the afternoon to one. Toddlers start to desire their own bedtime routine; they may want to have the same book read to them every night or have a set sequence of events that take place.
	Nutrition	<ul style="list-style-type: none"> During toddlerhood, toddlers become picky eaters and slow down food consumption. Toddlers should have no more than 24-32 oz of milk per day since it can reduce their consumption of other proteins and nutrients. Calorie requirements for toddlers average 70-90 Kcal/kg/day.

	Age Appropriate Activities	<ul style="list-style-type: none"> • Toddlers begin introducing age-appropriate puzzles into their play. • Once toddlers begin walking and running on their own, they start to want to become more independent. • Toddlers enjoy games like peek-a-boo and hide and seek as they master object permanence.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Assess every area of your home for potentially harmful items or situations to keep the toddler safe as they explore and play. • As toddlers develop their baby teeth, sugar should be limited, and their teeth brushed twice a day to prevent tooth decay. • Toddlers can't be trusted to behave appropriately with pets, and the pet may lose its temper with the child. It is important to teach toddlers how to properly behave around certain types of pets.
Preschool	Physical Development	<ul style="list-style-type: none"> • Once the child reaches preschool age, physical growth slows down, only gaining about 5 pounds and growing 2.5-3 inches per year. • The preschooler becomes leaner and stands with an erect posture. • All baby teeth come in. • Blood sugar levels stabilize. • The immune system continues to mature. • Visual acuity matures. • Visual disturbances such as myopia and double vision may begin to present. • Hearing acuity is 100% with no expected deficiencies.
	Cognitive Development	<ul style="list-style-type: none"> • According to Piaget, the preschooler is in the preoperational phase of cognitive development. • They will start to experience preconceptual thinking or describing their environment using sensory experiences or objects using only one characteristic such as a color or a shape. • They will experience intuitive thinking as well around age 4. This is their ability to classify information while becoming aware of cause-and-effect relationships. • Preschool aged children also experience symbolic functioning. This is described as a child assigning meaning to an object during play that is different than its normal meaning. For example, a child may use a pillow as a horse or a blanket for a cape.
	Gross Motor	<ul style="list-style-type: none"> • Preschoolers will start to master new skills and want to show them off to a parent or caregiver. • By age 4, the child will learn how to jump, gallop, and alternate feet to climb up stairs. • By age 5, the child will learn how to balance well, dress without help, learn to draw and right, play on playground equipment, use eating utensils, cut lines with scissors, and even tie shoelaces.
	Fine Motor	<ul style="list-style-type: none"> • Preschoolers can develop fine motor skills with small sewing projects using thick yarn on a piece of cardboard. • Though their growth slows down, their fine motor development speeds up. • They develop fine motor skills that require more hand-eye coordination.
	Psychosocial Development	<ul style="list-style-type: none"> • Erikson describes the preschool crisis as initiative vs feelings of guilt. • The child masters initiating activities that are self-directed and independent. • Preschoolers start interacting with both peers and adults in greater depth.
	Language Development	<ul style="list-style-type: none"> • The preschooler can answer simple questions with simple answers. • They rhyme, use complex and compound sentences, talk in future tense, and state his or her full name and address at 5 years.

		<ul style="list-style-type: none"> The child is very interested in their environment and may tell lengthy stories about daily experiences.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> The average preschooler needs 12 hours of uninterrupted sleep per night. Children at this age may often wake up in the night needing comforted from any nightmares. They may also experience night terrors, which can cause the child to thrash, yell, and possibly run out of their room or house in response to fear.
	Nutrition	<ul style="list-style-type: none"> During preschool, the child consumes half the calories of an adult (about 1200-1600 calories). Food preferences may still affect how the child eats and they may still demonstrate picky eating behaviors. Preschool children benefit 2 cups of nonfat or low-fat milk for calcium.
	Age Appropriate Activities	<ul style="list-style-type: none"> Preschool children participate in associative play. They will engage in pretend play using toys to act out real-life scenarios. At this age, children may have imaginary friends to exercise creativity or theatrical behavior.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> Preschool children need at least one well-child assessment by a pediatrician, this may be a requirement for preschool classrooms. Explain to your child why they are taking medications, they experience magical thinking and may see the medication as a punishment. Dental hygiene is very important for preschoolers as their enamel on their baby teeth is thinner than on their adult teeth, so it is important for preschoolers to brush their teeth regularly.
School-age	Physical Development	<ul style="list-style-type: none"> During middle childhood the average weight gain for girls and boys is about 4-6.6 pounds per year and grow an average of 2 inches per year. School aged children experience a decrease in head circumference and an increase in leg-length. They may begin the prepubescent stage or go through precocious puberty.
	Cognitive Development	<ul style="list-style-type: none"> The school aged child begins to think more abstractly and makes more judgments. They go from “learning to read” to “reading to learn.” They learn to classify objects in more than one way.
	Gross Motor	<ul style="list-style-type: none"> School aged children are starting sports and other activities, so they will need to protect their growing bones and muscles. Children become more graceful in their movements at this age. Activities such as biking, skateboarding, and climbing become easier.
	Fine Motor	<ul style="list-style-type: none"> School aged children become more coordinated. They are able to write better with more legible handwriting. They begin to become more flexible as well.
	Psychosocial Development	<ul style="list-style-type: none"> According to Erikson, the school aged child is experiencing the industry vs inferiority. A school aged child may come from within or may be influenced by the child’s social environment. School aged children are gaining a better understanding of their world through logical thinking about concrete events.
	Language Development	<ul style="list-style-type: none"> The child knows enough words to read chapter books. Homework starts to become important for the child. They start to learn right vs wrong and learn how they should speak to adults and peers.
	Sleeping Patterns and	<ul style="list-style-type: none"> Sleep is very important for the child’s success in school.

	Concerns	<ul style="list-style-type: none"> • They need about 10-12 hours of sleep per night. • They may engage in stalling behaviors or have difficulty falling asleep.
	Nutrition	<ul style="list-style-type: none"> • Caloric intake starts to depend on the child's physical activity level. If the child is involved in more physically demanding sports, then they will need more calories. • Children at this age need to eat responsibly with appropriate portion control. •
	Age Appropriate Activities	<ul style="list-style-type: none"> • School aged children may start getting into sports and participating in activities in their school. • Because of these new activities, school aged children are at risk for a variety of injuries. • Children should be taught the importance of safety so as to prevent serious injuries.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Parents of school-aged children should be taught about safety, nutrition, obesity prevention, good dental practices, and the need for vigorous daily physical activity. • Children should be taught the importance of attendance the consistency of being prepared for the day. • Establish limits on screen time and electronic use.
Adolescent	Physical Development	<ul style="list-style-type: none"> • Adolescence is a time of rapid growth for both boys and girls. • The average weight gain for girls is 15-55 pounds and 15-65 pounds for boys. The average height gain for girls is 1-3 inches per year and 2-4 inches for boys. • They also begin to experience puberty.
	Cognitive Development	<ul style="list-style-type: none"> • Adolescents are able to analyze situations logically in terms of cause and effect, however they may not make very mature decisions. • They are now able to entertain hypothetical situations and use metaphors. • They are still prone to making poor decisions and participate in risky behaviors.
	Gross Motor	<ul style="list-style-type: none"> • Adolescents have greater strength and coordination. • They have better distance judgement They also have greater endurance.
	Fine Motor	<ul style="list-style-type: none"> • Adolescents have better hand-eye coordination. • They can write for longer periods of time and can write longer essays and paragraphs. • They are also able to manipulate small objects and cut food with a fork and knife.
	Psychosocial Development	<ul style="list-style-type: none"> • Adolescents are experiencing the identity vs role confusion crisis according to Erikson. • They experience highly variable emotional growth. • Their peers have a great influence on their self-worth and image.
	Language Development	<ul style="list-style-type: none"> • Adolescents have well-developed grammar skills. • They learn new words and continue to grow their vocabulary. • Since they are better at abstract thinking, they are more capable of learning the meaning of words through context.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Adolescents need at least 8-10 hours of uninterrupted sleep each night. • About 15% of teens actually get the proper amount of sleep that they need. • Lack of sleep has profound effects on the teen's academics, overall health, and peer relations.
	Nutrition	<ul style="list-style-type: none"> • Teens experiencing growth spurts need a large number of calories each day (1500-3000 Kcal/day). • Teens may have higher calorie needs if they are in sports. • Many teens may also have different diets such as vegetarian or vegan diets.

	Age Appropriate Activities	<ul style="list-style-type: none">• Adolescents begin driving around this stage of life.• They start participating in more physically demanding sports.• They may begin using technology more as well and staying up later.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none">• Encourage Adolescent children to wear seatbelts while driving and educate them on safe driving practices.• Know when the teen is experiencing social isolation and encourage them to join clubs or social organizations at school.• Teens may want to participate in tanning, however, the sun can have harmful effects on the teen's skin and increase the risk for skin cancer.