

MCN Unit 4 Online Assignment Shawnita Miller

Growth and Development Chart		
Infant	Physical Development	<ul style="list-style-type: none"> • Triple his or her birth weight and double in length in first 12 months • Will produce at least 6-8 teeth during the first year • Their metabolic rate is twice of an adult need more calories, nutrients, and water for body size
	Cognitive Development	<ul style="list-style-type: none"> • Beginning to discriminate between persons • Comprehend word meaning • Learn object performances (an object exists even when it is no longer in view)
	Gross Motor	<ul style="list-style-type: none"> • Holds head up by 3 months while lying prone • Rolls over by 5 to 6 months, starting from the prone to supine. • Sits supported by 8 months
	Fine Motor	<ul style="list-style-type: none"> • Identify hands by 3 months • Grasps rattle voluntarily by 4 months • Transfer objects from hand to hand by 6 months
	Psychosocial Development	<ul style="list-style-type: none"> • Bonding provides sense of security • Bonding is a process of developing meaningful relationship between infant and caregiver • Bonding should be encouraged right after birth by having the parents holding skin-to-skin
	Language Development	<ul style="list-style-type: none"> • Express delight by cooing at 1 to 2 months old • Laughing at 2 to 4 months of age • Will make imitative sounds at 6 months, demonstrating the importance of frequent interactions in language development.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Balance between play and napping • To be placed on back to sleep • Have a safe sleeping area, no co sleeping with infant
	Nutrition	<ul style="list-style-type: none"> • Provide the need for sucking • If bottle feed never put juice or anything sweet in bottle • Never let baby sleep with bottle
	Age Appropriate Activities	<ul style="list-style-type: none"> • Should not be given small toys with unsafe buttons, or any small items that can be gummed. • They would benefit from solitary play along with visual and auditory stimulation, and touch • Infants can interact with siblings
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Car seat safety • Disease and injury prevention, the importance of immunization if permitted by family's beliefs. • Crib selection, the slates should be no wider than 2 3/8 apart.no toys or pillows in crib
	Physical Development	<ul style="list-style-type: none"> • They grow an average of 3 inches per year • They present a distinct stance. Their abdomen protrudes because of their underdeveloped abdomen. • Can walk up the stairs one at a time, holding an adult's hand. They demonstrate greater sophistication in their play than infants.

Toddler	Cognitive Development	<ul style="list-style-type: none"> • This marks the sensorimotor cognitive development period • This is the time of relentless exploration • They are independent and while awake like to explore and needs constant play and stimulation. “autonomy”
	Gross Motor	<ul style="list-style-type: none"> • They go from crawling to walking to running all within a short period. • They will be jumping • Throwing
	Fine Motor	<ul style="list-style-type: none"> • Clapping hands • Picking up and putting down objects • Shaking musical instruments
	Psychosocial Development	<ul style="list-style-type: none"> • Autonomy versus shame and doubt • Experiences a deep fear of the dark and should be provided a night light for sleep • The child will say no frequently and throw tantrums
	Language Development	<ul style="list-style-type: none"> • First word at 11 months • Four to eight-word vocabulary at 16 months • Use of pronouns at 36 months
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • They sleep on the average of 14 hours per day • Don’t give toddler a nap to late in the afternoon because it disrupts their bedtime routine • Later in toddler period child may desire a particular bedtime routine
	Nutrition	<ul style="list-style-type: none"> • They become picky and slowdown in their consumption • Milk consumption should be monitored. No more 24 to 32 ounces should be consumed daily • During the beginning of second year toddler should be eating what the rest of the family eats.
	Age Appropriate Activities	<ul style="list-style-type: none"> • Push/pull toys, parallel play • Throwing and catching • Running and jumping
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Preventing injuries • Dentition “tooth eruption” • Visual and auditory acuity
	Physical Development	<ul style="list-style-type: none"> • Slow and steady gains 5 pounds per year • 20 primary, or deciduous teeth have erupted • Immunity continues to mature and the administrations of immunizations continues.
	Cognitive Development	<ul style="list-style-type: none"> • Preconceptual thinking • Intuitive thinking • Symbolic thinking
	Gross Motor	<ul style="list-style-type: none"> • Will be able to accomplish new, independent task • Climbs on higher structures • Marches
	Fine Motor	<ul style="list-style-type: none"> • Cutting with scissors • Holding and using a pencil • Snapping together blocks

Preschool	Psychosocial Development	<ul style="list-style-type: none"> • Initiative versus feelings of guilt • If child not given the opportunity to initiate these activities, they may be reluctant to try new processes • As a child takes on new experiences' parents must be supportive no matter the outcome
	Language Development	<ul style="list-style-type: none"> • Ask many questions • Display poor use of pronouns • May repeat sentences up to six syllables
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Need 12 hours of uninterrupted sleep per night • Do activities that help a child slow down before bedtime and following a bedtime routine • Will gradually need less rest through out the day but needs to obtain sufficient sleep during the night
	Nutrition	<ul style="list-style-type: none"> • Food preferences may still affect how preschooler eats; they may continue to demonstrate picking eating. • Give nutritious snacks that are appealing to preschoolers • Offer fruits and vegetables at every meal.
	Age Appropriate Activities	<ul style="list-style-type: none"> • Games, arts and crafts • Making family photo albums by gluing pictures to colorful paper • Playing dress up with adult size clothing to re-create adult occupations
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Health and safety of the preschooler • Safety with play equipment • Body images teach child which parts of the body are private
School-age	Physical Development	<ul style="list-style-type: none"> • Average weight gain for boys and girls are 4 to 6.6 pounds per year with a height of 2 inches per year • Body systems more mature and functional • Prepubescence a time period right before puberty, then they hit puberty
	Cognitive Development	<ul style="list-style-type: none"> • Increase ability to think in more abstractly and concretely way • Academic work highly influences the child's thinking and cognitive development • School is often referred to as the "child's job" during this period
	Gross Motor	<ul style="list-style-type: none"> • NA • NA • NA
	Fine Motor	<ul style="list-style-type: none"> • NA • NA • NA
	Psychosocial Development	<ul style="list-style-type: none"> • This stage is referred to as the industry stage which is a child sense of worth • This can come from within or may be influenced by their social life • This is also referred to as a sexual latency where sexual desire are lessened
	Language Development	<ul style="list-style-type: none"> • NA • NA • NA
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Sleep is very important for success with school • Avoid going to sleep in stalling behaviors, have difficulty falling asleep, or experienced difficulty staying asleep are concerns

		<ul style="list-style-type: none"> Needs 10-12 hours of sleep per night
	Nutrition	<ul style="list-style-type: none"> Needs to eat responsible with appropriate portion controls Food choices are becoming more independent as school-aged spend more time away from home. Nutrition education should start early in the school-aged period
	Age Appropriate Activities	<ul style="list-style-type: none"> Family movie night Cooking a special meal together Playing board games or video games
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> Safety, nutrition, obesity prevention, good dental practices Teach parents to offer children rehearsals or practice situations to which the can try out new situations and become accustomed to new perceived demands Teach children about bullying
Adolescent	Physical Development	<ul style="list-style-type: none"> Girls grow breast and begin menstruation, boys grow body hair and experiences nocturnal emissions They have rapid skeletal growth They have an hormone increase
	Cognitive Development	<ul style="list-style-type: none"> Being a role model of health and decision-making Are at high risk for risky behaviors They may be modeling adult behaviors that they have seen on T. V
	Gross Motor	<ul style="list-style-type: none"> NA
	Fine Motor	<ul style="list-style-type: none"> NA
	Psychosocial Development	<ul style="list-style-type: none"> Identity versus role confusion Emotional development is highly variable Spiritual development
	Language Development	<ul style="list-style-type: none"> NA
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> Needs 8-10 hours of uninterrupted sleep per night Both quality and quantity of sleep effects the adult Refrain from napping on regular basis or nap no longer than 30 mins
	Nutrition	<ul style="list-style-type: none"> They experience spurts of constant hunger and frequently eat More calories are needed if teen is vigorous in sports Need more calcium to support their rapid bone growth
	Age Appropriate Activities	<ul style="list-style-type: none"> Driving or learning to School sports School extra curriculum
	Anticipatory Guidance &	<ul style="list-style-type: none"> Substance use disorder

	Teach Points	<ul style="list-style-type: none">• STP's and prevention• Not to text and drive
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- **STP's and prevention**
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