

### 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		
<b>Infant</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Weight increased 1.5lb per month for the first 6 months of life</li> <li>• Length increases 1 in. per month for the first 6 months</li> <li>• Infant will triple birth weight, and double birth length in the first 12 months</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Beginning to discriminate between two persons</li> <li>• Comprehend word meaning</li> <li>• Learn object performance</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Holds head up by 3 months while lying prone</li> <li>• Sits leaning forward by 7 months</li> <li>• Stands alone by 12 months</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Identifies hands by 3 months</li> <li>• Grasps rattle voluntarily by 4 months</li> <li>• Builds two-block tower at 12 months</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Bonding is needed for the infant to feel safe</li> <li>• Skin to skin</li> <li>• Talking to the infant in a quiet, calm, nurturing tone</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Express delight by cooing at 1 to 2 months</li> <li>• Laughing at 2 to 4 months</li> <li>• Say one to two words at 12 months</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Young infants require about 22 to 23 hours a sleep a day for the first few weeks of life</li> <li>• Older infants require about 16 hours/day including two naps</li> <li>• Expect separation anxiety to start at around 8 to 10 months</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Infants should be fed 8 to 12 times per day slowing as they get older</li> <li>• Foods should be introduced one at a time for the assessment of food allergies</li> <li>• Greens are introduced after cereals are well established</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Sing, talk, cuddle</li> <li>• Tummy time</li> <li>• Peek a boo</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• The infant will have about 6 to 8 teeth during the first year</li> <li>• Use teething rings that can be frozen</li> <li>• An infant should be weaned from their bottle before their first birthday</li> </ul>
	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• The toddler can walk upstairs one at a time, holding an adult's hand by 18 months</li> </ul>

<b>Toddler</b>		<ul style="list-style-type: none"> <li>• <b>Toddlers will jump with both feet at 30 months</b></li> <li>• <b>Toddlers should be able to build a tower with two or three blocks by 18 months</b></li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• <b>Child must experience trial and error experimentation to develop an understanding of environment</b></li> <li>• <b>Toddler explores relentlessly and while awake needs constant play and stimulation</b></li> <li>• <b>Toddlers play becomes more complex, age appropriate puzzles or stacking items</b></li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• <b>Jumping</b></li> <li>• <b>Running</b></li> <li>• <b>Throwing</b></li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• <b>Offer challenging toys</b></li> <li>• <b>Placing objects within shaped slots is great for hand-eye coordination</b></li> <li>• <b>Show them different colors and shapes</b></li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• <b>Is marked by distinct psychosocial challenges</b></li> <li>• <b>If the toddler experiences a deep fear of dark, they should be provided a night-light for sleep</b></li> <li>• <b>Toddlers do not understand the importance of others possessions</b></li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• <b>Should end their third birthday knowing 300-500 words</b></li> <li>• <b>Will state their first and last name by 2.5 years of age</b></li> <li>• <b>Talking, reading, playing is related to the development of language skills</b></li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• <b>Requires around 14 hours/day</b></li> <li>• <b>Should transition from two naps to one</b></li> <li>• <b>May develop a desire for particular bedtime routine</b></li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• <b>Typically becomes a picky eater and slows down in consumption</b></li> <li>• <b>No more than 24 to 32 ounces of milk/day</b></li> <li>• <b>During the beginning of the 2<sup>nd</sup> year of life the toddler should be eating the same foods as family</b></li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• <b>Toilet training</b></li> <li>• <b>Toys should be large colorful, and safe</b></li> <li>• <b>Building towers</b></li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• <b>Children are generally not ready for formal swim lessons until after their 4<sup>th</sup> birthday</b></li> <li>• <b>May transition to a toddler transitional car seat</b></li> <li>• <b>Start to show them what the toilet is and how to use it</b></li> </ul>
	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• <b>All 20 primary teeth have erupted, towards the end of preschool age they should begin to fall out</b></li> <li>• <b>Blood sugars stabilize, less snacks are needed</b></li> <li>• <b>Hearing acuity is at 100% with no expected deficits</b></li> </ul>

<b>Preschool</b>	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Preconceptual thinking – child's judgement of his or her environment</li> <li>• Intuitive thinking – ability to classify information while becoming more aware of cause and effect relationships</li> <li>• Symbolic functioning - using a pillow for a horse, a cardboard box for a car, and a blanket for a cape</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Climbing, hanging</li> <li>• Skipping, leaping</li> <li>• Balance and coordination</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Unbutton and button</li> <li>• Working a zipper</li> <li>• Cut out simple shapes with scissors</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Autonomy vs. shame and doubt</li> <li>• Becoming self sufficient</li> <li>• Making friends</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• The child is verbally communicating with up to 900 words by age 3</li> <li>• Answering simple questions with simple answers by age 4</li> <li>• Talks in future tense by age 5</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• 12 hours of uninterrupted sleep per night</li> <li>• It is common for the child to wake up and need reassurance</li> <li>• Do not allow TV before bed time because it can disturb their sleep routine</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Should consume about 1,200 to 1,600 calories/day</li> <li>• Benefit from 2 cups of nonfat or low fat cows milk</li> <li>• Should offer fruits and vegetables at every meal</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Creating fingerprint trees or animals</li> <li>• Playing dress up</li> <li>• Making leaf banners by gluing festive leaves onto a piece of fabric</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Child still needs to be in a booster seat</li> <li>• Teach child to avoid germs and wash hands</li> <li>• Make sure environment is safe for them to play</li> </ul>
	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Gain 4-6 pounds a year</li> <li>• Growth spurts are common</li> <li>• Body systems become more mature and functional</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Learning to read</li> </ul>

<b>School-age</b>		<ul style="list-style-type: none"> <li>• Fully developing a sense of time, space, cause and effect, nesting, reversibility, conservation, and numbers</li> <li>• Learning to spell</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Riding a bike</li> <li>• Jumping over an object and landing with both feet</li> <li>• Using monkey bars</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Drawing detailed pictures</li> <li>• Tying shoes</li> <li>• Writing neatly and holding a pencil correctly</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Develop a sense of worth</li> <li>• Successes and failures are very important to the child</li> <li>• Sigmund Freud theory - Period of sexual latency – sexual desires are dormant</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• The child progresses from free play to play that may be elaborately structured with rules</li> <li>• The child progresses from informal social structures during play to the demands of formal teamwork</li> <li>• The child learns to participate in social structures such as groups</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• 9-12 / 8-10 hours of sleep per night</li> <li>• Helps to stay focused and improve concentration during school if adequate sleep was obtained</li> <li>• No electronics before bed as it stimulates the brain</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• On average need 1,500 calories for the first 20 kg of weight by 25 calories for each additional kg over 20</li> <li>• Promote intake of well balanced meals</li> <li>• Encourage healthy eating and explain the importance</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Problem solving activities</li> <li>• Sports</li> <li>• Digital play</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Teach about prepubescence</li> <li>• Teach about protective equipment while being active in sports</li> <li>• Teach about proper dental hygiene to prevent tooth decay</li> </ul>
	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Girls grow breasts and begin menstruating</li> <li>• Boys grow body hair and experience nocturnal emissions, and their voices deepen</li> <li>• Growth spurt will begin and end during this time</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Do not always display mature decision-making</li> <li>• Able to understand metaphors</li> <li>• Capable of making poor decisions and engaging in risky behaviors</li> </ul>

<b>Adolescent</b>	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• <b>Increased coordination and motor ability</b></li> <li>• <b>Ability to master sports with practice</b></li> <li>• <b>Increased distance judgement and hand-eye coordination</b></li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• <b>Jigsaw puzzles</b></li> <li>• <b>Complex card games</b></li> <li>• <b>Cooking/baking and following recipe</b></li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• <b>Identity versus role confusion stage</b></li> <li>• <b>Should develop confidence in their self-identity and optimism about their future</b></li> <li>• <b>Develop self-concept</b></li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• <b>Vocabulary continues to grow</b></li> <li>• <b>Well developed narrative and complex grammar</b></li> <li>• <b>Want to communicate through electronic device rather than in person</b></li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• <b>Needs 8-10 hours of uninterrupted sleep per night</b></li> <li>• <b>Sleep deprivation has a profound negative effect on teens ability to concentrate</b></li> <li>• <b>Try to set a regular bedtime and avoid any stimulants before</b></li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• <b>11-14 year olds need 1,500-3,000 calories per day</b></li> <li>• <b>15-18 year olds need 2,100-3,900 calories per day</b></li> <li>• <b>Calcium needs to be increased because of the rapid skeletal growth</b></li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• <b>Sports/gyms</b></li> <li>• <b>Bowling</b></li> <li>• <b>Parks and swimming</b></li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• <b>Teach about safe sexual practices</b></li> <li>• <b>Teach dental health</b></li> <li>• <b>Teach about preventing motor vehicle accidents</b></li> </ul>