

MCN Unit 4 Online Assignment

Please complete the chart with a minimum of 3 bullet points in each section. This table is meant to be your notes related to the content so include as much information as you feel appropriate to address each area.

Growth and Development Chart		
Infant	Physical Development	<ul style="list-style-type: none"> The infant will triple their birth weight and double their birth length in the first 12 months. The infant's posterior fontanel closes at 2-3 months of age and anterior fontanel closes at 12-18 months of age. The infant will produce 6-8 teeth during the first year.
	Cognitive Development	<ul style="list-style-type: none"> The infant begins to discriminate between persons. The infant begins to understand object permanence. The infant uses their mouth for exploration of new objects.
	Gross Motor	<ul style="list-style-type: none"> Rolls over by 5-6 months. Sits unsupported by 8 months. Pulls up to a stand by 9 months.
	Fine Motor	<ul style="list-style-type: none"> Grabs rattle voluntarily by 4 months Transfers object from hand to hand by 6 months Builds a two block tower at 12 months.
	Psychosocial Development	<ul style="list-style-type: none"> The infant develops a sense of connection to parents. Recognizes familiar faces at 3 months. Smiles at a mirror at 5 months.
	Language Development	<ul style="list-style-type: none"> The infant expresses delight by cooing at 1-2 months. The infant expresses delight by laughing at 2-4 months. The infant will say 1 or 2 words at 12 months.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> Young infants require 22-23 hours of sleep a day. Older infants require about 16 hours of sleep a day. The infant will begin to sleep through the night at 4-6 months.
	Nutrition	<ul style="list-style-type: none"> The infant is exclusively breast/formula fed until 6 months. The infant feeds 8-12 times per day in the newborn phase. Cow's milk can be introduced after 12 months of age, preferably whole milk.
	Age Appropriate Activities	<ul style="list-style-type: none"> Rattles. Noised makers. Teething rings.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> Do not co-sleep with infant; the infant should be place on back in empty crib to sleep. Use SPF 30 or higher on infants older than 6 months when exposed to the sun. Understand infant/child first aid and CPR.
	Physical Development	<ul style="list-style-type: none"> The toddler grows an average of 3 inches per year.

Toddler		<ul style="list-style-type: none"> • The toddler's abdomen protrudes due to their underdeveloped abdominal muscles. • The toddler should be able to walk by 15 months.
	Cognitive Development	<ul style="list-style-type: none"> • Time of relentless exploration. • Play becomes more complex. • The toddler utilizes trial and error to learn about their environment.
	Gross Motor	<ul style="list-style-type: none"> • The toddler is able to scribble with writing utensil at 15 months. • The toddler can hold an adult's hand by 18 months. • The toddler can jump with both feet at 30 months.
	Fine Motor	<ul style="list-style-type: none"> • The toddler begins to use writing utensils. • The toddler places shapes in their correct slots. • The toddler learns how to use kitchen utensils such as a spoon.
	Psychosocial Development	<ul style="list-style-type: none"> • The toddler begins to assert autonomy and control; use of no, having tantrums. • The toddler will experience separation anxiety. • The toddler does not understand the importance of other's belongings.
	Language Development	<ul style="list-style-type: none"> • 4-8 word vocabulary by 16 months. • Two word sentences by 20 months. • The toddler will state their first and last name by 2.5 years old
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • The toddler requires about 14 hours of sleep per day. • The toddler transitions from 2 naps a day to 1 nap a day. • Bedtime may cause separation anxiety for the child.
	Nutrition	<ul style="list-style-type: none"> • The toddler should be given a spoon to practice feeding self. • Be aware of foods, such as hot dogs, raw carrots, that are a choking risk. • By age 2, the toddler should be eating the same foods as the rest of the family.
	Age Appropriate Activities	<ul style="list-style-type: none"> • Push/pull toys. • Throwing/catching. • Games with music.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • The toddler will need constant supervision. • Baby gates should be purchased and placed at the kitchen, bathroom, stairs. • Medications and other chemicals should be locked away.
	Physical Development	<ul style="list-style-type: none"> • The preschooler stands with an erect posture. • All 20 primary teeth have erupted at the start of the preschool age. • Visual acuity matures, with 20/40 vision by age 3 and 20/30 vision by age 4.
	Cognitive Development	<ul style="list-style-type: none"> • <i>Preconceptual thinking</i>: child's judgment on their environment. • <i>Intuitive thinking</i>: ability to classify information while becoming more aware of cause-and-effect relationships. • <i>Symbolic functioning</i>: child assigns meaning to an object different than its literal meaning.
	Gross Motor	<ul style="list-style-type: none"> • The preschooler can catch a ball by age 3. • The preschooler alternates feet going up the stair at age 4. • The preschooler can ride a scooter by age 5.

Preschool	Fine Motor	<ul style="list-style-type: none"> • The preschooler will learn how to write. • The preschooler progresses with tying shoelaces. • The preschooler can button and unbutton.
	Psychosocial Development	<ul style="list-style-type: none"> • Psychosocial stage includes initiative vs guilt. • The preschooler must master the process of initiating activities that are independent and self-directed. • Parents must support child in their attempts to avoid feelings of guilt and decrease worth.
	Language Development	<ul style="list-style-type: none"> • The preschooler is communicating with up to 900 words by age 3. • The preschooler can answer simple questions with simple answers at age 4. • The preschooler uses complex and compound sentences at age 5.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • The preschooler should receive 12 hours of sleep per night. • A bedtime routine can assist in preparing the child for bedtime. • The preschooler no longer needs an afternoon nap.
	Nutrition	<ul style="list-style-type: none"> • The preschooler consumes about 1,200-1,600 calories per day. • The preschooler benefits from 2 cups of nonfat or low fat milk per day. • The preschooler should be exposed to new foods frequently.
	Age Appropriate Activities	<ul style="list-style-type: none"> • <i>Associative play</i>: interact and engage in common activity with loose organization and rules. • Toys include those that mimic adult activities such as play kitchens, construction kits, and nursing kits. • The preschooler enjoys artistic and creative play.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • The preschooler should consume a well-balanced diet. • Ensure supervision of the child when swimming, climbing, and bike riding. • Promote safe eating habits by having sit down while they eat to prevent choking.
School-age	Physical Development	<ul style="list-style-type: none"> • The school-aged child will gain 4-6.6 pounds a year and grow 2 inches per year. • Prepubescence towards the end of the school-age stage. • The school-aged child's body represents more muscle tissue and less adipose tissue.
	Cognitive Development	<ul style="list-style-type: none"> • The school-aged child has an increased ability to think more abstractly and concretely. • The school-aged child is learning to spell. • The school-aged child is able to classify objects in more than one way.
	Gross Motor	<ul style="list-style-type: none"> • Riding a bicycle become easier for child. • The school-aged child is steadier on their feet. • Child is able to kick or throw a ball with more accuracy.
	Fine Motor	<ul style="list-style-type: none"> • The school-aged child is able to use scissors with more ease. • The school-aged child is able to use a video game controller. • The school-aged child's writing becomes neater.
	Psychosocial Development	<ul style="list-style-type: none"> • The school-aged child begins to find their sense of worth. • The school-aged child expands their socialization and independence. • Concrete operations: beginning of logical thought.
	Language Development	<ul style="list-style-type: none"> • The school-aged child learns correct pronunciation of words. • The school-aged child is able to understand the meaning of what they are reading. • The school-aged child is able to read aloud fluently.

	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • The school-aged child needs 10-12 hours of sleep per night. • Lack of sleep causes a tremendous decrease in the child's energy. • Child should avoid electronics before bed.
	Nutrition	<ul style="list-style-type: none"> • The school-aged child needs to eat responsibly with appropriate portion control. • Nutrition education should begin in the early school-age period. • School-aged children need fewer calories than the infant, toddler, and preschooler.
	Age Appropriate Activities	<ul style="list-style-type: none"> • The school-aged child participates in sports such as soccer, baseball, etc. • The school-aged child plays board games with the family. • The school-aged child is creative through crafts.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Promote successful homework behaviors by designating a study time. • Establish limits on screen time. • Teach the child to set personal boundaries.
Adolescent	Physical Development	<ul style="list-style-type: none"> • Adolescence is a period of rapid growth. • Teenagers tend to have poor posture due to rapid skeletal growth and slower muscle growth. • Adolescents enter puberty and experience sexual maturity
	Cognitive Development	<ul style="list-style-type: none"> • The adolescent analyzes situations in logical terms of cause and effect. • Adolescents are capable of making poor decisions and engaging in risky behaviors. • Teenagers are able to entertain hypothetical situations and understand metaphors.
	Gross Motor	<ul style="list-style-type: none"> • Adolescents are learning how to drive. • Some adolescents excel in sport activities. • Dance/gymnastics.
	Fine Motor	<ul style="list-style-type: none"> • Adolescents can perform crafts with fine motor skills such as beading. • Some adolescents become proficient in video games. • Drawing/painting.
	Psychosocial Development	<ul style="list-style-type: none"> • The adolescent is building their self-esteem. • The adolescent begins to explore their sexuality. • The adolescent will develop confidence in their self-identity and optimism about their future.
	Language Development	<ul style="list-style-type: none"> • Adolescents are learning how to communicate as adults. • Adolescents can be "me-centered" in conversations. • Teens often use social drama as a means to communicate.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • The average teenager sleeps 8-10 hours per night. • Quality and length of sleep affect adolescent's ability to perform well in school • The adolescent should limit naps to 30 minutes.
	Nutrition	<ul style="list-style-type: none"> • Adolescents need more calcium to support rapid skeletal growth. • Adolescents need approximately 1,500-3,000 calories per day • Adolescents may have a variety of diets such as vegetarian, vegan, or gluten-free.
	Age Appropriate Activities	<ul style="list-style-type: none"> • Teenagers may read for pleasure. • Many adolescents participate in organized sport activities. • Adolescents attend social events such as school dances.

	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none">• Monitor teens for social isolation and signs of depression.• Education on risks of tanning and sun exposure.• Promote safe driving.
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