

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"> • Susceptible to injury and health issues (hypoglycemia and hypothermia) • High mortality rate • Assess for cyanosis, mottling, edema, blue nailbeds • Due to risk of hypothermia, keeping infant warm is crucial • Swaddling the infant helps comfort and keep infant warm • Absence of gut flora and reduced gastric enzymes → leads to infection in GI system • High risk for fluid and electrolyte imbalances • Triple birth weight and double length within the first year • Metabolic rate is twice as fast as an adult
	Cognitive Development	<ul style="list-style-type: none"> • Tries to discriminate against people, comprehend word meaning, and learn object permanence • In “oral” stage, where they feel everything with their mouth • Be sure to support head while handling the infant • Due to being in oral stage, provide safe toys for the infant to play with
	Gross Motor	<ul style="list-style-type: none"> • Holds head up by 3 months while lying prone • Rolls over by 5-6 months • Sits leaning forward by 7 months • Gets to sitting position alone by 9 months • Stands alone by 12 months • Begins to walk independently between 9-12 months old
	Fine Motor	<ul style="list-style-type: none"> • Playing helps increase fine motor skills greatly • Should identify hands by 3 months • Brings hands together by 3 months • Transfers objects from hand to hand by 6 months • Drinks from cup by 9 months • Builds two-block tower by 12 months
	Psychosocial Development	<ul style="list-style-type: none"> • Bonding is very important because it provides the infant with a sense of security • Bonding encouraged by having skin-to-skin contact with infant and talking to them • Infant sensory organs assist it in recognizing the parent and developing a close bond with them
	Language Development	<ul style="list-style-type: none"> • Expresses delight cooing at 1-2 months old • Laughing at 2-4 months • Infant imitates sounds at around 6 months • Should be able to say 1-2 words with meaning by 12 months old • Caregiver interactions are the best way to promote communication in an infant

	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Require around 22-23 hours of sleep each day • Older infants require 16 hours/day • Typically, infants nap 1-2 hours in the morning and then again in the afternoon • Do not put stuffed animals or other things in the crib due to increased risk of suffocation • Place infant on back to sleep to decrease risk of SIDS
	Nutrition	<ul style="list-style-type: none"> • Starts with breastfeeding or formula until 6 months old • Foods are introduced one at a time • Green veggies are introduced after cereal • Pureed fruits are introduced after green veggies have been established • Lean meats and egg yolks can be given after 10 months
	Age Appropriate Activities	<ul style="list-style-type: none"> • Playing with toys • Grabbing at things • Putting objects inside of mouth • Reaching towards objects
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Immunization schedule • Guidelines for nutrition • Preventing sun exposure • Sweep entire home for any hazards • Provide need for suctioning • Maintain smoke detectors in home
Toddler	Physical Development	<ul style="list-style-type: none"> • Grows about 3 inches per year • Abdominal muscles typically protrude because of undeveloped muscles • Walks by no later than 15 months
	Cognitive Development	<ul style="list-style-type: none"> • Experiments with trial and error to develop understand of environment • Relentless exploration • Play becomes more complex to age (puzzles, stacking items)
	Gross Motor	<ul style="list-style-type: none"> • Swimming promotes gross motor skills • Be able to skip, walk, and run • Be able to walk up and down stairs without assistance
	Fine Motor	<ul style="list-style-type: none"> • Crafts help develop fine motor skills • Should learn how to feed themselves • Share toys and take turns while playing • Holding a pen/pencil
	Psychosocial Development	<ul style="list-style-type: none"> • May establish a deep fear of the dark • Autonomy versus shame and doubt • Do not understand the importance others place on materials • Mastery of letting go or holding on
	Language Development	<ul style="list-style-type: none"> • Use two-three-word sentences • Learn to use pronouns • Be able to state first and last name by 2 ½ years old

	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Sleep around 14 hours a day • Transition from two naps a day to only one • May develop desire for a bedtime routine • Security items may be very important such as stuffed animal or pillow
	Nutrition	<ul style="list-style-type: none"> • Becomes a picky eater • No more than 24-32 ounces of milk daily • By year 2, they should be eating what the rest of the family is • Chop food into bite size to reduce choking
	Age Appropriate Activities	<ul style="list-style-type: none"> • Scribbling spontaneously at 15 months • Attempting to build a tower with blocks by 18 months • Running and jumping around • Swimming and splashing the water
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Keep toilet cover closed AAT, and invest in childproof locks • Place a guard around heating elements or appliances • Do not allow children to play in parked cars • Make sure all dangerous items are out of reach
Preschool	Physical Development	<ul style="list-style-type: none"> • All teeth have erupted • Blood sugars begin to stabilize • Immunity continues to mature • Hearing acuity is 100% intact
	Cognitive Development	<ul style="list-style-type: none"> • Develop judgement of environment and objects • Develop ability to classify info while becoming more aware cause and effect relationships • May establish meaning to an object that is not its actual purpose
	Gross Motor	<ul style="list-style-type: none"> • Accomplish new, independent tasks • Attempt to tie shoes • Do not reprimand if they fail to do a task
	Fine Motor	<ul style="list-style-type: none"> • Drawing, painting, writing • Play kitchens • Tool chests • Medical and nursing kits
	Psychosocial Development	<ul style="list-style-type: none"> • Initiate activities that are independent and self-directed • Be supportive towards child to decrease feelings of guilt and self-worth • Feels initiative versus feelings of guilt
	Language Development	<ul style="list-style-type: none"> • Be able to correctly identify 0-10 before 5th birthday • Be able to identify colors correctly • Dominant hand is well established • Begins to answer questions with simple answers
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Average preschooler needs 12 hours of sleep every day • Common for them to wake up and need reassurance from fears • Should not be allowed to watch TV before bedtime because it disturbs sleep routine

		<ul style="list-style-type: none"> • Likely will not take a nap • Possible nightmares and night terrors
	Nutrition	<ul style="list-style-type: none"> • Consumes about half the calories of an adult • May continue to be a picky eater • Total dietary intake of fat should not exceed 25% of total daily calories • Offer fruits and veggies at every meal
	Age Appropriate Activities	<ul style="list-style-type: none"> • Normal to have imaginary friends • Tend to be artistic and creative • Learning simple math • Creating jewelry • Making leaf banners • Making family photo album
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Administer scheduled immunizations (DTaP, IVP, MMR, and varicella) • Supervise young preschoolers in bathtub • Prevent excessive sun exposure • Ensure supervision while climbing, swimming, using playground structures
School-age	Physical Development	<ul style="list-style-type: none"> • Shedding of deciduous teeth • Puberty begins • Body systems become more mature and functional • Bladder capacity is variable between boys and girls
	Cognitive Development	<ul style="list-style-type: none"> • Begins to learn how to read • Fully developing sense of time, space, conversation, and cause and effect • Understanding of relationship of parts to the whole • Classify objects in more than one way • Learn how to spell • Begin to collect things such as cards
	Gross Motor	<ul style="list-style-type: none"> • Throwing and catching a ball • Walking backwards • Kicking a ball
	Fine Motor	<ul style="list-style-type: none"> • Using scissors • Drawing • Typing on a keyboard
	Psychosocial Development	<ul style="list-style-type: none"> • Develop a sense of worth • Becomes either a leader or a follower • Builds new relationships with classmates
	Language Development	<ul style="list-style-type: none"> • Begins to asks a lot of questions • Answers questions • Able to write down words and understand them
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • May have difficulty falling asleep or going to bed • Needs 10-12 hours of sleep every night

		<ul style="list-style-type: none"> • May start to sleep in on the weekends • Allow time to winddown before bed without electronics
	Nutrition	<ul style="list-style-type: none"> • Eat responsibly and controlled portions • Food choices become more independent • Provide nutrition education • Less snacking occurs • Discourage fast food and candy
	Age Appropriate Activities	<ul style="list-style-type: none"> • Biking • Skiing • Skating • Climbing
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Promoting school attendance • Successful homework behaviors • Keeping safe from bullying, sexual assault, and other forms of violence
Adolescent	Physical Development	<ul style="list-style-type: none"> • Rapid physical growth for girls and boys • Average weight gain for girls → 15-55 lbs. • Average weight gain for boys → 15-65 lbs. • Growth spurt ends in girls around 16 yrs old • Growth spurt ends in boys around late teens
	Cognitive Development	<ul style="list-style-type: none"> • Tend to make poorer choices and engage in risky behaviors • Fear of being shunned by peers • As teens become more mature, their risky behaviors become more mature
	Gross Motor	<ul style="list-style-type: none"> • Running at various speeds and distances • Jumping high or long • Lifting • Cycling
	Fine Motor	<ul style="list-style-type: none"> • Tying on a keyboard • Zipping a zipper • Tying shoes • Folding clothes
	Psychosocial Development	<ul style="list-style-type: none"> • Develop a sense of identity • Examining and redefining self, family, peer group, and community • Begin to engage in sexual behaviors such as masturbation and possible relationships • Form logical and abstract thinking
	Language Development	<ul style="list-style-type: none"> • Be able to grasp and understand meanings of words and punctuation • Vocabulary grows • Language shifts from basic grammar to more complex language and higher level writing
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Average teen needs 8-10 hours of sleep every night • Set a regular bedtime schedule to improve amount of quality sleep • Avoid any stimulants after 4pm

		<ul style="list-style-type: none"> • Avoid using tobacco • Many teens report less than 8 hours of sleep leading to deprivation
	Nutrition	<ul style="list-style-type: none"> • Teens are typically constantly hungry • Need more calcium to support skeletal growth • Magnesium and Vitamin D both help the body absorb the calcium • Teens tend to eat a lot of fast food which can lead to obesity
	Age Appropriate Activities	<ul style="list-style-type: none"> • Vigorous sports • Going out with friends • Muscle and strength training • Swimming • Dancing
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Educate about regular dental checkups • Listen to music on a regular sound level • Teach about proper posture to avoid back issues later in life • Teach about motor vehicle safety