

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"> • Grows triple the birth weight within first year • Grows double the birth length in first year • Head grows by 0.5in per month for the first 6 months
	Cognitive Development	<ul style="list-style-type: none"> • Brings most items to the mouth for exploration and stimulation • Discriminate between different people • Comprehend word meaning
	Gross Motor	<ul style="list-style-type: none"> • Holds head up by 3 months lying prone • Rolls over by 5/6 months from prone to supine • Sits leaning forward by 7 months
	Fine Motor	<ul style="list-style-type: none"> • Identifies hands by 3 months • Grasps rattle by 4 months • Drinks from a cup by 9 months
	Psychosocial Development	<ul style="list-style-type: none"> • Socially smiles at 2 months • Smiles at mirror at 5 months • Fears strangers at 6 months
	Language Development	<ul style="list-style-type: none"> • Regard a person's face at 1 month • Cooing at 1-2 months • Laughing from 2-4 months
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 22-23 hours of sleep daily for first few weeks • Older infants require 16 hours of sleep daily including 2 naps • Sleep through the night at 4-6 months
	Nutrition	<ul style="list-style-type: none"> • Exclusively breastmilk or formula fed until 6 months • If infant shows interest in food, purees start at 6 months • whole milk starts at 12 months and can be weaned off formula or breast milk
	Age Appropriate Activities	<ul style="list-style-type: none"> • Giving foods such as cheerios to encourage the pincer grasp • Tummy time • Peek-a-boo
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Safe sleep and that infants should not be left alone in their infant devices • As soon as the first tooth comes up from the gum, parents should begin cleaning tooth and gum line • Provide safe toys for teething with nothing that can be chewed off
	Physical Development	<ul style="list-style-type: none"> • Grows an average of 3in per year • Lower abdomen protrudes due to underdeveloped abdominal muscles

Toddler		<ul style="list-style-type: none"> • Birth weight quadruples by 2.5 years old
	Cognitive Development	<ul style="list-style-type: none"> • Trial and error stage • Spatial relationships develop • Games that challenge object permanence are interesting to them
	Gross Motor	<ul style="list-style-type: none"> • Goes from walking to running • Independently explores all items by holding, touching, shaking, etc • Develops awareness of shapes and sizes
	Fine Motor	<ul style="list-style-type: none"> • Begins to self feed • Playing games such as clean up • Begins to undress self
	Psychosocial Development	<ul style="list-style-type: none"> • Learning autonomy vs shame and doubt • Experiences deep fear of the dark • Separation anxiety remains intact
	Language Development	<ul style="list-style-type: none"> • Learns 300-500 words between year 2 and 3 • States first and last name by 2.5 years old • Learns to use pronouns
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 14 hours of sleep per day including 1 nap • Desire a particular bed time routine • Security items for sleep become important
	Nutrition	<ul style="list-style-type: none"> • Appetite decreases and become picky • May eat the same foods for days • May skip meals or show lack of interest in food
	Age Appropriate Activities	<ul style="list-style-type: none"> • Parallel play; playing near another toddler • Large dolls with clothes that can come off • Velcro and snaps
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Correct car seat placement for height and weight • Keep anything that can be harmful out of reach • Use touch supervision near any body of water
	Physical Development	<ul style="list-style-type: none"> • Gains 5 lbs per year and grows 3in per year • Becomes slightly taller, leaner with erect posture • All 20 primary teeth have erupted
	Cognitive Development	<ul style="list-style-type: none"> • Develops social awareness • Develops ability to consider other points of view • Magical thinking is in full effect
	Gross Motor	<ul style="list-style-type: none"> • Catches a ball • Hops in place • Jumps horizontally
	Fine Motor	<ul style="list-style-type: none"> • Learning to write • Learns to use scissors

Preschool		<ul style="list-style-type: none"> • Learns to glue pictures into correct spots
	Psychosocial Development	<ul style="list-style-type: none"> • Trying to navigate initiative vs feelings of guilt • Child will try to do things more independently • Will interact with both adults and peers
	Language Development	<ul style="list-style-type: none"> • Can answer simple questions with simple answers • Can rhyme and use full sentences • Tells long tales about daily experiences
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Needs 12 hours of uninterrupted sleep per night • May experience night mares for the first time • Can wean off naps and just use period as down time during day
	Nutrition	<ul style="list-style-type: none"> • Eats 1,200-1,600 calories per day • Ensure a well balanced diet with fruits and vegetables offered each meal • Nutritious snacks should be offered
	Age Appropriate Activities	<ul style="list-style-type: none"> • Create finger print trees • Teach basic math using patterns and counting • Make family photo album
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Time outs should last 1 minute for each year old a child is • Potty training should take place during this age • Offer well balanced meals and snacks with fruits and vegetables
School-age	Physical Development	<ul style="list-style-type: none"> • 4-6.6 lbs weight gain per year • Will shed all deciduous teeth • Become more graceful and steadier on their feet
	Cognitive Development	<ul style="list-style-type: none"> • Think more abstractly • Have more rational judgements • Child learns to read
	Gross Motor	<ul style="list-style-type: none"> • Hops on 1 foot • Balance on 1 leg • Skip
	Fine Motor	<ul style="list-style-type: none"> • Accurately write letters and numbers • Ties shoelaces • Drawing detailed pictures
	Psychosocial Development	<ul style="list-style-type: none"> • Interacts positively with adults and those with authority • Learns reversibility of relationships • Gains better understanding of concrete events
	Language Development	<ul style="list-style-type: none"> • Learn more words and how sounds within language work • Put words together in different ways • Learns to build difference sentences
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • May display avoidance of sleep • Needs 10-12 hours of sleep per night

		<ul style="list-style-type: none"> • Lack of sleep causes great effects on energy during the day
	Nutrition	<ul style="list-style-type: none"> • Food choices become more independent • Meals should include variety of healthy, low fat choices • Need fewer calories than children in the early stages
	Age Appropriate Activities	<ul style="list-style-type: none"> • Reading books • Classifying objects in more than 1 way • Simple board games
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Promote intake of fresh fruits and veggies daily • Discipline should be consistent and age appropriate • Encourage self discipline
Adolescent	Physical Development	<ul style="list-style-type: none"> • Rapid physical growth that slows in late teen years • Will progress through puberty • Grows between 1-4 in per year
	Cognitive Development	<ul style="list-style-type: none"> • Analyze situations logically • Entertain hypothetical situations • Participate in future oriented and higher level thinking
	Gross Motor	<ul style="list-style-type: none"> • Increased coordination • Distance judgement • Hand-eye coordination
	Fine Motor	<ul style="list-style-type: none"> • Writing • Competitive sports • Cutting and drawing
	Psychosocial Development	<ul style="list-style-type: none"> • Establishing separate identity • Developing morals and values • Reaching cognitive maturity
	Language Development	<ul style="list-style-type: none"> • Vocabulary grows • Complex grammar skills • Figurative language
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 8.5-9 hours of sleep per night • Lack of sleep can affects ability to perform well in school • Brains produce melatonin later so may have difficulty falling asleep
	Nutrition	<ul style="list-style-type: none"> • Needs between 1,500 and 3,900 calories per day • Require increased calcium for rapid skeletal growth • Should be following dental hygiene daily as final molars erupt during this time
	Age Appropriate Activities	<ul style="list-style-type: none"> • Positive media experiences • Sports activities • Caring for pets
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Refrain from napping more than 30 mins • Ensure parents are aware of indications of self harming activities

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| | | <ul style="list-style-type: none">• Teach appropriate nutrition needs |
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