

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"> • More susceptible to illnesses than other age groups such as hypoglycemia or hypothermia • Complete metabolic support stops from mom and adjusts to an independent supply of oxygen, nutrients, and thermoregulation • More susceptible to airway compromise; may require a sniffing position in periods of respiratory distress
	Cognitive Development	<ul style="list-style-type: none"> • Begins to discriminate between persons, comprehends word meaning, and learns object permanence • Finds enjoyment, pleasure, and satisfaction from sucking • Will bring items to the mouth for stimulation or exploration
	Gross Motor	<ul style="list-style-type: none"> • Will hold head up by 3 months lying prone • Holds head steady when sitting by 6 months • Will stand alone by 12 months
	Fine Motor	<ul style="list-style-type: none"> • Will identify hands by 3 months • Will use fingers and thumbs to grasp items by 9 months • Will be able to bring two lightweight items together by 9 months
	Psychosocial Development	<ul style="list-style-type: none"> • The crisis of infancy is trust vs mistrust • Social interactions are very significant for the infant • Will be able to recognize familiar faces by 3 months
	Language Development	<ul style="list-style-type: none"> • Will express delight by cooing at 1-2 months • Will express delight by laughing at 2-4 months • First words will be around 11-12 months and will carry meaning for the infant
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Will require around 22-23 hours of sleep for the first few weeks of life • Will be able to sleep through the night starting at 4-6 months • Will be important to use a routine for bed to break difficulties sleeping with separation anxiety
	Nutrition	<ul style="list-style-type: none"> • Overall fluid requirements up to 6 months are 125-150 mL/kg/day • Solid foods should not be introduced until 6 months of age • Any formulas should be mixed with sterile water for the first few months
	Age Appropriate Activities	<ul style="list-style-type: none"> • Should not be given toys that have unsafe buttons or anything that can be chewed off • May play with older siblings; need to be aware of older siblings' toys risk to infant • Should not be left in high chairs, may rock self over
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Encourage sensorimotor learning and play • Assess presence of lead in home • Safe sleeping areas and patterns with infant
	Physical Development	<ul style="list-style-type: none"> • Will grow on average 3 inches per year

Toddler		<ul style="list-style-type: none"> • Typically, a child's height at 24 months will be half as expected at adulthood • Will gain 4-6 pounds per year
	Cognitive Development	<ul style="list-style-type: none"> • Experiences trial and error experimentation • Is a time of relentless exploration • Needs constant play and stimulation while awake
	Gross Motor	<ul style="list-style-type: none"> • Will go from crawling to walking • Will go from walking to running • Picks up toys; smells, listens to it, etc
	Fine Motor	<ul style="list-style-type: none"> • Will be able to grab cups and stack them • Will be able to throw and catch things • Will begin to climb and balance on things
	Psychosocial Development	<ul style="list-style-type: none"> • Parent needs to supply multiple opportunities for independence • A safe environment free of potential catastrophes is crucial • More control is gained over toilet behaviors
	Language Development	<ul style="list-style-type: none"> • First word will be by 11 months • Will be able to speak jargon by 14 months • Will be able to speak pronouns by 36 months
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Will require around 14 hours of sleep per day • Will transition from two naps a day to one • Don't put toddler down late for a nap; disrupts nighttime routine
	Nutrition	<ul style="list-style-type: none"> • No more than 24-32 ounces of milk daily • Will need 3 complete meals with 3 snacks per day • The second year of life the toddler should be eating what the rest of the family is
	Age Appropriate Activities	<ul style="list-style-type: none"> • Tower building cups • Hide n go seek • Peek a boo
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Use a checklist to evaluate healthcare options • Babysitting options should include socialization • Safe and reliable childcare is very important to secure
	Physical Development	<ul style="list-style-type: none"> • All 20 teeth have erupted • Blood sugar begins to stabilize and fewer snacks needed • Growth slows down to 2.5-3 inches per year
	Cognitive Development	<ul style="list-style-type: none"> • Gets rid of egotistical thinking • Develops social awareness and ability to see other's point of view • 3 stages of cognitive development are preconceptual thinking, intuitive thinking, and symbolic functioning
	Gross Motor	<ul style="list-style-type: none"> • Will build towers from 6-9 blocks • Will be able to jump horizontally • Will be able to ride a tricycle
	Fine Motor	<ul style="list-style-type: none"> • Will be able to draw shapes

Preschool		<ul style="list-style-type: none"> • Will progress from putting on shoes to be able to tie them • Will be able to use eating utensils to eat
	Psychosocial Development	<ul style="list-style-type: none"> • Begins to master initiating activities that are independent • Should be given opportunities to help others and praised for it • Development of socialization will depend on the opportunities presented to the child
	Language Development	<ul style="list-style-type: none"> • Will begin to ask questions • Vocabulary expands to around 1,500 words • Will be able to tell and enjoy long stories
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Will need around 12 hours of sleep a night • Activities that help slow the child down before bed are important • Nightmares and night terrors will be common during this period
	Nutrition	<ul style="list-style-type: none"> • Will consume 1,200 to 1,600 calories a day • Food preferences will still affect diet • 25% of fat should be the intake goal
	Age Appropriate Activities	<ul style="list-style-type: none"> • Learning math by using objects to count • Creating jewelry by stringing different pieces together • Playing dress up with adult sized clothing
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Time outs should only be as long as it takes the child to understand the behavior • Explanations of expected behavior needs to be very clear, concrete, and consistent • Compliments to desired behaviors should be encouraged
School-age	Physical Development	<ul style="list-style-type: none"> • Baby teeth begins to shed and ends with beginning of puberty • Average weight gain is 4-6.6 pounds • Total caloric requirement decreases depending on level of vigorous activity child partakes in
	Cognitive Development	<ul style="list-style-type: none"> • Begins to be able to make rational judgements • Academic work has a major influence on the child's thinking/development • Sense of identity may be highly influenced by quality of own school work
	Gross Motor	<ul style="list-style-type: none"> • Cooking meals together • Able to make crafts, decorate the house • May begin playing sports as a team
	Fine Motor	<ul style="list-style-type: none"> • Brush and floss teeth well • Will be able to text and use phones/technology • Will be able to play board games
	Psychosocial Development	<ul style="list-style-type: none"> • Have finally learned the difference between right and wrong • Can apply the golden rule of do unto others what you want done to you • Need standards for what is expected of them to learn
	Language Development	<ul style="list-style-type: none"> • Able to begin communicating and planning activities • Bullying is a possibly with sending mean text messages, spreading negative rumors, etc • Able to develop and communicate meaningful relationships
	Sleeping Patterns and	<ul style="list-style-type: none"> • May begin having trouble sleeping due to contemplating concerns

	Concerns	<ul style="list-style-type: none"> • Needs 10-12 hours of sleep per night • Lack of sleep may result in a tremendous decrease of energy
	Nutrition	<ul style="list-style-type: none"> • Needs to eat responsibly and have appropriate portion control • Food choices become more independent being more away from home • Obesity is a likely challenge this age group will face if not making healthy decisions
	Age Appropriate Activities	<ul style="list-style-type: none"> • Bike riding • Skateboarding • Skiing
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Need to set limits on technology before bedtime • Food should never be used as a reward for good behavior • Promote school attendance and value the consistency of being on time
Adolescent	Physical Development	<ul style="list-style-type: none"> • Rapid skeletal growth begins around 10 and ends around 17 • Hormones have an influence on physical changes • Frontal lobe becomes fully myelinated and enhanced ability to reason
	Cognitive Development	<ul style="list-style-type: none"> • May analyze situations logically in terms of cause and effect • As cognitive maturity occurs, behaviors towards risky things mature as well • May seek approval from peers or people within a group
	Gross Motor	<ul style="list-style-type: none"> • Able to drive a vehicle • Able to care for pets • Able to partake in organized sports
	Fine Motor	<ul style="list-style-type: none"> • Uses controllers for video games • Physical recreating such as surfing • Able to make and bead small jewelry pieces
	Psychosocial Development	<ul style="list-style-type: none"> • Examines and refines self while exploring roles • Must refine self concept and establish self esteem • Sexual satisfaction and sexual relationships begin to occur
	Language Development	<ul style="list-style-type: none"> • Will be able to communicate feelings • Will be able to have deep and meaningful conversations • Vocabulary is drastically widened than previous age groups
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Needs 8-10 hours of sleep a night • Without enough sleep, the body will not produce enough cytokines which help fight infection and control inflammation • Produce melatonin later in the night compared to grown adults
	Nutrition	<ul style="list-style-type: none"> • Caloric intake requirements range from 1,500 to 3,000 calories • Will have a variety of diets from vegan, sports requiring diets, diets for chronic illness, etc • Increased need for protein calcium, zinc, and iron
	Age Appropriate Activities	<ul style="list-style-type: none"> • surfing • dancing • hiking

	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none">• Try and avoid asking why questions• Listen nonjudgmentally and be interested in the topic• Show genuine and deep respect for what they have to say
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