

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 airway compromise due to large head, large tongue, short neck, and small mandible • Absence of normal gut flora • Bladder can hold 15-20 ml
	Cognitive Development	<ul style="list-style-type: none"> • Discriminate between persons • Comprehend word meaning • Object permanence
	Gross Motor	<ul style="list-style-type: none"> • Holds head up by 3 months while lying prone • Rolls over by 5-6 months starting from prone to supine • Holds head steady when sitting by 6 months
	Fine Motor	<ul style="list-style-type: none"> • Identifies hands by 3 months • Brings hands together by 3 months • Grasps rattle voluntarily by 4 months
	Psychosocial Development	<ul style="list-style-type: none"> • Bonding is very important • Skin to skin • Talking to infant
	Language Development	<ul style="list-style-type: none"> • Cooing 1-2 months • Laughing 2-4 months • Imitative sounds 6 months
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 22-23 hours of sleep for first few weeks of life • Older infants require 16 hours of sleep • Will begin sleeping through the night at 4-6 months
	Nutrition	<ul style="list-style-type: none"> • Newborn start with milk feedings 8-12 times a day and slowly slow down • Solid foods introduced one at a time to check for allergies • No cow's milk until 12 months of age
	Age Appropriate Activities	<ul style="list-style-type: none"> • Teething toys • Bouncy seats • Swings
Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Promotion of health and wellbeing • Promotion of a safe home environment • Promotion of healthy growth and development 	
	Physical Development	<ul style="list-style-type: none"> • Grows an average of 3 inches • Head circumference equal chest circumference

Toddler		<ul style="list-style-type: none"> • Abdomen protrudes and bow legged
	Cognitive Development	<ul style="list-style-type: none"> • Constant play and stimulation • Explore • Play becomes more complex like puzzles
	Gross Motor	<ul style="list-style-type: none"> • Dancing • hopscotch • Push- pull toys
	Fine Motor	<ul style="list-style-type: none"> • Allow child to solve puzzles • Throwing or catching a ball • Blowing bubbles
	Psychosocial Development	<ul style="list-style-type: none"> • Fear of the dark • Not good at sharing • Understands family structure
	Language Development	<ul style="list-style-type: none"> • 2 years old 1-2 words • 3 years old 300-500 words • 2-3 word sentences
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 14 hours of sleep a day • One nap a day • Will require a specific bedtime routine
	Nutrition	<ul style="list-style-type: none"> • Picky eaters • No more than 24-32 ounces of milk a day • Same foods as rest of family- smaller portions
	Age Appropriate Activities	<ul style="list-style-type: none"> • Age appropriate puzzles • Running or jumping • Swimming or splashing
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Home safety tips • Potty training • Separation anxiety
	Physical Development	<ul style="list-style-type: none"> • All 20 primary teeth have erupted • Gains only 5 pounds per year • Grows 2.5- 3 inches per year
	Cognitive Development	<ul style="list-style-type: none"> • Preconceptual thinking • Intuitive thinking • Symbolic functioning
	Gross Motor	<ul style="list-style-type: none"> • Provide praise with each new accomplishment • Do not reprimand if they fail • Will be able to accomplish independent tasks
	Fine Motor	<ul style="list-style-type: none"> • Building blocks • Play dough

Preschool		<ul style="list-style-type: none"> • Using scissors
	Psychosocial Development	<ul style="list-style-type: none"> • Interacts with both adults and peers • Leans to share • Learns to interact with others their age
	Language Development	<ul style="list-style-type: none"> • Simple stories • May talk a lot with exaggeration • 5 years- may tell long tales about daily experiences
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 12 hours of uninterrupted sleep • Common to wake up due to fears through the night • Nightmares and night terrors are common
	Nutrition	<ul style="list-style-type: none"> • Be sure they are consuming a well balanced diet • Benefit from 2 cups of non fat milk • Dietary fat should not exceed 35% of total calories
	Age Appropriate Activities	<ul style="list-style-type: none"> • Participate in activities with loose rules • Imaginative play • Playing house with others
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • immunizations • safety • Protective equipment for sports and activities that require it
School-age	Physical Development	<ul style="list-style-type: none"> • Shedding of the baby teeth • Beginning of puberty • Gain 4-6.6 lbs and grow 2 inches
	Cognitive Development	<ul style="list-style-type: none"> • Think more abstractly • Begin making rational judgements • Academic work highly motivates and influences
	Gross Motor	<ul style="list-style-type: none"> • Specialized skills like sports • Balance • Throwing and catching
	Fine Motor	<ul style="list-style-type: none"> • Drawing • puzzles • Cooking
	Psychosocial Development	<ul style="list-style-type: none"> • Start to develop relationships with peers • Less time socializing with parents • Become either leaders or followers
	Language Development	<ul style="list-style-type: none"> • Sentences that contain 5-7 words • More complex sentences • Grammar and pronunciation should become normal
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • May avoid sleeping or have difficulty falling asleep • Need 10-12 hours

		<ul style="list-style-type: none"> • All electronics should be turned off before bed
	Nutrition	<ul style="list-style-type: none"> • Obesity beings in this stage if not eating properly • Food choices become more independent • Nutrition education should begin here
	Age Appropriate Activities	<ul style="list-style-type: none"> • Sports • Birthday parties or public events • School led clubs
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Safety in sports • Peer pressure • Bullying
Adolescent	Physical Development	<ul style="list-style-type: none"> • Rapid skeletal growth • Girls start to “look” more like women • Boys start to “look” more like men
	Cognitive Development	<ul style="list-style-type: none"> • Analyze situations logically • May not display mature decision making • Use and understand metaphors
	Gross Motor	<ul style="list-style-type: none"> • Coordination and balance • Strength and endurance • Distance judgment
	Fine Motor	<ul style="list-style-type: none"> • Playing an instrument • crafts • Handiwork
	Psychosocial Development	<ul style="list-style-type: none"> • Independence • Body image • Strong peer relationships
	Language Development	<ul style="list-style-type: none"> • Vocabulary continues to grow into more sophisticated wording • More organized in their writing • develop social language skills for conversation, debate, and persuasion
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 8-10 hours • Difficulty falling asleep due to release of melatonin • Need a regular bedtime schedule
	Nutrition	<ul style="list-style-type: none"> • Constantly hungry • 2100-3900 kcal/day • May need certain diets like vegan
	Age Appropriate Activities	<ul style="list-style-type: none"> • Spending time with friends • Sports • Jobs
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Social isolation • Tanning

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| | | <ul style="list-style-type: none">• Preventing motor vehicle accidents |
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