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| <b>Toddler</b> |   | <ul style="list-style-type: none"> <li>• Child gains 3-5 pounds per year.</li> <li>• Abdomen protrudes, child may be slightly bowlegged</li> </ul>   |
|                | <b>Cognitive Development</b>                    | <ul style="list-style-type: none"> <li>• Major task is to potty train</li> <li>• Toddlers are very egocentric</li> <li>• Child may attempt to feed a toy along with self</li> </ul>  |
|                | <b>Gross Motor</b>                              | <ul style="list-style-type: none"> <li>• Walks backward and runs by 18 months</li> <li>• Walks up steps by 2 years</li> <li>• Walks with confidence and balance</li> </ul>   |
|                | <b>Fine Motor</b>                               | <ul style="list-style-type: none"> <li>• Throws ball overhand and jumps up for ball by 3 years</li> <li>• Pulls to a stand and then stands alone</li> <li>• Stoops and recovers from the motion</li> </ul>   |
|                | <b>Psychosocial Development</b>                 | <ul style="list-style-type: none"> <li>• Child begins to tolerate some separation from parent</li> <li>• Child develops strong need for rituals</li> <li>• Toddlers go through a stage of development of autonomy versus shame and doubt</li> </ul>  |
|                | <b>Language Development</b>                     | <ul style="list-style-type: none"> <li>• Reading aloud to a toddler can help them develop language skills</li> <li>• The more a parent talks with a child, the better their language and communication development will be</li> <li>• Asking your toddler what they want to do can help them develop language skills</li> </ul>  |
|                | <b>Sleeping Patterns and Concerns</b>           | <ul style="list-style-type: none"> <li>• Toddlers need 12 hours of sleep at night plus one nap</li> <li>• Some toddlers can experience sleep regression, where they suddenly refuse to go to sleep at night</li> <li>• Avoid stimulants, such as caffeine, before bed</li> </ul>   |
|                | <b>Nutrition</b>                                | <ul style="list-style-type: none"> <li>• Three meals of toddler-sized portions and two to three nutritious snacks per day</li> <li>• Toddlers should eat from all five food groups</li> <li>• Four cups of fluid are needed per day with water being the best option</li> </ul>  |
|                | <b>Age Appropriate Activities</b>               | <ul style="list-style-type: none"> <li>• Toddlers enjoy family time and will engage in playful activities</li> <li>• Toddlers are too young to develop a sense of spirituality but may explore preliminary ideas through choices of storytelling and readings offered by the parent.</li> <li>• Child engages in parallel play, acknowledging other children but not playing with them.</li> </ul> |
|                | <b>Anticipatory Guidance &amp; Teach Points</b> | <ul style="list-style-type: none"> <li>• Toddlers with unusual bruises, such as linear bruising or bruising on the back or abdomen should be investigated for abuse.</li> <li>• Toddlers will test their environments and parental limits</li> <li>• Toddlers are very busy, fast, and prone to accidents and falls</li> </ul>   |
|                | <b>Physical Development</b>                     | <ul style="list-style-type: none"> <li>• Average growth is 2.5-3 in per year</li> <li>• Average weight gain is 5 pounds per year</li> <li>• All 20 deciduous teeth should be in by 3 yrs old</li> </ul>  |
|                | <b>Cognitive Development</b>                    | <ul style="list-style-type: none"> <li>• Most children are toilet trained by the end of preschool period (with potential accidents)</li> <li>• Fears include the dark, monsters, dogs, separation from family, being left alone, and bedtime</li> <li>• Magical thinking is used to make sense of a complex world</li> </ul>   |
|                | <b>Gross Motor</b>                              | <ul style="list-style-type: none"> <li>• Preschoolers enjoy mastering balance, skipping, hopping, and tricycle riding</li> <li>• Preschoolers enjoy kicking a ball and throwing and catching it as well</li> </ul>   |

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| Preschool  |                                      | <ul style="list-style-type: none"> <li>• Preschoolers are able to walk up and down stairs independently</li> </ul>   |
|            | Fine Motor                           | <ul style="list-style-type: none"> <li>• Most preschoolers enjoy drawing and can draw circles and crosses by 3 years</li> <li>• Most can build a 9-10 block tower by 3 years</li> <li>• Most children can lace shoes by 4 years</li> </ul>   |
|            | Psychosocial Development             | <ul style="list-style-type: none"> <li>• Preschoolers need regular social experiences with peers to learn acceptable behaviors such as sharing and the beginnings of manners</li> <li>• Preschool programs are available to foster socialization, creativity, and safety rules</li> <li>• Preschoolers enjoy in participating in religious and cultural practices</li> </ul> |
|            | Language Development                 | <ul style="list-style-type: none"> <li>• Preschoolers ask a lot of “why” questions and should be aloud to engage in these conversations</li> <li>• Reading with a preschooler can help them to boost their language develop</li> <li>• Preschoolers will want to understand words they do not know and will want them explained</li> </ul>                                   |
|            | Sleeping Patterns and Concerns       | <ul style="list-style-type: none"> <li>• Most preschoolers need 11-13 hours of sleep</li> <li>• Many preschoolers will have nightmares and night terrors</li> <li>• Sleep walking and sleep talking develop in many preschoolers</li> </ul>  |
|            | Nutrition                            | <ul style="list-style-type: none"> <li>• Meal options with limited sugars, saturated fats, and sodium are good options for a preschooler</li> <li>• Preschoolers require 1,000-1,400 calories per day</li> <li>• Preschoolers need to eat every 3-4 hours for meals and snacks</li> </ul>  |
|            | Age Appropriate Activities           | <ul style="list-style-type: none"> <li>• Preschoolers should spend approximately 3 hours a day in play</li> <li>• Play Doh is a great learning activity for preschoolers allowing them to use their imagination</li> <li>• Preschoolers enjoy putting on mom’s shoes and clothes for play</li> </ul>   |
|            | Anticipatory Guidance & Teach Points | <ul style="list-style-type: none"> <li>• Teeth brushing should be established</li> <li>• Teaching a preschooler how to handle their emotions</li> <li>• Teaching preschoolers healthy habits are a great thing</li> </ul>  |
| School-age | Physical Development                 | <ul style="list-style-type: none"> <li>• Average school-aged child grows 2 in. per year</li> <li>• Girls typically grow faster than boys during this time period</li> <li>• Average weight gain is 4.5-6.5 pounds per year</li> </ul>  |
|            | Cognitive Development                | <ul style="list-style-type: none"> <li>• Children start to understand time and the days of the week</li> <li>• 10-year-olds can place events in order</li> <li>• Children’s short and long-term memory improves</li> </ul>   |
|            | Gross Motor                          | <ul style="list-style-type: none"> <li>• School-aged children demonstrate rapidly increasing balance and motor skills</li> <li>• School-aged children master bicycling, in-line skating, skateboarding, and swimming</li> <li>• Balance, coordination, and body awareness develop</li> </ul>   |
|            | Fine Motor                           | <ul style="list-style-type: none"> <li>• Greater fine motor skills are required and growth of motor skills for the more rough, competitive, complex play</li> <li>• Children are getting themselves dressed</li> <li>• School-aged children are coloring in the lines</li> </ul>   |
|            | Psychosocial Development             | <ul style="list-style-type: none"> <li>• School-aged children need peer networks</li> <li>• Best friends become paramount</li> <li>• Praise for work is important</li> </ul>   |

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|                   | <b>Language Development</b>                     | <ul style="list-style-type: none"> <li>• School-aged children are starting to understand how the sounds within language work together</li> <li>• School-aged children are learning to listen, speak, read, and write from being around other children</li> <li>• School-aged children improve their grammar and vocabulary</li> </ul>                                |
|                   | <b>Sleeping Patterns and Concerns</b>           | <ul style="list-style-type: none"> <li>• School-aged children need 9-10 hours of sleep per night; bedtimes should be firmly established</li> <li>• School-aged children begin grinding their teeth</li> <li>• School-aged children begin snoring and noisy breathing</li> </ul>  |
|                   | <b>Nutrition</b>                                | <ul style="list-style-type: none"> <li>• Diet and nutrition are important rapid growth</li> <li>• MyPlate food guide should be learned and applied</li> <li>• Less picky eating occurs</li> </ul>  |
|                   | <b>Age Appropriate Activities</b>               | <ul style="list-style-type: none"> <li>• Team sports become important</li> <li>• Group activities should be stressed, and rules followed</li> <li>• Play becomes more rough, competitive, and complex</li> </ul>   |
|                   | <b>Anticipatory Guidance &amp; Teach Points</b> | <ul style="list-style-type: none"> <li>• Child may experience enuresis</li> <li>• School-aged children need a parent or a family member they can trust to be listened to and heard, and have questions answered honestly</li> <li>• Family time and mealtime should be important; limit TV watching and encourage family interaction and caring behaviors</li> </ul> |
| <b>Adolescent</b> | <b>Physical Development</b>                     | <ul style="list-style-type: none"> <li>• Puberty begins for girls between ages 8 and 14; boys between 9 and 16</li> <li>• Girls can grow between 2 and 9 in.; boys 4 and 12 in.</li> <li>• Acne begins as sebaceous glands become activated</li> </ul>   |
|                   | <b>Cognitive Development</b>                    | <ul style="list-style-type: none"> <li>• They continue to refine who they are, where they are going. And life goals</li> <li>• Teens continue to need firm limit setting and rules of behavior</li> <li>• Teens need choices and sense of control and should be offered choices when appropriate</li> </ul>  |
|                   | <b>Gross Motor</b>                              | <ul style="list-style-type: none"> <li>• Increased coordination and motor ability together</li> <li>• Greater physical strength</li> <li>• Prolonged endurance</li> </ul>  |
|                   | <b>Fine Motor</b>                               | <ul style="list-style-type: none"> <li>• Stringing beads requiring precise hand movements</li> <li>• Playing video games</li> <li>• Playing with small Legos and putting puzzles together</li> </ul>   |
|                   | <b>Psychosocial Development</b>                 | <ul style="list-style-type: none"> <li>• Group socialization and parties are important</li> <li>• Significant social structure of the adolescent is the child's peer group</li> <li>• Adolescent's develop ability to manage and regulate his/her emotions as well as to establish and maintain healthy intrapersonal relationships</li> </ul>                       |
|                   | <b>Language Development</b>                     | <ul style="list-style-type: none"> <li>• Adolescents can often understand the meaning of a word from its context</li> <li>• Adolescents develop complex grammar skills through education and practice</li> <li>• Adolescents can understand abstract and figurative language, such as similes, metaphors, and idioms</li> </ul>                                      |
|                   | <b>Sleeping Patterns and Concerns</b>           | <ul style="list-style-type: none"> <li>• Caffeine can decrease sleep quality</li> <li>• Warmer environments can impair sleep quality</li> <li>• Early school start times can make it difficult for teens to get enough sleep</li> </ul>  |

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|  | <b>Nutrition</b>                                | <ul style="list-style-type: none"> <li>• <b>Healthy snacks, foods, and fluids should be made available</b></li> <li>• <b>Adolescents should understand the importance of enough protein in their diet to promote healing, growth, and when going through puberty</b></li> <li>• <b>Nutritional deficiencies and poor eating habits established during adolescence can have long-term consequences</b></li> </ul>          |
|  | <b>Age Appropriate Activities</b>               | <ul style="list-style-type: none"> <li>• <b>Teens question their spirituality and are influenced by family practices and spiritual values</b></li> <li>• <b>Individual and team sports, fitness classes, or planned walks</b></li> <li>• <b>Adolescents take part in a variety of types of physical activity from moderate to vigorous intensity</b></li> </ul>   |
|  | <b>Anticipatory Guidance &amp; Teach Points</b> | <ul style="list-style-type: none"> <li>• <b>Sexual activity conversations that include information about sexual activity and healthy sexual development</b></li> <li>• <b>Conversations regarding substance abuse should include information about alcohol, tobacco, and drug use</b></li> <li>• <b>Menstrual health conversations should include information about menstrual cycles and menstrual hygiene</b></li> </ul> |