

MCN Unit 4 Online Assignment

Please complete the chart with a minimum of 3 bullet points in section. This table is meant to be your notes related to the content so include as much information as your feel appropriate to address each area.

Growth and Development Chart		
Infant	Physical Development	<ul style="list-style-type: none"> • Triple birth weight and double birth length in first twelve months. • Factors included on growth and development-height and weight of parents, nutritional status, cultural factors. • VS-HR 120-160, RR 30-60, T-97.7-99.5; Normal.
	Cognitive Development	<ul style="list-style-type: none"> • Discrimination between persons. • Comprehend word meaning. • Learn object performance.
	Gross Motor	<ul style="list-style-type: none"> • Holds head up by three months while lying prone. • Sits unsupported by eight months. • Stands alone by twelve months.
	Fine Motor	<ul style="list-style-type: none"> • Identifies hands by three months. • Transfers objects from hand to hand by six months. • Builds two block towers at twelve months.
	Psychosocial Development	<ul style="list-style-type: none"> • Trust vs. Mistrust- Bonding. • Socially smiles at two months. • Fears strangers at six months.
	Language Development	<ul style="list-style-type: none"> • Cooing at one to two months, • Consonant sounds at three to four months. • One or two words at twelve months.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Back is best. • Sleeping in short burst is completely normal. • Crib selection-Peeling paint and a drop side gate is a no.
	Nutrition	<ul style="list-style-type: none"> • Caloric requirements 105 to 108 kcal/kg/day. • Fluid requirements 140 to 160 mL/kg/day. • Protein, fat, carbs-calories that provide an infant's diet.
	Age-Appropriate Activities	<ul style="list-style-type: none"> • Solitary play • Visual and auditory stimulation. • Touch.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Co-sleeping/Safe sleeping. • Well child check-ups/Immunizations. • Car seat safety-center in the back of car, rear facing.
	Physical Development	<ul style="list-style-type: none"> • Grows an average of three inches per year.

Toddler		<ul style="list-style-type: none"> • Distinct stance. Abdomen protrudes due to underdeveloped abdominal muscles. • Jump with both feet at thirty months. Ride a tricycle by third birthday.
	Cognitive Development	<ul style="list-style-type: none"> • Relentless exploration. • Trial and error experimentation. • More complex mental combinations.
	Gross Motor	<ul style="list-style-type: none"> • Cruising (moving from one object to another) • Walking to running. • Climbing to jumping.
	Fine Motor	<ul style="list-style-type: none"> • Place objects within correct shape. • Increased mastery of hands. • Match colors.
	Psychosocial Development	<ul style="list-style-type: none"> • Autonomy vs. shame and doubt- functional independence but receive support. • Deep fear of the dark, add night light. • Separation anxiety- interprets as desertion.
	Language Development	<ul style="list-style-type: none"> • By third birthday 300-500 words. • First and last name by two- and one-half years. • Encouraged to participate in conversation even if language is limited.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Fourteen hours of sleep per day. • Two naps to one. • Bedtime routine.
	Nutrition	<ul style="list-style-type: none"> • Becomes a picky eater. Consumption slows. • No more than twenty-four to thirty-two ounces of milk daily. • Calorie requirements 70-90kcal/kg/day. Protein 1.2g/kg/day.
	Age-Appropriate Activities	<ul style="list-style-type: none"> • Self-spoon feeding. • Build a tower stacking block. • Throwing and catching.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Teach food to avoid like hot dogs, raw carrots, celery, and peanuts. • Positive re-enforcement. • Pet safety.
	Physical Development	<ul style="list-style-type: none"> • Gains five pounds per year. Physical growth slows. • Hearing acuity is 100% intact with no expected deficits. • Immunity continues to mature. Vaccinations should continue as scheduled.
	Cognitive Development	<ul style="list-style-type: none"> • Magical Thinking. • Begins to understand concept of time. • Selective attention.
	Gross Motor	<ul style="list-style-type: none"> • Accomplishes new independent tasks. • Positive praise is important at this stage. • Do not reprimand for failure of a task.
	Fine Motor	<ul style="list-style-type: none"> • Cuts out simple shapes.

Preschool		<ul style="list-style-type: none"> • Buttons or unbuttons. • Uses zippers.
	Psychosocial Development	<ul style="list-style-type: none"> • Initiative vs. feelings of guilt. • Needs support so failures aren't associated with guilt. • Guide and set boundaries while supporting child. Difficult.
	Language Development	<ul style="list-style-type: none"> • Two years of age can say fifty words. • Three years of age can say nine hundred words. • Four years answering simple questions with simple answers.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Need twelve hours of uninterrupted sleep. • Provide consistent bedtime routine. • No TV before bed. Disturbs sleep.
	Nutrition	<ul style="list-style-type: none"> • Required 1200-1600 calories a day. • Address if peanut allergy! • Ensure preschooler is consuming a well-balanced diet.
	Age-Appropriate Activities	<ul style="list-style-type: none"> • Bowling. • Skating. • Runs.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Importance of immunizations. • Dietary intake of fat should not exceed 35% of total daily calories. • May develop sleep disturbances due to increased activity and new level of stimulation.
School-age	Physical Development	<ul style="list-style-type: none"> • Deciduous teeth shed. • Muscle tissue replaces fat. • Variation in height, weight, and maturity is noticeable.
	Cognitive Development	<ul style="list-style-type: none"> • Increased ability to think more abstractly. • Begin to make rational judgements. • Teacher may be first important relationship outside of parent.
	Gross Motor	<ul style="list-style-type: none"> • Skipping rope. • Dances. • Somersaults.
	Fine Motor	<ul style="list-style-type: none"> • Writing neatly. • Drawing detailed pictures. • Tying shoes.
	Psychosocial Development	<ul style="list-style-type: none"> • Sense of pride in their work. • Learning how to manage emotions. • Friendships-Best friends.
	Language Development	<ul style="list-style-type: none"> • Simple yet complete sentences. • Follow two to three step directions. • Can join compound sentences.
	Sleeping Patterns and	<ul style="list-style-type: none"> • Ten to twelve hours of sleep per night recommended.

	Concerns	<ul style="list-style-type: none"> • Sleep needs prioritized. Routine remains important. • Needs time to unwind before bed.
	Nutrition	<ul style="list-style-type: none"> • Monitor portions. • Requires fewer calories. • Food choices more independent. Never use food as a reward.
	Age-Appropriate Activities	<ul style="list-style-type: none"> • Riding a bicycle. • Swimming. • School sports activities. Play.
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Early nutrition education. • Firearm safety. • Safe internet use.
Adolescent	Physical Development	<ul style="list-style-type: none"> • Puberty-Hormones. • Relationships with peer's change. Need to "fit in". • Analytical and emotional maturity.
	Cognitive Development	<ul style="list-style-type: none"> • Analyze situations. Cause and effect. • Entertain hypothetical situations. • Participate in higher level thinking.
	Gross Motor	<ul style="list-style-type: none"> • Increased physical strength. • Better endurance. • Increased coordination.
	Fine Motor	<ul style="list-style-type: none"> • Hand-eye coordination. • Handwriting more fluid-less thought. • Construct simple structures.
	Psychosocial Development	<ul style="list-style-type: none"> • Independence. • Crisis of identity vs. confusion. • Body image.
	Language Development	<ul style="list-style-type: none"> • Complex grammar. • Communicate similarly to adults. • Adapt to the peer group. Sarcasm.
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Poorer sleep quality. • Need approx. nine hours of sleep. • Not enough sleep affects school and sports.
	Nutrition	<ul style="list-style-type: none"> • Frequent eating. • Develop a variety of diets. • Caloric intake should be based on activity.
	Age-Appropriate Activities	<ul style="list-style-type: none"> • Social community-Media. • Volunteering. • Video Games.
	Anticipatory Guidance &	<ul style="list-style-type: none"> • Consume adequate dietary calcium, micro and macro nutrients.

	Teach Points	<ul style="list-style-type: none">• Safe use of headphones and earbuds.• Driving.
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