

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"> ● Weight doubles at 5-6 months ● Weight increases by 1.5 lbs per month ● Need around 12-14 hours of sleep plus 2-3 naps
	Cognitive Development	<ul style="list-style-type: none"> ● Regards a person's face at 1 month ● Displays social smile and follows object 180 degrees at 2 months ● Recognizes familiar faces at 3 months
	Gross Motor	<ul style="list-style-type: none"> ● Holds chin up at 1 month and chest up at 2 months ● Holds head erect at 4 months ● Sits supported at 4 months
	Fine Motor	<ul style="list-style-type: none"> ● Has voluntary grasp at 5 months ● Gross movement slowly replaces with fine movements ● Rolls from front to back at 5-6 months
	Psychosocial Development	<ul style="list-style-type: none"> ● Bonding is developing and creating meaningful relationships

		<ul style="list-style-type: none"> ● Infant learns to connect those close feelings with the parents and develops a sense of connection ● Infant must develop a sense of trust
	Language Development	<ul style="list-style-type: none"> ● Says 2-10 words at 12 months ● Laughs at 2-4 months ● Pronounces syllables (dada and mama) at 8 months
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> ● Need around 12-14 hours of sleep ● 2-3 naps a day ● Older infants need 9-11 hours of sleep plus 2 naps
	Nutrition	<ul style="list-style-type: none"> ● Newborns need to breastfeed or formula feeding exclusively until the infant is 6 months ● 8-12 feedings per day in newborn period ● Iron-fortified infant cereals are introduced fist
	Age Appropriate Activities	<ul style="list-style-type: none"> ● Tummy time ● Sing songs to infant ● Practice rolling and crawling
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> ● Infants should not be placed on their back while sleeping ● Provide safe toys that don't cause a choking hazard ● Do not apply sunscreen to an infant under 6 months

Toddler	Physical Development	<ul style="list-style-type: none"> ● Grows about 3 inches per year ● Child gains 3-5 lbs a year ● Abdomen protrudes and child may be slightly bowlegged
	Cognitive Development	<ul style="list-style-type: none"> ● Trial and error experimentation ● Awareness of shapes and sizes ● Becomes more complex mental combinations (puzzles)
	Gross Motor	<ul style="list-style-type: none"> ● Walks no later than 15 months ● Walks upstairs one at a time, holding an adults hand, by 18 months ● Jumps with both feet at 30 months
	Fine Motor	<ul style="list-style-type: none"> ● Scribbles at 15 months ● Attempts to build a 2-3 tower block tower by 18 months ● Throws ball over-hand and jumps up for ball by 3 years old
	Psychosocial Development	<ul style="list-style-type: none"> ● Deep fear of the dark ● Says “no” frequently ● Tantrums
	Language Development	<ul style="list-style-type: none"> ● Learn 300-500 words ● 2-3 sentences

		<ul style="list-style-type: none"> ● States first and last name by 2 ½ years
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> ● Requires average of 14 hours of sleep a day ● Child moves from 2 naps to 1 nap per day ● Develops bedtime routine
	Nutrition	<ul style="list-style-type: none"> ● Appetite decreases ● 70-90 Kcal/kg/day and protein 1.2 g/kg/day ● Food lag: apparent lack of interest in eating, Food jag: the child is willing to eat only a few foods for several days
	Age Appropriate Activities	<ul style="list-style-type: none"> ● Having the child “clean up” ● Self feeding ● Begin to self dress
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> ● Avoid big punishments, instead use time outs ● Keep realistic expectations for potty training to not get too frustrated ● Use safe gates, cover electrical outlet, and keep things out of child's reach
	Physical Development	<ul style="list-style-type: none"> ● By start of preschool all 20 primary teeth have erupted ● Gains only 5 pounds per year ● Visual acuity matures
	Cognitive Development	<ul style="list-style-type: none"> ● Preconceptual thinking: young child’s judgment of his/her environment and objects by experiences and classifying objects by one characteristic.

Preschool		<ul style="list-style-type: none"> ● Intuitive thinking: Beings around 4 years old and is the ability to classify information while becoming more aware of cause and effect relationship ● Symbolic functioning: experience of play and is demonstrated by a child who assigns meaning to an object different that its literal meaning
	Gross Motor	<ul style="list-style-type: none"> ● Dresses without help ● Displays good balance ● Hops in place
	Fine Motor	<ul style="list-style-type: none"> ● Uses eating utensils ● Washes hands and face ● Progresses from holding scissors to being able to cut a line with scissors
	Psychosocial Development	<ul style="list-style-type: none"> ● Magical thinking ● Begins to understand concept of time ● Selective attention
	Language Development	<ul style="list-style-type: none"> ● 4 years the preschooler is answering simple questions with simple answers ● 5 years the child rhymes uses complex and compound sentences ● 3 years old the child likes to tell simple stories
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> ● Average preschooler needs 12 hours of sleep ● Nightmares and night terrors are common during this age

		<ul style="list-style-type: none"> ● As they develop they will probably no longer take an afternoon nap
	Nutrition	<ul style="list-style-type: none"> ● 1200-1600 calories per day ● Make sure they are getting a well balanced diet ● Benefit from two cups of nonfat or low-fat milk
	Age Appropriate Activities	<ul style="list-style-type: none"> ● Making leaf banners ● Creating finger paint trees or animals ● Creating jewelry pieces
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> ● They should not play in the garage, kitchen, or yard with adult supervision ● Ensure proper storage of cleaning products pesticides and automobile solutions ● Assess home for lead based paint
	Physical Development	<ul style="list-style-type: none"> ● Being shedding deciduous teeth and ends with beginning of puberty ● Average weight gain for boys and girls is 4-6.6 lbs ● Start prepubescent which is the time before puberty starts
	Cognitive Development	<ul style="list-style-type: none"> ● Learning to read ● Fully developing sense of time, space, cause and effect, and numbers ● Becoming interested in collections, board games with rules and rationales, and card games
	Gross Motor	<ul style="list-style-type: none"> ● Running

School-age		<ul style="list-style-type: none"> ● Climbing ● Riding a bike
	Fine Motor	<ul style="list-style-type: none"> ● Holding a pencil ● Drawing ● Tying shoes
	Psychosocial Development	<ul style="list-style-type: none"> ● Sexual latency: time when sexual desires are lessened ● Concrete operations: development of better understanding of their world through logical thinking about concert events ● Understanding concept of reversibility, that actions can be reversed
	Language Development	<ul style="list-style-type: none"> ● Story telling ● Making jokes ● Learning vocabulary
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> ● May seek comfort during the night in the form of a hug or a drink of water ● Needs 10-12 hours of sleep per night ● Sleep needs to be prioritized
	Nutrition	<ul style="list-style-type: none"> ● Food choices become more independent ● On average need about 1,500 calories for the first 20 kg of weight plus 25 calories for each additional 20 kg

		<ul style="list-style-type: none"> ● Obesity can occur during these years
	Age Appropriate Activities	<ul style="list-style-type: none"> ● Swimming ● Basketball ● Soccer
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> ● Make sure kids use protective gear when ridding a bike or skateboard ● Teach children about stranger danger ● Must know childs swimming level and to keep an eye on them so they don't go to deeper water
	Physical Development	<ul style="list-style-type: none"> ● Girls grow breasts and boys grow body hair and experience nocturnal emissions, and their voices deepen ● Girl gain 15-55 lbs and boys gain 15-65 lbs ● Girls growth spurt begins around 10 years old and ends around 16 years old. Boys start 13 years old and ends late teens.
	Cognitive Development	<ul style="list-style-type: none"> ● Analyze situations logically ● Able to entertain hypothetical situations, and understand metaphors ● More engagement in high risk behaviors
	Gross Motor	<ul style="list-style-type: none"> ● Dancing ● Throwing a ball ● Lifting weights
	Fine Motor	<ul style="list-style-type: none"> ● Brushing teeth

Adolescent		<ul style="list-style-type: none"> ● Driving a car ● Cutting out papers
	Psychosocial Development	<ul style="list-style-type: none"> ● Recreation ● Emotional development ● Spiritual development
	Language Development	<ul style="list-style-type: none"> ● Understanding abstract language ● Forming longer sentences ● Using joining words
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> ● Average teen requires 8-10 hours of sleep ● Adolescents have a different circadian rhythm than adults ● Teens produce melatonin later at night than adults
	Nutrition	<ul style="list-style-type: none"> ● Teens experiencing growth spurts cause hunger and frequently eating ● 11-14 year old need 1,500-3,000 Kcal/day and 15-18 years old need 2,100-3,900 Kcal/day ● Adolescents need more calcium to support their rapid skeletal growth
	Age Appropriate Activities	<ul style="list-style-type: none"> ● Work ● Sports

		<ul style="list-style-type: none">● Social Media
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none">● Talk to teens about dating violence● Get dental, hearing, and vision checkups● How to prevent motor vehicle accidents