

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"> • Triple birth weight and double birth length • Produce 6-8 teeth within first year • Fine motor skills should be developed including gripping and locomotion
	Cognitive Development	<ul style="list-style-type: none"> • Survival sucking reflexes • Comprehending word meaning • Jean Piaget theory
	Gross Motor	<ul style="list-style-type: none"> • 0-3 lifting head, pushing up, and grasping • 4-6 months rolling over and sitting with support • 6-9 months crawling or scooting
	Fine Motor	<ul style="list-style-type: none"> • Bringing hand to mouth • Grasping and following objects • Reaching specific items and passing between hands
	Psychosocial Development	<ul style="list-style-type: none"> • Bonding is needed between infants and caregivers to provide a sense of security and trust • This should occur right after birth starting with skin-to-skin contact • Providing nurturing care calmly aids in bonding
	Language Development	<ul style="list-style-type: none"> • Cooing at 1-2 months • Laughing at 2-4 months • First word around 12 months, most commonly Da-Da or Ma-Ma
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Require 22-23 hours of sleep a day for the first few weeks, this will be on and off throughout the day and night • Older infants require about 16 hours of sleep a day including 2 naps • Naps are typically in the morning and afternoon for around 1-2 hours
	Nutrition	<ul style="list-style-type: none"> • Breastmilk or formula for the first 6 months of life, quantity will start to increase while number of feedings per day decreases • Soft pureed or easy to swallow foods are introduced around 6 months. Meat and egg products can be given for 10 months • No cow's milk should be given before one year; at two years the child can be given whatever milk the family consumes
	Age Appropriate Activities	<ul style="list-style-type: none"> • Tummy time • Floor play with appropriate toys (ex. soft blocks) • Simple picture books
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Safety education regarding car seats, sleeping, cribs, proper sun protection, etc. • Education on feeding and pacifier use

		<ul style="list-style-type: none"> • Teaching about proper checkups, appointments, and vaccinations
Toddler	Physical Development	<ul style="list-style-type: none"> • Grow 3 inches per year • Head circumference measured until at least 24 months • Walking no later than 15 months
	Cognitive Development	<ul style="list-style-type: none"> • Two stages • 1. Trial and error • 2. Complex mental developmental challenges (ex. Puzzles)
	Gross Motor	<ul style="list-style-type: none"> • Walking, climbing, and running • Pushing and pulling toys • Throwing and jumping
	Fine Motor	<ul style="list-style-type: none"> • Scribbling with crayons • Stacking • Using utensils
	Psychosocial Development	<ul style="list-style-type: none"> • Deep fear of the dark • Manipulating others possessions • Engages in negativism
	Language Development	<ul style="list-style-type: none"> • Begins with one to words around age 2 • On their third birthday they have around 300 to 500 words • Two to three word sentences
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Separation anxiety • Fighting naps • Napping schedules
	Nutrition	<ul style="list-style-type: none"> • Can become a picky eater • No more than 24 to 32 oz of milk should be consumed daily • Caloric amounts is recommended at 70-90 kcal/kg/day
	Age Appropriate Activities	<ul style="list-style-type: none"> • Climbing and balancing • Running and jumping • Swimming and splashing
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Promote safety measures including pool, home, kitchen, gates/barriers, cleaning, pet, and car seat • Toilet training and scheduling around age 2 • Proper medication use
	Physical Development	<ul style="list-style-type: none"> • Gains 5 lbs per year • Grows 2.5-3 in per year • All teeth should have erupted
	Cognitive Development	<ul style="list-style-type: none"> • Preconceptual thinking judgement of environment and objects • Intuitive thinking: classifying information, understanding cause and effect • Symbolic thinking: assigns meaning to objects
	Gross Motor	<ul style="list-style-type: none"> • Balance • Playing on playgrounds

Preschool		<ul style="list-style-type: none"> • Able to dress self
	Fine Motor	<ul style="list-style-type: none"> • Using scissors • Buttoning and unbuttoning • Writing
	Psychosocial Development	<ul style="list-style-type: none"> • Need to attempt activities and not be guilty over failures • It can be difficult to balance parenting • Guilt and decreased feelings of worth are common in this stage
	Language Development	<ul style="list-style-type: none"> • Asks many questions • Exaggerative stories and reactions • Starts naming objects
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Need 12 hours of uninterrupted sleep • Common for children to awaken and need to be talked down regarding fears • Have a schedule and use activities to calm down when time to sleep
	Nutrition	<ul style="list-style-type: none"> • Picky eating is still common • Benefit from two cups of nonfat or low-fat cows' milk per day • Offer fruits and vegetables every meal while encouraging protein
	Age Appropriate Activities	<ul style="list-style-type: none"> • Drawing and coloring • Playdoh • Building
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Expected temperament and personality development • Expected occurrence of enuresis (inappropriate voiding) • Developmental expectations and safety considerations
School-age	Physical Development	<ul style="list-style-type: none"> • Primary or baby teeth • As they continue to grow muscles start to replace fat • Body system becomes more natural and functional
	Cognitive Development	<ul style="list-style-type: none"> • Increased ability to abstract think • Able to make rational judgement decisions • Understandings start to shape based on learning and exposures
	Gross Motor	<ul style="list-style-type: none"> • Riding a bike and participating in sports • Skipping and running with Speed Control • Jumping rope and planned sequences
	Fine Motor	<ul style="list-style-type: none"> • Neatly writing • Folding paper for crafts • Self-care and packing own lunch
	Psychosocial Development	<ul style="list-style-type: none"> • Need to be prepared for industry (sense of worth_ • Have developed autonomy, trust, and initiative • Understanding puberty and emotional elements
	Language Development	<ul style="list-style-type: none"> • Complete sentences with correct grammar • Organized stories and explanations

		<ul style="list-style-type: none"> • Appropriate vocabulary, discussions, processing, and group work
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Important for learning and development • Needs 10-12 hours of sleep per night • May delay the nighttime schedule to stay up later
	Nutrition	<ul style="list-style-type: none"> • Promote eating reasonably while having portion control • Healthy choice incorporating all food groups • Food choices become independent
	Age Appropriate Activities	<ul style="list-style-type: none"> • Jewelry making • Typing • Board games
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Knowledge of temperament and moral development • Importance of family dynamic development • Have conversations regarding their independence and importance of proper decision making • Monitor for any schooling issues (ex. Bullying)
Adolescent	Physical Development	<ul style="list-style-type: none"> • Period of rapid growth and development • Sex hormones and peak puberty • Hormones start adjusting
	Cognitive Development	<ul style="list-style-type: none"> • Can make poor decisions • Can have poor impulse control • Fear social consequences
	Gross Motor	<ul style="list-style-type: none"> • Exercise involving large muscle groups • Peak involvement in competitive team sports • Improved multitasking skills
	Fine Motor	<ul style="list-style-type: none"> • Fully developed writing and typing skills • Have creativity with projects and skills • Gain a sense of adult tasks (ex. money, cleaning, cooking, technology)
	Psychosocial Development	<ul style="list-style-type: none"> • Develop a sense of identity • Can experience role confusion • Develop a self-concept
	Language Development	<ul style="list-style-type: none"> • Expand vocabulary • Public speaking • Reading and analyzing
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Needs about 8-10 hours of sleep per night • The quality and length of sleep have affected daily performance • Lack of sleep has been connected to poor emotional and physical performance
	Nutrition	<ul style="list-style-type: none"> • Incorporate all food groups is essential • Consuming calcium rich foods for bone health • Drink plenty of water throughout the day
	Age Appropriate Activities	<ul style="list-style-type: none"> • Journaling

		<ul style="list-style-type: none">• Painting• Photography• Volunteering
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none">• Promote intake of calcium to ensure good bone health• Sexual development occurs• Educate on tips for communicating with these individuals• Ensure safety by observing behaviors and cues, bullying and emotional disturbance can occur