

### 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		
<b>Infant</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Infant will triple their birth weight and double the birth length in the 1<sup>st</sup> 12 months</li> <li>• Posterior fontanel closes at 2-3 months</li> <li>• Large anterior fontanel closes at 12-18 months</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Infant is experiencing the sensorimotor stage</li> <li>• Infant discriminates between persons, comprehend word meanings, and learn object permanence</li> <li>• Oral stage- puts things in their mouths and likes to suck on things.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Holds head up by three months while lying prone</li> <li>• Sits unsupported by 8 months</li> <li>• Stands alone by 12 months</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Grasps rattle voluntarily by 4 months</li> <li>• Uses thumbs and fingers to grasp items by 9 months (prehension)</li> <li>• Drinks from a sippy cup at 9 months</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Crisis of infancy is trust vs mistrust</li> <li>• Recognizes familiar faces at 3 months</li> <li>• Fears strangers at about 6 months</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Says 1-2 words at 12 months</li> <li>• Makes imitative sounds at 6 months</li> <li>• Makes consonant sounds at 3-4 months</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Young infants require about 22-23 hours of sleep/day</li> <li>• Older infants require 16 hours of sleep/day including two naps</li> <li>• Separation anxiety may start at 8-10 months</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Breastfeed/formula feed until 6 months</li> <li>• No cows milk until after 12 months</li> <li>• Lean meats and egg yolks can be given at about 10 months</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• rattles</li> <li>• Teething rings</li> <li>• Stuffed animals without buttons</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• No co sleeping with infant</li> <li>• Make well child appointment schedule</li> <li>• Avoid television for kids under 2</li> </ul>
	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Grows an average of 3 inches per year</li> </ul>

<b>Toddler</b>		<ul style="list-style-type: none"> <li>• The average 2 year old is approximately 33in tall</li> <li>• The annual weight gain is 4-6 pounds per year</li> <li>• Abdomens protrude d/t their undeveloped abdominal muscles</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> stage is trial and error experimentation to understand environments</li> <li>• Toddlers are very egocentric</li> <li>• Will explore the same cause and effect relationship over and over in new situations even if it was experienced in a previous situation</li> <li>• Begin to understand object permanence</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Jump with both feet at 30 months</li> <li>• Ride tricycle by third birthday</li> <li>• Walks up and down steps by 2 years</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Scribble spontaneously at 15 months</li> <li>• Dressing skills</li> <li>• Toddlers should be given a spoon to self-feed</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Toddler is experiencing the “anal stage”- more control over toilet behaviors</li> <li>• Engages in negativism</li> <li>• Separation anxiety: protest, despair, detachment</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• The toddler can be expected to say 50 words by 2 years</li> <li>• The child is verbally communicating with up to 300words by 3 years</li> <li>• 2-3 words sentences</li> <li>• Learn to use pronouns</li> <li>• State first and last name by 2.5 years</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• 14hrs of sleep per day</li> <li>• Toddler may fear being alone and fight being put to bed</li> <li>• Don't put toddler down for a nap too late in the afternoon</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• No more than 24-32 oz of milk per day</li> <li>• Bite sized pieces to prevent choking</li> <li>• Three meals and three snacks per day. A nutritious no sugar snack should always be available.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Push/pull toys</li> <li>• Throwing and catching</li> <li>• Running and jumping</li> <li>• Swimming and splashing</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Brushing teeth regularly to promote tooth hygiene- twice a day</li> <li>• Avoid the use of refined sugar. Eliminate or reduce the use of sweets</li> <li>• Kitchen cabinets and drawers should have childproof safety lock.</li> <li>• Constant supervision in the home setting for child safety such as safety gates, barriers to protect the child from the kitchen area</li> <li>• Children need to be taught not to touch or approach a dog on or off a leach without asking permission to do so.</li> </ul>
	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Average growth is 2.5-3in. per year</li> </ul>

<b>Preschool</b>		<ul style="list-style-type: none"> <li>• Average weight gain is 5 pounds per year</li> <li>• All deciduous teeth should be in by 3 years</li> <li>• Visual disturbances present during the early preschool period</li> <li>• The preschool has a taller, leaner stands with an erect posture</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• <b>Preconceptual thinking:</b> this is the young child’s judgment of environment by visual experiences</li> <li>• <b>Intuitive thinking:</b> this is the child’s ability to classify information while becoming more aware of cause-and-effect relationship.</li> <li>• <b>Symbolic functioning:</b> this is demonstrated by a child who creates an image in his or her mind to mean something other than it is, such as using a pillow for a horsey, a cardboard box for a car, and a blanket for a cape.</li> <li>• <b>Magical thinking, selective attention, begins to understand concepts of time.</b></li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• 4y/o: skips on one foot</li> <li>• Provide praise when child attempts new accomplishment</li> <li>• 3y/o: builds tower of 6-9 blocks</li> <li>• 5y/o: dresses without help</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• They can use safety scissors</li> <li>• They learn to draw, craft, and develop skills that require greater eye-hand coordination.</li> <li>• Buttons and unbuttons</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Aware of roles and functions of each member of the family and develops an understanding of sex-role functions.</li> <li>• Fear of dark,</li> <li>• May have imaginary friends</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• The preschooler is answering simple questions with simple answers by 4 years</li> <li>• rhymes, uses complex and compound sentences, talks in future tense, and states his or her full name and address by 5 years</li> <li>• Talks incessantly, even when others are not listening or paying attention (3y/o)</li> <li>• Count out loud by 4 years</li> <li>• Name colors by 4 years</li> <li>• Enjoys telling long stories by 5 years</li> <li>• Speaks a total of 2,100 words by 5 years</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Preschoolers need 12 hours of sleep per night.</li> <li>• Provide a Bedtime routine</li> <li>• Night light encouraged to reduce night terrors</li> <li>• Avoid watching TV before bedtime bc it could disturb the child/s sleep routine</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Appealing nutritious snacks include peanut butter on graham crackers, celery sticks with cream cheese, carrot sticks dipped in ranch dressing.</li> <li>• Picky eating behaviors</li> <li>• Offer fruits and vegetables at every meal</li> </ul>

		<ul style="list-style-type: none"> <li>• Provide family meal opportunities. They should not eat in front of the TV.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Play kitchens, tool chests, medical and nursing kits</li> <li>• Tricycles, wagons, trucks, cars.</li> <li>• Large-piece puzzles</li> <li>• Arts and crafts with drawing, gluing, and creating.</li> <li>• Play dress up</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Making a vaccination schedule and checking if child is up to date with their vaccines</li> <li>• Assessing the home for lead-based paint, peeling paint surfaces or any chewable surfaces painted with lead-based paint.</li> <li>• Use protective equipment for sports activities</li> </ul>
<b>School-age</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Girls puberty: 8-12</li> <li>• Boys puberty: 9-14</li> <li>• Average weight gain is 4.5-6.6 pounds per year</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Interpret the world in a more abstract, logical, and meaningful ways.</li> <li>• Begin to make rational judgements.</li> <li>• Display concrete operations- the beginning of logical thought</li> <li>• Begin to use inductive reasoning and understand the concept of reversibility</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Children master swimming</li> <li>• Master rollerblading, skateboarding</li> <li>• Participates in sports.</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• writing</li> <li>• cutting</li> <li>• Typing on keyboard</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Demonstrate tendencies to be either leaders or followers</li> <li>• Children need social peer networks, best friends become paramount</li> <li>• Team sports and group activities are important for this age group.</li> <li>• they have a need for conformity and enjoy pleasing their teachers.</li> <li>• Concept of best friend is important</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Learn to spell and to use the dictionary</li> <li>• Grammar and pronunciation become more normal</li> <li>• Use complex sentences.</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Child needs 10-12 hours of sleep per night</li> <li>• Lack of sleep causes decrease in child's energy at school and may cause poor academic performance.</li> <li>• Needs a bedtime routine.</li> <li>• Set limits on technology before bedtime.</li> <li>• Child may experience enuresis (15% of 6 years olds)</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Food should not be used as a reward for good behavior</li> <li>• Food choices become more independent</li> <li>• Discourage consumptions of fast food and candy</li> </ul>

	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Team play and sports</li> <li>• Board games</li> <li>• computer technology/video games</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Promotion of school attendance and the value of consistently being on time and well prepared for each school day.</li> <li>• Limits on “screen time” such as video games, TV, and handheld electronic devices.</li> <li>• Establish rules for afterschool activities and about checking in with parents.</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>• Menses begins approximately 2.5 years after the onset of puberty</li> <li>• Boy voices deepen, nocturnal emissions occur.</li> <li>• Girls can grow between 4 and 12in.</li> <li>• Girls gain between 15 and 55pounds.</li> <li>• Boys gain between 15 and 65 pounds.</li> <li>• Acne begins</li> <li>• Overall body size and mass increase to adult size.</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• They now analyze situation logically in terms of the situation cause and effect</li> <li>• They do not always display motion decision making</li> <li>• They are able to entertain hypothetical situations, use metaphors, and participate in future oriented and higher-level thinking</li> <li>• Adolescent girls demonstrate more confidence in their social skills and reading abilities</li> <li>• Boys demonstrate more confidence in math skills and athletes</li> <li>• Engage in high-risk behaviors</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Overall gross motor development reaches that of full adulthood.</li> <li>• driving</li> <li>• plays competitive sports</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Musical ability</li> <li>• sewing</li> <li>• cooking</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Identity vs role confusion development phase</li> <li>• Teens must establish a healthy self esteem</li> <li>• Attain higher levels of autonomy</li> <li>• In the postconventional level of morality stage</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Syntax becomes complex</li> <li>• Uses language to convey multiple messages such as sarcasm, metaphor, and satire.</li> <li>• Vocabulary continues to expand</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Needs 8-10hrs of sleep per night</li> <li>• Without enough sleep the body cannot produce enough cytokines which fight infection and control inflammation</li> <li>• Teens produce melatonin later at night and may report difficulty falling asleep.</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Girls with heavy menses may at higher risk for iron deficiency</li> </ul>

		<ul style="list-style-type: none"> <li>• Risk for eating disorders.</li> <li>• Between 2,100 to 3,900 kcal /day for 15-18 years old</li> <li>• Adolescents require an increase in oral calcium intake for their rapid skeletal growth.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Participate in social events like school dance</li> <li>• Church groups</li> <li>• Access to peers via computer social technology, phones, letter writing</li> <li>• Social clubs, dances, movies</li> <li>• Challenging arts and crafts such as jewelry making</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Should have dental checkup</li> <li>• Riding with underage drivers or allowing more riders in a car that there are seatbelts is a concern that should be discussed</li> <li>• Assess for social isolation</li> </ul>