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 your feel appropriate to address each area.

Growth and Development Chart		
Infant	Physical Development	• Weight increase by 0.68 kg per month for first 6 months • Produce 6-8 teeth during the first year • Triple birth weight and double birth length by 12 months
	Cognitive Development	• In the oral stage, enjoys viewing the world from sucking • Discriminate between persons • Learns object permanence
	Gross Motor	• Holds up by 3 months while lying prone • Rolls over by 5-6, starting from prone to supine • Sits leaning forward by 7 months
	Fine Motor	• Identifies hands by 3 months • Brings hands together by 3 months • Grasps rattle voluntarily by 4 months
	Psychosocial Development	• Fears strangers at 6 months • Socially smiles at 2 months • Recognizes familiar faces at 3 months
	Language Development	• Delighted by cooing at 1-2 months • Laughing at 2-4 months • Consonant sounds at 3-4 months
	Sleeping Patterns and Concerns	• Expect separation anxiety • Place on back to sleep to decrease chance of SIDS • Require 22-23 hours of sleep, then older infants require 16 hours of sleep and 1-2 naps
	Nutrition	• Breastfeeding or formula feeding exclusively until 6 months old • Foods are introduced one at a time to allow for assessment of allergies or sensitivities • No cow's milk should not be given until after 12 months of age
	Age Appropriate Activities	• Rattles • Teething rings • Stuffed animals
	Anticipatory Guidance & Teach Points	• Well-child checkups • Immunization schedule • Guidelines for nutrition
	Physical Development	• Presents with a distinct stance (abdomen protrudes, bow leggedness)

Toddler		• **Can walk upstairs, one at a time, while holding an adult's hand** • **Uncoordinated but increased mastery of their hands**
	Cognitive Development	• **Understands causality** • **More understanding of object permanence** • **Explores spatial relationships**
	Gross Motor	• **Walking** • **Jumping** • **Balance**
	Fine Motor	• **Hand-eye coordination** • **Building blocks** • **Using a spoon**
	Psychosocial Development	• **Should be included at the family dining table** • **Slow to warm up to strangers** • **Understand that they are members of the family**
	Language Development	• **Will state their first and last name by 2 ½ years old** • **Use 2–3-word sentences and learn to use pronouns** • **By third birthday will say 300-500 word**
	Sleeping Patterns and Concerns	• **On average 14 hours of sleep a day** • **Transition to 1 nap in the afternoon, not too late** • **Security items can become very important**
	Nutrition	• **No more than 24-32 ounces of milk consumed daily** • **During the beginning of 2 years old, should be eating what the rest of the family is eating** • **May display dislike of certain foods and refuse them**
	Age Appropriate Activities	• **Push-pull toys** • **Running and jumping** • **Climb and balance**
	Anticipatory Guidance & Teach Points	• **Discipline** • **Toilet training** • **Home injury prevention**
	Physical Development	• **All 20 primary teeth have erupted** • **Stand at a more erect posture** • **Blood sugar stabilizes**
	Cognitive Development	• **Preconceptual thinking: judgment of environment** • **Intuitive thinking: classify information while becoming more aware of cause-and-effect relations** • **Symbolic functioning: assigns meaning to an object different from its literal meaning**
	Gross Motor	• **Catches a ball** • **Walks heel to toe** • **Dresses without help**
	Fine Motor	• **Cutting with safety scissors**

Preschool		• **Can do buttons on clothes** • **Holds crayons with more mature grasp**
	Psychosocial Development	• **Interacting with both adults and peers** • **Wants to conform to rules** • **Basic understanding of what is socially acceptable**
	Language Development	• **Asks many questions** • **Names colors** • **Enjoys telling long stories**
	Sleeping Patterns and Concerns	• **12 hours of uninterrupted sleep at night** • **Provide a bedtime routine** • **Should not be allowed to watch TV before bedtime**
	Nutrition	• **Dietary fat should not exceed 35% of total calories** • **Benefit from 2 cups of nonfat or low-fat cow's milk or calcium-fortified plant-based milk per day** • **Ensure they are consuming a well-balanced diet**
	Age Appropriate Activities	• **Play kitchen** • **Tool chests** • **Medical and nursing kits**
	Anticipatory Guidance & Teach Points	• **Evaluating playgrounds for safety** • **Medical concerns** • **Medication safety**
School-age	**Physical Development**	• **Begins shedding baby teeth, ends with the beginning of puberty** • **More graceful movements, steadier on feet** • **Body systems become more mature and functional**
	Cognitive Development	• **Think more abstractly** • **Think more concretely** • **Begin to make rational judgements**
	Gross Motor	• **Riding a bike** • **Skateboarding (balance and coordination)** • **Complex sport movements**
	Fine Motor	• **Writing** • **Cutting** • **Playing instruments**
	Psychosocial Development	• **Progress from free play to play that is structured and has rules** • **Progresses from informal social structures to the demands of formal teamwork** • **Learns to participate in social structures within the classroom**
	Language Development	• **Read and write stories** • **Engage in complex conversations** • **Significant improvement in vocabulary, grammar, reading, and writing**
	Sleeping Patterns and	• **Need 10-12 hours of sleep per night**

	Concerns	• **Lack of sleep causes decrease in energy at school** • **Sleep needs to be prioritized with a predictable routine and a reasonable bedtime each night**
	Nutrition	• **Diet and discussing dieting should not occur when talking to a child about nutrition or weight** • **Encourage child to learn good eating and exercise habits through interactive websites** • **Have a balanced diet (MyPlate)**
	Age Appropriate Activities	• **Team games** • **Sports** • **Arts and crafts**
	Anticipatory Guidance & Teach Points	• **Health (obesity)** • **Bullying** • **Promoting good behaviors (attending school, successful homework)**
Adolescent	**Physical Development**	• **Rapid skeletal growth** • **Girls: breasts and menstruation** • **Boys: body hair and voice deepening**
	Cognitive Development	• **Making poor decisions and engaging in risky behaviors** • **Analyze situations logically in terms of cause and effect** • **Able to entertain hypothetical situations**
	Gross Motor	• **Improved strength** • **Improved endurance** • **Improved coordination in large muscles**
	Fine Motor	• **Improved speed** • **Improved accuracy** • **Improved coordination**
	Psychosocial Development	• **Evolving peer relationships** • **Increased autonomy from parents** • **Complex identity formation**
	Language Development	• **Improved abstract reasoning** • **Understanding figurative language** • **Expanding complex vocabulary**
	Sleeping Patterns and Concerns	• **Require 8-10 hours of uninterrupted sleep** • **Sleep deprivation negatively effects ability to concentrate and perform well in school** • **Lack of sleep has been associated with emotional troubles, car accidents, poor grades, and illness**
	Nutrition	• **Need more calcium to support bone growth** • **Education on proper diet to match nutritional needs and hunger** • **Growth spurt causes constant hunger and frequent eating**
	Age Appropriate Activities	• **Caring for a pet** • **Video games** • **Journaling**
	Anticipatory Guidance &	• **Cyberbullying**

	Teach Points	• **Depression and suicide, self-harm** • **Substance abuse**