

MCN Unit 4 Online Assignment 229

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"> • The infant will triple their birth weight and double their birth length within the first 12 months. Roughly at about 1.5 lbs. per month for the first 6 months and then 0.75 lbs. per month the second 6 months. • The infant will produce 6-8 teeth during the first year • Head circumference increases about 12 cm in total during the first year
	Cognitive Development	<ul style="list-style-type: none"> • Birth-2years. Reflexes, then gradual shifts to intentional actions, object exploration, and repetitive behaviors • Object permanence typically is shown at 9 months or so • Imitate simple actions, recognize familiar faces, and are able to respond to their name within the end of their first year.
	Gross Motor	<ul style="list-style-type: none"> • 0-2 months: holds head up briefly, strong reflexive movements • 3-4 rolls, good head control. 5-6 months sits with support. 6-8 sits without support. 9 months pulls to stand and possibly starts steps. • 10-12 months stands alone and has first steps which can be assisted or independent.
	Fine Motor	<ul style="list-style-type: none"> • Play is used to promote fine motor development. • The pincer grasp is developed at 7.5-8.5 months from play and providing foods such as cheerios. At this stage the baby can pick up any small item and put it in their mouth. When crawling/ playing closely monitor them. • 10-12 months points, bangs, drops, stacks, simple commands.
	Psychosocial Development	<ul style="list-style-type: none"> • 0-2 months develops trust through feeding and cuddling • 2-4 months social smiles indicate beginning attachment • 4-6 months anticipates routine, enjoys social interaction • 6-9 months stranger anxiety begins (showing a healthy sign of attachment) • 9-12 months separation anxiety and a strong caregiver bond
	Language Development	<ul style="list-style-type: none"> • Birth-2 months: crying • 2-4 months cooing, vowel like sounds, responsive smiles • 4-6 months babbling, squeals, laughs • 6-9 responds to name, understands no and common words, mimics sound, gestures • 9-12 months can say 1-2 words, mamma and dad, uses gestures to communicate wants, and can understand simple instructions, and points to objects when named
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Young infants require 22-23 hours per day. Older infants require 16 hours a day including 2 naps. • Practice routines and scheduled sleeping times. Provide a quiet room with minimal sleeping interruptions, and a dark room with a small nightlight.

		<ul style="list-style-type: none"> Practice safe sleep. No pillows, blankets, toys, bumper, etc. No co sleeping.
	Nutrition	<ul style="list-style-type: none"> Newborns start with breastfeeding or formula exclusively until months. Roughly 8-12 times per day. Foods are introduced at 6 months, they must be introduced one at a time to assess for allergies and sensitivities. Iron- fortified cereals are recommended first. This is after the baby shows an interest in food and can swallow a small bolus of food placed on the tongue. Pureed fruits are introduced after vegetables have been introduced and well received.
	Age Appropriate Activities	<ul style="list-style-type: none"> Tummy time: 3-5 minutes multiples times daily. Roughly 30 minutes per day. Always supervise baby when doing tummy time. Skin to skin, talking and singing, gentle rocking and swaddling, soft music/ lullabies Patty cake, imitation games, waving Push/pull toys, dancing, stacking toys
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> Tummy time is extremely important for developing neck and upper body strength. Car seat safety Healthy feedings: solid foods at 6 months when baby is interested Baby proofing when crawling, sleeping, tummy time, etc.
Toddler	Physical Development	<ul style="list-style-type: none"> Steady height and weight gain Continued maturation of organ systems Rapid brain growth
	Cognitive Development	<ul style="list-style-type: none"> Begins exploring cause and effect Pretend play, solving puzzles, Can sort objects by color and shape
	Gross Motor	<ul style="list-style-type: none"> 12-15 months: walks independently, stairs with assistance 18-24 months: runs, climbs onto and down from furniture unassisted 2-3 years: rides tricycle, can kick a ball, and walks up and down stairs using alternate feet
	Fine Motor	<ul style="list-style-type: none"> 12-18 months: uses pincer grasp, stacks 2-3 blocks, holds spoon (sloppy) 2 years: builds 6-7 block towers, and can turn book pages (one at a time) 3 years: can draw a circle, turn doorknobs, manipulate buttons, and do simple puzzles
	Psychosocial Development	<ul style="list-style-type: none"> Separation anxiety Parallel play Asserting independence: “terrible twos”, “me do it” Experiencing/ expressing a range of emotions Emerging cooperative play, sharing/empathy
	Language Development	<ul style="list-style-type: none"> 12 months: 1-3 words, responds to name 18 months: 10-20 words, follows simple commands 24 months: 2–3-word phrases, vocab of 50 words or so 36 months: speaks in full sentences, uses pronouns asks why questions, speech understood by family and strangers
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> Needs 12-15 hours of sleep per day, night time and one nap Consistent bed time routine Sleep disruptions or not enough sleep affect behavior and learning outcomes

	Nutrition	<ul style="list-style-type: none"> Balanced diet including plenty of iron rich foods, calcium and healthy fats Encourage family meal time and variety Avoid excessive milk intake
	Age Appropriate Activities	<ul style="list-style-type: none"> Gross motor: ball, tricycle, climbing Fine motor: stacking blocks, simple puzzles, crayons/ scribbling Language and cognitive: reading picture books, naming objects, pretend/ interactive play
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> Safety: car seat safety, fall prevention, and supervision Behavior: prepare parents for tantrums, suggest calm approaches Early warning signs: seek evaluation from healthcare professional if delays occur (not using words or combining phrases by 18-24 months)
Preschool 3-5 years	Physical Development	<ul style="list-style-type: none"> Steady weight gain and height increase Girls start to surpass the boys in later preschool age Organ system maturation: neuromuscular coordination improves, respiratory structures cont. to develop, musculoskeletal strengthens but is not fully mature
	Cognitive Development	<ul style="list-style-type: none"> Piaget, preoperational stage: Egocentric thinking shifts gradually toward understanding different perspectives Enhances imaginative and symbolic play such as role playing and storytelling Starts to grasp a basic concept of time, sequence, counting, and categorization like shapes, color, and size
	Gross Motor	<ul style="list-style-type: none"> Enhanced coordination and agility Tricycles, catch/ throwing, running Begin jumping, hopping, using playground equipment
	Fine Motor	<ul style="list-style-type: none"> Greater control over smaller muscles Draw basic shapes, use scissors safely, participate in more detailed arts/ simple crafts Dress with minimal assistance, use zippers and buttons
	Psychosocial Development	<ul style="list-style-type: none"> Eriksons initiative vs. guilt Want autonomy, eager to try new things Success fosters initiative, criticism may lead to guilt Social skills form cooperative play, sharing (practice), develop empathy, and follow simple group rules
	Language Development	<ul style="list-style-type: none"> Vocab expands rapidly, use full sentences, ask “what”, and “why” questions Can tell simple stories, and understand/ follow multistep directions Ready for early literacy- can recognize some letters and starts to learn to write name
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> 10-13 hours per 24 hour period is recommended. Maybe one nap. Bedtime routines are important to support healthy sleep (stories, quiet time) Quality sleep correlates with better cognition and behavior
	Nutrition	<ul style="list-style-type: none"> Calcium (300-500mg/day) and iron (10mg/day) Healthy snacking and limit sugary drinks Involve children in preparation of food and meal choices to help address picky eating. Be patient and use repeated exposure.
	Age Appropriate Activities	<ul style="list-style-type: none"> Gross motor: running, tricycle, obstacle courses, jumping activities

		<ul style="list-style-type: none"> • Fine motor: coloring, using scissors, shape puzzles, jewelry/ beading • Cognitive/language: storytelling, imaginative play, board games with rules, and simple counting tasks
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Safety: car safety, helmet use, poison prevention, playground supervision • Behavior and emotional growth: Encourage initiative, set clear consistent boundaries, show problem solving • Nutrition: encourage nutritious foods, limit milk overreliance
School-age 6-12 years	Physical Development	<ul style="list-style-type: none"> • Typically gain 5-7 lbs. per year • Grow approx. 2.5 inches annually • Around age 6 baby teeth start to become loose and permanent teeth emerge, ending at about age 12
	Cognitive Development	<ul style="list-style-type: none"> • Piaget concrete operational stage: think logically about concrete events • Understanding math operations, time, money, classification, and cause/effect relationships • Improved cognitive control: they gain attention span, problem solving ability, judgement, and emotiona; regulation as the prefrontal cortex matures
	Gross Motor	<ul style="list-style-type: none"> • Skipping, jumping rope, riding 2 wheeled bikes, swimming, dancing • Start participating in sports • Coordination may temporarily slow down before adjusting again
	Fine Motor	<ul style="list-style-type: none"> • Tie shoelaces • Use utensils • Write clean letters, draw complex shapes • Sew • Play instruments
	Psychosocial Development	<ul style="list-style-type: none"> • Eriksons industry vs. inferiority: school-aged children focus on mastering skills, performing tasks, and achieving competency • Success builds self-esteem, while repeated failure can result in inferiority • Peer influence grows: friendships/ peer approval, shape values and social behavior
	Language Development	<ul style="list-style-type: none"> • Rapid language acquisition: vocabulary dramatically expands (by age 6 often between 8,000-14,000 words) • Sentence structure becomes complex, and cultural or bilingual variation emerges • Reading, storytelling, jokes, and humor
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Recommended sleep: school-age children need 9-12 hours of sleep per night • Some may still nap or have quiet time, but it will be less frequent • Sleep disorders like sleepwalking and or night terrors may appear • Poor sleep is associated with attention, learning, and emotional regulation problems
	Nutrition	<ul style="list-style-type: none"> • Balanced diet with variety: fruit, veggies, grains, lean proteins, and dairy • 1,200-2,200 kcal/day, depending on age/ activity • Limit saturated fats, added sugars • Encourage hydration/ water, avoid sugary drinks
	Age Appropriate Activities	<ul style="list-style-type: none"> • Physical play: organized sports, recess, biking, jump rope, dance, and free play • Cognitive/ social play: bored games, puzzlesz, reading, clubs, and creative tasks foster learning and social skills • Structural and free play

	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Helmet use, safe sport equipment, and supervision • Peer pressure, emotional regulation, social conflicts. Encourage communication, empathy, and friendship-building. • Update immunizations, oral hygiene • Discuss pubertal changes, healthy boundaries, and saying no to peer pressure.
Adolescent 12-18 years	Physical Development	<ul style="list-style-type: none"> • Growth spurt: girls 10-12, boys 11-12 • Puberty • Body composition: increased bone density, muscle mass (males), and fat distribution (females)
	Cognitive Development	<ul style="list-style-type: none"> • Abstract reasoning and planning • Problem-solving skills become more advanced • Future planning, and logical analysis
	Gross Motor	<ul style="list-style-type: none"> • Males: greater strength from hormonal changes • Rapid growth of limbs causing clumsiness, coordination improves with adaptation • Running, weightlifting, skipping rope, yoga, swimming laps, volleyball
	Fine Motor	<ul style="list-style-type: none"> • Precision and dexterity become highly refined • Teens exhibit high skill in fine tasks like intricate writing, computer usage, playing musical instruments, video gaming, and other detailed activities • Personal care: shaving, hair styling, nail care
	Psychosocial Development	<ul style="list-style-type: none"> • Erikson's stage identity vs. role confusion • Explore identity through autonomy, peer relationships, and personal values. Strive for independence. • Early puberty can provoke body image concerns, anxiety, low self esteem, particularly if an adolescent feels different from peers.
	Language Development	<ul style="list-style-type: none"> • Refine vocabulary • Complex sentence structure • Communicate ideas effectively • The capacity for sophisticated dialogue and analysis becomes advanced
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 8-10 hours per night, most fall short • A shift in circadian rhythms often delays sleep onset • Sleep deprivation is linked to impaired concentration, mood disturbances, and impulsivity.
	Nutrition	<ul style="list-style-type: none"> • Increased nutrient needs • During growth spurts calories, calcium, protein, iron, zinc, magnesium, vitamins D and K • Excessive fast food intake and poor dietary patterns are concerns. • Influenced by body image, peer behaviors, and media messaging
	Age Appropriate Activities	<ul style="list-style-type: none"> • Benefit from structured physical activity • Daily exercise is encouraged • Participation in organized sports, recreational activities, and household chores counts toward an active lifestyle
		Anticipatory Guidance & Teach Points

