

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"> • Grows fast – double birth weight by 5 months triples by 12 months old • Height increases 1 inch per month 6 months • Brain growth - head circumference.
	Cognitive Development	<ul style="list-style-type: none"> • Learns by touching seeing and moving • At 9 months they still realize things exist even when it's out of sight • Knows parents and caregivers and will even respond to name
	Gross Motor	<ul style="list-style-type: none"> • Rolls over 4-6 months old • Starts sitting up without help • Pull themselves up on furniture
	Fine Motor	<ul style="list-style-type: none"> • Bangs toys • Grabs toys • Uses thumbs and fingers more often pincer grasp
	Psychosocial Development	<ul style="list-style-type: none"> • Learns trust • Bonds strongly with parents • 6-8 months stranger anxiety
	Language Development	<ul style="list-style-type: none"> • Coos / babbles • Understands no • Mama / dada around 9 – 12 months
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Sleeps 14 – 16 hours a day including naps • Starts sleeping longer at night at 4- 6months • Safe sleep is important on back no pillows/toys/blankets
	Nutrition	<ul style="list-style-type: none"> • Breastmilk / formula only for first 6 months • No cow's milk until after 1 year • Starts eating solids at 4-6 months
	Age Appropriate Activities	<ul style="list-style-type: none"> • Tummy time • Toy rattling soft toys and mirrors • Peek a boo and pat-a-cake
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Car seat safety • Choking prevention • Dental care
	Physical Development	<ul style="list-style-type: none"> • Growth starts to slow down • Body looks chubby / legs look like they are bowing

Toddler		<ul style="list-style-type: none"> • Weight is about 4x by age 2
	Cognitive Development	<ul style="list-style-type: none"> • Thinks about things • Imitates people • Enjoys exploring
	Gross Motor	<ul style="list-style-type: none"> • Walking alone by 15 months • Runs, climbs, jumps by two years • Throws and kicks balls
	Fine Motor	<ul style="list-style-type: none"> • Builds with tower blocks • Uses spoons and cups • Starts to do simple drawings
	Psychosocial Development	<ul style="list-style-type: none"> • Wants independence and tells people verbally they can do it • May have tantrums • Plays alongside other kids parallel play
	Language Development	<ul style="list-style-type: none"> • 50+ words at 2 years and 200+ words by age 3 • Follows simple directions • Puts 2-3 words together
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 11-14 hours/day usually with 1 nap • May start to have regressions of sleep • Needs a good sleep routine
	Nutrition	<ul style="list-style-type: none"> • Appetite slows down • Small portions, healthy snacks • Risk for choking watch for small foods that are choking habits
	Age Appropriate Activities	<ul style="list-style-type: none"> • Pretend play and books • Crayons and puzzles • Push/pull toys and balls and blocks
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Start toilet training when ready • Childproof the home, water safety • Encourage independence but should still have limits to it
	Physical Development	<ul style="list-style-type: none"> • Grows 2-3 inches per year • Better coordination • Body looks slimmer and less baby fat
	Cognitive Development	<ul style="list-style-type: none"> • Learns about number, time, and rules • May think toys are alive • Uses imagination and pretend play
	Gross Motor	<ul style="list-style-type: none"> • Climbs, hop, and pedals tricycles • Balances on one foot • Throws and catches balls
	Fine Motor	<ul style="list-style-type: none"> • Draws people with body parts now • Can copy shapes

Preschool		<ul style="list-style-type: none"> • Can start to use friendly scissors
	Psychosocial Development	<ul style="list-style-type: none"> • Wants to try new things • Plays with other kids more often • Learns about gender roles
	Language Development	<ul style="list-style-type: none"> • Knows more than 200 words by the age of 5 • Uses full sentences • Loves to ask why questions
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • 10-13 hours a day • May experience nightmares • Likes bedtime routines
	Nutrition	<ul style="list-style-type: none"> • Learns manners • Still a picky eater • Eats 3 meals plus snacks
	Age Appropriate Activities	<ul style="list-style-type: none"> • Dressup play pretend • Puzzles, crafts, coloring • Riding a tricycle/ and or with training wheels
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Safety: helmets street safety and stranger danger • Regular dentist visits • Encourage playdates
School-age	Physical Development	<ul style="list-style-type: none"> • Grows 2 inches every year and 5 lbs. a year • Loses baby teeth grows permanent ones • May start puberty near the end of this stage
	Cognitive Development	<ul style="list-style-type: none"> • Thinks more logically • Learns to understand rules • Understands that there are effects to things being done
	Gross Motor	<ul style="list-style-type: none"> • Good coordination and balance • Can start to ride a 2 wheeled bike • Plays organized sports
	Fine Motor	<ul style="list-style-type: none"> • Handwriting improves • Can do crafts and start to use tools • More independent with self-care and hygiene
	Psychosocial Development	<ul style="list-style-type: none"> • Wants to succeed in school and hobbies • Peer approval is important • If they are struggling can feel overwhelmed and or inferior
	Language Development	<ul style="list-style-type: none"> • Reads and writes well • Enjoys jokes and riddles • Vocabulary can quickly grow
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Needs 9-12 hours of sleep a night • Consistent bedtimes will help with sleep

		<ul style="list-style-type: none"> • May sleepwalk
	Nutrition	<ul style="list-style-type: none"> • Appetite increase with growth spurts • Risk of obesity with poor habits • Needs balanced meals
	Age Appropriate Activities	<ul style="list-style-type: none"> • Sports swimming and biking • Board games hobbies collections • Reading and crafts
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Seatbelts, helmets, water safety are key • Talk about self-esteem • Teach about puberty changes
Adolescent	Physical Development	<ul style="list-style-type: none"> • Growth spurt during puberty • Girls start periods 12-13 years old • Testicles enlarge for boys
	Cognitive Development	<ul style="list-style-type: none"> • Can think far ahead with plans • Risk taking behavior • May be self-conscious
	Gross Motor	<ul style="list-style-type: none"> • Adult level coordination • Enjoys sports and fitness • A lot stronger now and faster
	Fine Motor	<ul style="list-style-type: none"> • High levels of writing, drawing, instruments • Uses fine skills in work or hobbies • Good with detailed tasks
	Psychosocial Development	<ul style="list-style-type: none"> • Figuring out who they are • Peer pressure is a strong influence • Wants more independence but needs parents still
	Language Development	<ul style="list-style-type: none"> • Uses slang • Debates and has deeper discussions • Understands sarcasm
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Needs 8-10 hours of sleep but usually gets less • Stay up late and sleeps in • Risk for mood swings and or bad grades sleeping in school
	Nutrition	<ul style="list-style-type: none"> • Need more calories during growth spurts • Encourage healthy home cooked meals • Risk for eating disorders
	Age Appropriate Activities	<ul style="list-style-type: none"> • Sports clubs and groups. • Music, art and social media • Volunteering or part time work
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Talk about safe sex • Talk about substance usage

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| | | <ul style="list-style-type: none">• Teach driving and safety rules |
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