

### 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>• Develops an independent respiratory system</li> <li>• Changes from placental circulation to newborn circulation</li> <li>• Independent supply of oxygen, nutrients, and thermal regulation</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Begins to discriminate between people</li> <li>• Comprehend word meaning</li> <li>• Learn objects still exist even when they can't see them</li> <li>• Explore the world with their mouth</li> <li>• Like to suck on things/ use safe toys</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Holds their own head up by 3 months</li> <li>• Rolls over by 5-6 months</li> <li>• Sits leaning forward by 7 months</li> <li>• Sits unsupported by 8 months</li> <li>• Pulls up to stand by 9 months</li> <li>• Stands alone by 12 months</li> <li>• Begins to walk between 9-12 months</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Identifies hands by 3 months</li> <li>• Brings hands together by 3 months</li> <li>• Grasps toys voluntarily by 4 months</li> <li>• Uses fingers and thumb to grasp items by 9 months</li> <li>• Bangs items together by 9 months</li> <li>• Drinks from a sippy cup by 9 months</li> <li>• Can build a 2-block tower by 9 months</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• The infant must develop a sense of trust. Hold the infant skin to skin</li> <li>• Socially smiles at 2 months</li> <li>• Recognizes familiar faces by 3 months</li> <li>• Smiles in mirrors at 5 months</li> <li>• Fears strangers at 6 months</li> <li>• Sucks, bites, chews, taste and swallow to explore surroundings</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Cooing at 1-2 months</li> <li>• Laughing at 2-4 months</li> <li>• Infant will make constant sounds at 3-4 months</li> <li>• Imitative sounds at 6 months</li> </ul>

		<ul style="list-style-type: none"> <li>• <b>First words at 12 months</b></li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• <b>Select a safe crib that does not include peeling paint, intricate carved designs where a limb can get stuck. The rail space should not exceed 2 3/8 inches. No drop gate, no wheels,</b></li> <li>• <b>Firm mattress with nothing inside the crib</b></li> <li>• <b>Do not cover the baby with a blanket/ make sure they have warm pj</b></li> <li>• <b>Do not use heated blankets</b></li> <li>• <b>Don't sleep with the baby</b></li> <li>• <b>Young infants sleep 22-23 hours a day</b></li> <li>• <b>Separation anxiety will start at 8-10 months use bedtime routines and be consistent.</b></li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• <b>Breast feeding or bottle fed until 6 months- 8-12 feedings per day</b></li> <li>• <b>Foods are introduced one at a time. Iron fortified cereals should be introduced first.</b></li> <li>• <b>Green vegetables should be introduced after cereal followed by yellow and green vegetables</b></li> <li>• <b>Pureed fruits are then introduced</b></li> <li>• <b>Lean meats and egg yolks can be given at 10 months</b></li> <li>• <b>Egg whites are introduced after 10 months</b></li> <li>• <b>No cow's milk until 12months</b></li> <li>• <b>No soy milk or almond milk</b></li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• <b>Safe toys for teething should be provided</b></li> <li>• <b>No buttons or small items that could be chewed off</b></li> <li>• <b>Rattles, teething rings, noisemakers, stuffed animals, crib busy boxes,</b></li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• <b>Immunization schedule</b></li> <li>• <b>Well child check up appointment</b></li> <li>• <b>No cow's milk during the first year and can start introducing baby cereal at 6 months</b></li> <li>• <b>No co-sleeping, place the baby on their back to sleep,</b></li> <li>• <b>Attended a child cpr class</b></li> <li>• <b>Prevent sun exposure; spf 30 or higher after 6 months</b></li> <li>• <b>Avoid electronics for children under 2 years old</b></li> <li>• <b>Safety sweep the home for hazards</b></li> <li>• <b>Avoid the use of pesticides around the house</b></li> <li>• <b>Encourage sensorimotor learning and play</b></li> <li>• <b>Promote daily dental hygiene</b></li> <li>• <b>Provide the need for suckling.</b></li> </ul>
	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• <b>A toddler grows 3 inches per year</b></li> <li>• <b>The average 2 year old is approximately 33 inches tall</b></li> <li>• <b>The toddler should gain 1.8 pounds a year</b></li> <li>• <b>The average 2 ½ year old should weigh roughly 27lbs</b></li> <li>• <b>They stand belly out.</b></li> <li>• <b>They have bow leggedness</b></li> <li>• <b>They should be able to go up and down stairs while holding a parents hand</b></li> <li>• <b>Clumsy, and full of energy</b></li> </ul>

<b>Toddler</b>	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• They experience trial and error to develop appropriate understandings of their environments.</li> <li>• They explore nonstop</li> <li>• While they are awake, they need constant play and stimulation</li> <li>• The toddlers play becomes more complex</li> <li>• They stack items according to size or shape; they can do some puzzles.</li> <li>• Language development that starts to include work combination.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• They use large muscle groups</li> <li>• They can run and jump</li> <li>• They can climb</li> <li>• They are learning how to swim</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• They can draw or scribble</li> <li>• Do puzzles</li> <li>• Build with blocks</li> <li>• Sort items by size</li> <li>• Hold a pencil</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Toddlers need influential parents that encourage learning and autonomy</li> <li>• Toddlers are generally angrier in this stage and need to learn to wait for need gratification</li> <li>• They learn that their behavior has a predictable and reliable effect on others.</li> <li>• They are scared of the dark and need a night light</li> <li>• They protest at bedtime</li> <li>• They say no frequently, they throw tantrums, and start to show individualism</li> <li>• They have separation anxiety</li> <li>• They start potty training</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• At 2 years old they can say 2 words</li> <li>• At 3 years old they can say 300-500 words</li> <li>• They learn to use pronouns and can say their name by 3 years old</li> <li>• Talking, reading, and playing play a big role in language development.</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• They need 14 hours of sleep per day and 1 nap in the afternoon.</li> <li>• Do not put the child down for a nap too late in the afternoon so it doesn't disrupt their sleep routine</li> <li>• They fear being alone at night</li> <li>• They want to make their own bedtime routine</li> <li>• They have security items for bedtime, ex. Stuffed animals or blankets.</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• They are very picky eaters</li> <li>• The toddler should not consume more than 32 oz of milk in one day</li> <li>• 70-90 Kcal/kg/day and 1.2g/kg/day of protein</li> <li>• The toddler should eat what the parents eat in small, chopped pieces</li> <li>• They should eat 3 meals and three snacks per day</li> <li>• Notoriousses non sugary snacks</li> <li>• Make smoothies and hide vegetables in the sauces or other foods.</li> <li>• May experience a food lag which is when they are uninterested in eating</li> </ul>

	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• They should socialize at the dinner table with family</li> <li>• Toys, simple crafts, and games should be provided</li> <li>• Let them preform developmentally appropriate tasks like cleaning up after themselves, feeding, and dressing</li> <li>• Running/ jumping</li> <li>• Swimming/splashing</li> <li>• Climbing and balancing</li> <li>• Throwing and catching</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Lock up all cabinets and place medications and other toxic chemicals inside.</li> <li>• Give positive reinforcement for good behavior</li> <li>• Ignore tantrums</li> <li>• Distract them from participating in unwanted behavior</li> <li>• Keep routine consistent such as mealtimes and bedtimes</li> <li>• Set reasonable limits</li> </ul>
<b>Preschool</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Their growth starts to slow down at the stage</li> <li>• They only gain 5 pounds per year and grow 3 inches per year</li> <li>• Their stance changes and they are slightly taller</li> <li>• They should have 20 teeth</li> <li>• Blood sugars start to stabilize</li> <li>• HR 65-110, RR, 20-25, bp 95 to 100 over 60 to 75mm HG.</li> <li>• Immunization should continue</li> <li>• Visual acuity occurs. May be nearsighted or farsighted or have astigmatism</li> <li>• Hearing should be 100% intact</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Preoperational stage- they develop social awareness and the ability to consider others point of view. They think symbolically</li> <li>• Preconceptual thinking judgement of their environment and objects by sensory experiences and and classifying objects by one characteristic</li> <li>• Intuitive thinking: starts at age 4, they start to understand cause and effect, ex If I do something im not supposed to I am going to get in trouble.</li> <li>• Symbolic functioning: this is when they assign meaning to a n object with a different meaning than it is, ex a pillow is used as a horsey, or a cardboard box as a car.</li> <li>• They have magical thinking; they use their imagination to explain things they do not understand. They may blame their behavior on their imaginary friend; they can't differentiate between fantasy and reality.</li> <li>• They can count from 0-10 and can tell you colors and letters</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Builds towers 6-9 blocks tall</li> <li>• Catches a ball</li> <li>• Climbs on higher structures</li> <li>• Hops in place</li> <li>• Rides a tricycle</li> </ul>

		<ul style="list-style-type: none"> <li>• <b>Runs</b></li> <li>• <b>Marches</b></li> <li>• <b>Jumps horizontally</b></li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• <b>Finger painting</b></li> <li>• <b>Bead string</b></li> <li>• <b>Collages and stickers</b></li> <li>• <b>Cutting and pasting</b></li> <li>• <b>Buttons and zippers</b></li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• <b>Initiate activities that are independent and self-directed</b></li> <li>• <b>Always provide emotional support for the child trying new things incase they fail you don't want them to feel guilt or failure for trying</b></li> <li>• <b>Guide and support the child but also set limits and boundaries to keep them safe</b></li> <li>• <b>Ex if they try to pour milk and spill it do not yell tell that its okay and they did a good job trying something new.</b></li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• <b>By 2 years old they say 50 words</b></li> <li>• <b>By 3 years old they say 900 words</b></li> <li>• <b>4 years old: they ask simple questions and use 1,500 words, they talk a lot and ask a lot of questions</b></li> <li>• <b>5 years: they can rhyme, use complex and compound sentences, talks in future tense, states full name and address, 2,100 words used. They tell long stories, they are very interested in their environment, they swear and say words they know they're not supposed to.</b></li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• <b>They need 12 hours of uninterrupted sleep, but it is common for them to wake up out of fear</b></li> <li>• <b>Provide a structured bedtime routine and a night light to help eliminate fears</b></li> <li>• <b>Do not let them watch TV before bed</b></li> <li>• <b>Provide slow down activities one hour prior to bedtime to help decrease stimuli.</b></li> <li>• <b>they have nightmares and need reassurance</b></li> <li>• <b>They should no longer need an afternoon nap</b></li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• <b>They are still picky eaters; food lags can last up to 6 years old</b></li> <li>• <b>Make sure they consume a well-balanced diet, taking in adequate calories, limited salt and fat</b></li> <li>• <b>Expose them to new foods</b></li> <li>• <b>Two cups of low-fat cow's milk per day</b></li> <li>• <b>Total intake should not exceed 35% of total daily calories</b></li> <li>• <b>Offer fruits and vegetables every meal encourage protein</b></li> <li>• <b>Give nutritious snacks and eat dinner as a family</b></li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• <b>They can do games, art and crafts,</b></li> <li>• <b>Make leaf banners</b></li> <li>• <b>Learn simple math by counting small objects</b></li> <li>• <b>Make a family photo album</b></li> <li>• <b>Create jewelry pieces</b></li> <li>• <b>Play dress up</b></li> </ul>
	<b>Anticipatory Guidance &amp;</b>	<ul style="list-style-type: none"> <li>• <b>Time outs should last a maximum of the amount of time it takes the child to recover from whatever</b></li> </ul>

	<b>Teach Points</b>	<p>behavior was found unacceptable. 1 minute for each age</p> <ul style="list-style-type: none"> <li>• Children in time out should be placed in a quiet and restricted area where they can regain control of themselves.</li> <li>• Be fair, firm, and consistent</li> <li>• Prevent the child from putting themselves in unsafe situation</li> <li>• Preschoolers likely struggle with death, explain to the child clearly and honestly to prevent confusion</li> </ul>
<b>School-age</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Begin shedding their baby teeth</li> <li>• Gain 4-6.6lbs a year</li> <li>• They become taller and thinner</li> <li>• Muscle tissue starts to replace fat</li> <li>• Muscles and bones are still growing and are not as functionally mature</li> <li>• They have a decrease in head circumference growth and increase in there leg length</li> <li>• Body systems become more mature and functional</li> <li>• Blood glucose levels are well maintained</li> <li>• School aged children in sports need a higher level of daily calories than those who are not in sports.</li> <li>• Girls have a larger bladder capacity than boys</li> <li>• The immune system functions efficiently</li> <li>• When a child turns 13 they have changes in their height, weight, coordination, and emotional maturation. They are very sensitive</li> <li>• Puberty starts at age 8-12 for girls and boys start around ages 9-14</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Marked by an increase in the ability and in the ability to think more abstractly and more concretely</li> <li>• They begin to make more rational judgments</li> <li>• They learn to read</li> <li>• They develop a sense of time, space, and cause and effect</li> <li>• Learn to classify objects in more than one way</li> <li>• Learn to spell</li> <li>• They become interested in collections and board games with rules</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Swimming</li> <li>• Baseball</li> <li>• Riding a bike</li> <li>• Walk on their tip toes</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Handwriting</li> <li>• Board games</li> <li>• Self-care activities</li> <li>• Dressing</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• They see rules and behavioral standards as coming from the expectations of those around them</li> <li>• They need standards in order to learn what is expected of them and whether or not choices are acceptable</li> <li>• Reward systems are important for good behavior because it provide motivation to keep being good.</li> <li>• As they get older, they begin to act out</li> </ul>

	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• They learn to read and can understand what the meaning of what is read</li> <li>• They can read fluently out loud and understand correct punctuation</li> <li>• They learn how to spell</li> <li>• They learn to socialize with classmates</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Children in middle years avoid going to sleep.</li> <li>• They engage in stalling behaviors</li> <li>• Have difficulty going to sleep and staying asleep</li> <li>• They make seek comfort during the night in the form of a hug</li> <li>• They need 10 -12 hours of sleep</li> <li>• They enjoy staying in bed longer on the weekends</li> <li>• Lack of sleep causes a decrease in the child's energy at school and may cause poor academic performance</li> <li>• Sleep needs to be prioritized, and they need a predictable bedtime routine</li> <li>• They need to unwind before bed</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• They need to eat responsibly with appropriate portion control</li> <li>• They need to be supported to make healthy food choices</li> <li>• Their food choices become more independent, and they eat more while they're with friends</li> <li>• Teach them to pick fruits vegetables and whole grain sources</li> <li>• School aged children need fewer calories per kg of body weight than younger children.</li> <li>• School age children need 1,500 calories for the first 20kg of weight plus 25 calories for each additional kg over 20.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Playing sports</li> <li>• They learn to cooperate and negotiate</li> <li>• They learn to play in teams</li> <li>• They learn to participate in group activities</li> <li>• They learn to answer to authorities like a coach</li> <li>• They develop their first friendship</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Promoting school attendance and value of consistently being on time and well prepared for each school day</li> <li>• Promote successful homework behavior through designated study time, proper lighting,</li> <li>• Prevent injuries by heavy book bags</li> <li>• Establish rules for after schooling</li> <li>• Discussing developmentally appropriate information on keeping safe after school to avoid physical harm bullying, abduction, or sexual assault</li> <li>• Set limits on screen time</li> </ul>
	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• They experience changes in their, height, weight, body hair, and sexual development</li> <li>• Girls start to grow breasts and begin menstruating</li> <li>• Boys grow body hair, their voice deepens, and experience nocturnal emission</li> <li>• Teens develop new cognitive skills, the ability to think abstractly, and an enhanced ability to reason</li> <li>• Their frontal lobe neurons become fully myelinated, and it allows for them to have more critical thinking</li> </ul>

<b>Adolescent</b>		<p>and reasoning.</p> <ul style="list-style-type: none"> <li>• <b>Hormones prompt adolescent physical changes, such as body mass increase, sebaceous glands, and hair growth in the armpit, breast areola, genital, an anal area</b></li> <li>• <b>Stress hormones, sex hormones, and growth hormones all influence brain development.</b></li> <li>• <b>Teens experience tense sexual feeling and rapid physical changes</b></li> <li>• <b>Rapid skeletal growth occurs at ages 10-12 in girls</b></li> <li>• <b>Rapid skeletal growth occurs at ages 12-14 for boys and finish at about 17 years old.</b></li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• <b>How they think understand and reason changes dramatically between ages 13 to 18</b></li> <li>• <b>They analyze situations logically using cause and effect</b></li> <li>• <b>They do not always display mature decision making</b></li> <li>• <b>They can entertain hypothetical situations and understand metaphors</b></li> <li>• <b>They are more likely to fear social consequences to risky behaviors such as being shunned by peers rather than fear discipline</b></li> <li>• <b>They become more cognitively mature; their decision about risky behavior becomes more mature.</b></li> <li>• <b>They are self-centered</b></li> <li>• <b>They argue purely for the sake of arguing with adults</b></li> <li>• <b>Everything is a big deal</b></li> <li>• <b>Rapidly jump to conclusions</b></li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• <b>Sports</b></li> <li>• <b>Riding a bike</b></li> <li>• <b>Dancing</b></li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• <b>Writing and typing</b></li> <li>• <b>videogaming</b></li> <li>• <b>Driving a car</b></li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• <b>They should have a healthy self-esteem and self-concept</b></li> <li>• <b>Low self-esteem has been linked to eating disorders, depression, substance abuse, and delinquent behaviors</b></li> <li>• <b>They engage in sexual activities</b></li> <li>• <b>They need education on STD and protection from pregnancy</b></li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• <b>They understand social cues</b></li> <li>• <b>Their conversations flow</b></li> <li>• <b>They have complex grammar</b></li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• <b>The average teenager needs 8-10 hours of sleep each night</b></li> <li>• <b>Their quality of sleep and length of sleep affects their ability to perform well in school</b></li> <li>• <b>Sleep deprivation has a profound negative effect on the teen's ability to concentrate</b></li> <li>• <b>Lack of sleep has been associated with emotional troubles, car accidents, poor grades, and illness</b></li> <li>• <b>Avoid caffeine before bed</b></li> <li>• <b>Avoid using tobacco</b></li> <li>• <b>Do not stay up late or all night studying</b></li> <li>• <b>Refrain from napping on a regular basis</b></li> </ul>

		<ul style="list-style-type: none"> <li>• Turn off the lights in the bedroom</li> <li>• Wake up with a bright light</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• They experience a growth spurt and become increasingly hungry</li> <li>• The calorie requirements for ages 11-14 are 1,500-3,000 calories per day</li> <li>• 15–18-year-olds require 2,100-3,900 calories a day</li> <li>• Provide education on their diets to make sure they are getting enough nutrients</li> <li>• They need more calcium to support their rapid bone growth</li> <li>• They also need magnesium so the body can absorb the calcium,</li> <li>• Vitamin D helps regulate the use and storage of calcium</li> <li>• Vitamin K helps regulate calcium and form stronger bones</li> <li>• They need educated on proper diets to meet their nutritional needs</li> <li>• Overall calorie intake should be based off activity level</li> <li>• Teenage girls with heavy menses are at risk for iron deficiency</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Hanging out with friends</li> <li>• Playing sports</li> <li>• Volunteer</li> <li>• Caring for a pet</li> <li>• Age appropriate social media</li> <li>• Reading for fun</li> <li>• Video games</li> <li>• Social events</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Provide education on:</li> <li>• Dental health</li> <li>• Don't listen to loud music because it can damage their ears</li> <li>• Sitting with an erect posture</li> <li>• Stay off the phone while driving, do not drive tired, do not drive under the influence of drugs or alcohol</li> <li>• Wear sunscreen when tanning to prevent skin cancer</li> <li>• Know when the teen is isolating themselves and provide opportunities to get them out of the house and socializing</li> </ul>