

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 0-1 yr	Physical Development	• HC (head circumference) increases by ½ in./month • Height increases by 1 in./month • Teeth emerge 6-8 in the first year
	Cognitive Development	• Baby laughs at 2-4 months • Baby prefers high pitched voices • Baby recognizes familiar faces around 3 months
	Gross Motor	• Baby able to roll from back to its side by 3 months • Baby able to roll from front to back around 5-6 months • Baby able to hold its chin up at 1 month & its chest up at 2 months
	Fine Motor	• The pincher grasp is mastered by 12 months • Baby able to walk holding 1 hand at 11 months • Baby is able to have a voluntary grasp around 5 months
	Psychosocial Development	• Baby can follow objects & can have a social smile • Baby has stranger anxiety that begins at 6 months • Baby has marked stranger anxiety that begins at 8 months
	Language Development	• Baby is able to coo and develops mimicking sounds slowly • Baby starts to pronounce syllables (like mama/dada) at 8 months • Baby can say 2-10 words at 12 months
	Sleeping Patterns and Concerns	• Baby needs 12-14 hrs of sleep plus 2 naps every day, but every baby is different • Infants tend to have frequent times of waking during the night • Older infants need 9-11 hrs of sleep plus 2 naps every day
	Nutrition	• Baby can feed itself at 9 months • This is important for baby's growth • Infants can drink from a sippy cup at 9 months
	Age Appropriate Activities	• Helping baby to clap hands & clap hands when baby is in a good mood 😊 • One of the most important activities for infant is tummy time • Language skills, object performance, emotions, cognitive skills, & social skills develop playing peekaboo
	Anticipatory Guidance & Teach Points	• Place a sticker on the baby's bedroom window to alert firefighters to a child is there • Poison control number should be somewhere easily visible to people • Parents should use a rear-facing car seat until 2 years old
	Physical Development	• By 2 years old the birth weight quadruples • Child gains 2-3 lbs/year

Toddler 2-3 yrs		• Child may be slightly bowlegged & have a protruding belly
	Cognitive Development	• Potty training becomes an important task • Toddlers are egocentric • During play a child will try to feed its toy
	Gross Motor	• Child can walk backward & run by 18 months • Child able to step up and down stairs by 2 years • Child can walk with confidence & balance
	Fine Motor	• Child can throw a ball overhand & can jump up to catch that ball by 3 yrs • Child can pull to stand & then stand alone • Child can stoop & then get back on its own
	Psychosocial Development	• Child can separate from parent easier • Child has a strong need for consistency • Toddlers go through a stage of autonomy development vs shame and doubt
	Language Development	• Toddlers can develop language skills when reading aloud to them • When the parents talk w/their child they can develop language & communication skills better • If parents ask their toddlers what they want to do helps them to develop language skills
	Sleeping Patterns and Concerns	• Toddlers need 12 hours of sleep as well as 1 nap a day • Avoid caffeine & other stimulants close to bedtime for toddlers • Some toddlers may have sleep regression, this when they refuse to go to bed @ night
	Nutrition	• Toddlers need to eat from all 5 food groups • 4 cups of fluid, preferably water, are needed for the toddler daily • 3 toddler-sized meals & 2-3 healthy snacks are needed daily
	Age Appropriate Activities	• Toddlers enjoy family times & will engage in playful activity • Parallel play begins, acknowledging other children but not playing w/them • Too young for a sense of spirituality, but will develop ideas through choices of storytelling & readings by a parent
	Anticipatory Guidance & Teach Points	• Toddlers should be investigated for abuse if unusual bruising (linear/back or ab bruises appear) • Toddlers test their parents & environment • Toddlers are prone to falls & accidents due to them being inquisitive
	Physical Development	• Average growth is 2 & ½-3 in/year • Average toddler will gain 5 lbs/year • Toddler should have all 20 of their deciduous teeth by 3 yrs old
	Cognitive Development	• Most toddlers should be toilet trained by end of preschool (potential accidents) • Toddlers use magical thinking to understand the world • Fears include: monsters, bedtime, being left alone, the dark, dogs, being separated from family
	Gross Motor	• Able to kick, throw, & catch a ball • Able to walk up & down stairs independently • Able to skip, hop, master balance, & ride a tricycle
	Fine Motor	• Can build 9-10 block tower by 3 yrs

Preschool 4-5 years		• Can lace their own shoes by 4 yrs • Can draw circles & crosses by 3 yrs
	Psychosocial Development	• Preschool programs exist to allow creativity, socialization, & safety rules • Need for socializing w/peers to learn what's acceptable behaviors like having manners & sharing • Religious & cultural practices are needed for the toddler
	Language Development	• Important to allow "why" questions so the toddler can learn about things • Reading to a toddler allows for language development • Words that the toddler does not know, the toddler needs explained to understand
	Sleeping Patterns and Concerns	• Most preschoolers need 11-13 hrs sleep/day • Night terrors & nightmares are common for preschoolers • Many preschoolers will sleep walk & talk in their sleep
	Nutrition	• Good food options for a preschooler are sodium, limited sugars, & saturated fats • 1,000-1,400 calories are required daily for preschoolers • It's important to ensure that preschoolers eat every 3-4 hrs (meal/snack)
	Age Appropriate Activities	• It's important that preschoolers have around 3 hrs of play/day • Preschoolers love to try on Mom's shoes & clothes • It's important to allow toddlers to use their imagination through play w/things like Play Doh
	Anticipatory Guidance & Teach Points	• Important to teach good oral hygiene w/teeth brushing • Important to teach them healthy habits • Important for toddlers to learn how to manage their emotions
School-age 6-7 years	Physical Development	• School-aged children grow 2 in/yr on average • Girls usually grow faster than boys during these ages • 4.5-6.5 lbs/yr are usually their average weight gain
	Cognitive Development	• Children start to understand what time/day of the week it is • Short- & long-term memory start to improve • Placing events in order becomes possible @ 10 yrs old
	Gross Motor	• Balance & motor skills increase rapidly @ school age • Body-awareness, balance, & coordination develop • Swimming, skateboarding, bike riding, & in-line skating skills develop
	Fine Motor	• Children at this age can dress themselves • Able to begin coloring in the lines at this age • Greater fine motor skills are required, growth of motor skills for more rough, competitive, complex play
	Psychosocial Development	• Peer networking is needed for the school-aged child • Start forming best friends • It is important to receive praise for things they've done
	Language Development	• School-aged start to understand how sounds work together in language • Grammar & vocabulary begin to improve • With being around other children they learn to listen, speak, write, & read
	Sleeping Patterns and	• Begin noisy breathing & snoring

	Concerns	• Begin grinding teeth • Require 9-10 hrs of sleep each night; need consistent bedtime
	Nutrition	• Diet & nutrition are important • Eating more foods and being less picky occur • MyPlate food guide need implemented
	Age Appropriate Activities	• Begin to enjoy team sports • Rules should be followed & Parents need to push group activities • Play becomes more rough, complex, & competitive
	Anticipatory Guidance & Teach Points	• Involuntary urination (enuresis) can begin • It is important for them to have a parent they can trust to be honest when answering questions & listen to & hear what they are saying • Set mealtimes should be important; limit TV & encourage family time & emotional support
Adolescent	Physical Development	• Puberty begins for girls between 8 & 14 yrs old; Boys between 9 & 16 • Boys can grow between 4-12 in; Girls between 2-9 in/year • Sebaceous glands become active causing acne
	Cognitive Development	• They begin to form life goals, understand who they are, & where they're going • Teens NEED structure; rules for behavior & setting firm limits • Teens need choices & sense of control
	Gross Motor	• Increased coordination & motor skills together • Gain more physical strength • Greater ability for endurance
	Fine Motor	• Very fine motor schools such as stringing beads become required
	Psychosocial Development	• It becomes important to go to parties & have group socializing • The peer group is a huge part of their social structure • Develop ability to manage & regulate his/her emotions; establish & maintain healthy intrapersonal relationships
	Language Development	• Able to understand the context of a word • Complex grammar skills develop with education and practice • Idioms, similes, & metaphors are understood (abstract & figurative language)
	Sleeping Patterns and Concerns	• Caffeine can decrease the ability to sleep • Sleep quality goes down with warmer environments • It becomes difficult for them to get enough sleep due to school starting so early
	Nutrition	• Make healthy drinks, foods, & snacks available • Long-term consequences begin w/poor eating habits & deficient nutrition • Understanding the importance of protein in their diet for healing, growth, & puberty needs established
	Age Appropriate Activities	• Teens are influenced by their family's spiritual values & practices in their time of questioning • Moderate-vigorous intensity are some of the types of physical activity they engage in • Individual & team sports, taking walks, & fitness classes are enjoyed
	Anticipatory Guidance &	• Parents need to have conversations regarding sexual activity & healthy sexual development

	Teach Points	• Parents need to have conversations regarding alcohol, drugs, & tobacco • Parents need to have conversations regarding menstrual cycles & hygiene
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