

### 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>• Birth weight doubles by 6 months, triples by 12 months.</li> <li>• Height increases about 1 inch per month for first 6 months, then 0.5 inch per month until 1 year.</li> <li>• Posterior fontanel closes by 2 months; anterior closes by 12-18 months.</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Sensorimotor stage (Piaget): learning through reflexes and senses.</li> <li>• Object permanence begins around 6-8 months.</li> <li>• Cause-and-effect understanding starts toward the end of infancy.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Rolls front to back by 4-6 months.</li> <li>• Sits unsupported by 8 months.</li> <li>• Pulls to stand and may walk with support by 12 months.</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Grasps rattle by 3 months.</li> <li>• Transfers objects hand to hand by 6 months.</li> <li>• Pincer grasp develops by 9-10 months.</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Erikson: Trust vs. Mistrust.</li> <li>• Develops stranger anxiety at 6-8 months.</li> <li>• Attachment to caregivers established.</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Cooing at 2 months.</li> <li>• Babbles by 6 months.</li> <li>• Says “mama/dada” with meaning around 9-12 months.</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Newborns sleep 16-20 hrs/day.</li> <li>• By 12 months, most sleep through the night with 1-2 naps.</li> <li>• Risk of SIDS: teach “Back to Sleep.”</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Exclusive breastfeeding/formula for first 6 months.</li> <li>• Introduce solids (iron-fortified cereal) around 4-6 months.</li> <li>• Avoid honey (risk of botulism).</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Soft rattles, mobiles, mirrors.</li> <li>• Peek-a-boo, pat-a-cake.</li> <li>• Push-pull toys (later infancy).</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Injury prevention: car seats rear-facing, no small objects.</li> <li>• Promote bonding and consistent routines.</li> </ul>

		<ul style="list-style-type: none"> <li>• Encourage immunizations and safe sleep.</li> </ul>
<b>Toddler</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Growth slows; average weight gain 4-6 lbs/year, height 3 inches/year.</li> <li>• Anterior fontanel closes by 18 months.</li> <li>• Pot-bellied appearance with bowed legs is common.</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Preoperational thought (egocentric, magical thinking).</li> <li>• Early problem-solving with trial and error.</li> <li>• Imitates household activities.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Walks independently by 15 months.</li> <li>• Runs by 2 years.</li> <li>• Climbs stairs with both feet on step by age 2.</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Builds tower of 2-4 blocks.</li> <li>• Scribbles by 15 months.</li> <li>• Uses spoon, begins dressing self.</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Erikson: Autonomy vs. Shame &amp; Doubt.</li> <li>• Negativism (“no”) and ritualism are common.</li> <li>• Parallel play.</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Vocabulary expands from 50 to 300 words by age 2</li> <li>• Uses 2-3-word phrases.</li> <li>• Understands simple directions.</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Needs 12-14 hours sleep, often including 1 nap.</li> <li>• Bedtime rituals important.</li> <li>• Night waking and fears may occur.</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Transition to whole milk until 2 years, then low-fat.</li> <li>• Offer finger foods; picky eating is common.</li> <li>• Encourage balanced meals and avoid choking hazards.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Push-pull toys, simple puzzles.</li> <li>• Parallel play with other children.</li> <li>• Picture books and blocks.</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Temper tantrums are normal.</li> <li>• Safety: childproof home, supervise near water.</li> <li>• Toilet training readiness around 18-24 months.</li> </ul>
	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Gains around 5 lbs/year and grows around 2.5-3 inches/year.</li> <li>• More slender body; loses “toddler belly.”</li> <li>• Primary teeth eruption completes by age 3.</li> </ul>

<b>Preschool</b>	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Piaget: Preoperational (egocentric to less egocentric, magical thinking).</li> <li>• Understands concept of time (yesterday, today, tomorrow).</li> <li>• Increased curiosity and “why” questions.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Rides tricycle by 3 years.</li> <li>• Hops and balances on one foot by 4 years.</li> <li>• Skips, throws, and catches ball by 5 years.</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Copies circles (3 years), crosses (4 years), triangles/squares (5 years).</li> <li>• Uses scissors, draws stick figures.</li> <li>• Begins to dress and undress independently.</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Erikson: Initiative vs. Guilt.</li> <li>• Enjoys role-playing, imaginative play.</li> <li>• Begins to develop gender identity.</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Vocabulary increases to &gt;2,000 words by 5 years.</li> <li>• Speaks in 4-5 word sentences.</li> <li>• Enjoys stories, songs, rhymes.</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Needs 10-13 hours sleep/night, often no naps by 5 years.</li> <li>• May have nightmares or night terrors.</li> <li>• Consistent bedtime routines help.</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Needs around 1,200-1,800 kcal/day.</li> <li>• Encourage healthy snacks, limit sugary foods.</li> <li>• Food jags and strong preferences are common</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Dress-up, puppets, and pretend play.</li> <li>• Simple board games and puzzles.</li> <li>• Tricycles, climbing, playground activities.</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Teach pedestrian and playground safety.</li> <li>• Encourage socialization in preschool programs.</li> <li>• Reinforce importance of dental care and regular check-ups</li> </ul>
	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Gains around 4-7 lbs/year and grows around 2 inches/year.</li> <li>• Permanent teeth erupt (except wisdom teeth).</li> <li>• Body more proportionate; slim appearance.</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Piaget: Concrete Operational (logical thought, conservation of matter).</li> <li>• Understands cause and effect.</li> <li>• Improved memory, problem-solving, and attention span.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Increased coordination, balance, and strength.</li> </ul>

<b>School-age</b>		<ul style="list-style-type: none"> <li>• Can ride bikes, swim, jump rope.</li> <li>• Participates in team sports.</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Improved handwriting, crafts, building models.</li> <li>• Can tie shoes, use tools effectively.</li> <li>• Enjoys detailed artwork.</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Erikson: Industry vs. Inferiority.</li> <li>• Gains self-esteem through school, activities, friendships.</li> <li>• Peer groups and rules are highly valued.</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Vocabulary expands rapidly.</li> <li>• Understands jokes, riddles, multiple meanings of words.</li> <li>• Reading and writing skills develop strongly.</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Needs around 9-12 hours sleep/night.</li> <li>• May resist bedtime due to activities or electronics.</li> <li>• Nighttime fears lessen but can still occur.</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Increased appetite; need for balanced diet to support growth.</li> <li>• Risk of obesity with poor eating habits and inactivity.</li> <li>• Encourage family meals and limit junk food.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Organized sports, board games, hobbies.</li> <li>• Reading, crafts, collecting items.</li> <li>• Outdoor play and group activities.</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Promote safety (helmets, seatbelts).</li> <li>• Encourage independence and responsibility (chores, schoolwork).</li> <li>• Teach about peer pressure, bullying, and healthy lifestyle habits.</li> </ul>
	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Puberty begins: rapid growth, hormonal changes, sexual maturation.</li> <li>• Growth spurt earlier in girls (10–14) than boys (12–16).</li> <li>• Secondary sex characteristics develop (breast development, voice changes, body hair).</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Piaget: Formal Operational (abstract thinking, reasoning).</li> <li>• Can plan, think about the future, and consider consequences.</li> <li>• Moral reasoning develops; questions values and beliefs.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Increased strength and endurance.</li> <li>• Refines athletic abilities.</li> <li>• Growth may temporarily affect coordination.</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Improved dexterity for artistic or technical tasks.</li> <li>• Advanced writing, drawing, and musical skills.</li> </ul>

<b>Adolescent</b>		<ul style="list-style-type: none"> <li>• Uses technology with proficiency.</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Erikson: Identity vs. Role Confusion.</li> <li>• Peer groups strongly influence self-concept.</li> <li>• Struggles with independence vs. dependence on family.</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Advanced communication; understands sarcasm, metaphors.</li> <li>• Slang and peer-specific language common.</li> <li>• Debates and expresses strong opinions.</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Needs 8-10 hours/night but often sleep-deprived.</li> <li>• Circadian rhythm shifts - prefer late nights.</li> <li>• Risk of insomnia with stress, academics, technology.</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Increased caloric needs during growth spurt.</li> <li>• Risk for eating disorders (anorexia, bulimia, binge eating).</li> <li>• Promote healthy eating habits and body image.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Team sports, clubs, music, arts.</li> <li>• Social activities with peers.</li> <li>• Volunteering, part-time jobs.</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Educate on substance use, sexuality, and mental health.</li> <li>• Promote safe driving, use of helmets/seatbelts.</li> <li>• Encourage open communication, stress management, and healthy lifestyle.</li> </ul>