

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"> • Rapid growth-weight doubles by 5-6 months, triples by 12 months • Height increases about 1 inch per month for first 6 months then slows • Head circumference grows quickly
	Cognitive Development	<ul style="list-style-type: none"> • Develop object permanence around 8 to 12 months • Begins exploring cause and effect • Increased curiosity about surroundings and attention span
	Gross Motor	<ul style="list-style-type: none"> • Rolls over front to back around 4 to 5 months • Sits without support around 6 to 8 months • Crawls and may pull to stand by 9 to 12 months
	Fine Motor	<ul style="list-style-type: none"> • Grasp onto toy/object at 3 to 4 months • Transfers object from hand to hand at 6 to 7 months • Develops thumb and forefinger grasp by 9 to 12 months
	Psychosocial Development	<ul style="list-style-type: none"> • Develops trust versus mistrust • Stranger anxiety around 6 to 8 months • Shows attachment behaviors
	Language Development	<ul style="list-style-type: none"> • Coos and babbles from 2 to 6 months • Respond to own name and simple words at 6 to 9 months • Says first word at 12 months or so
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Newborns sleep 16 to 18 hours a day, gradually less as age increases • May sleep longer periods at night at 6 months or so • Maintaining bedtime routines helps with sleep consistency
	Nutrition	<ul style="list-style-type: none"> • Breast milk and/or formula for first 6 months • Introduce solid food around 4 to 6 months • Slowly introduce new foods in case of unaware allergies
	Age Appropriate Activities	<ul style="list-style-type: none"> • Playing peek a boo/or patty cake • Safe toys for mouthing or banging • Adequate tummy time to strengthen muscles
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Baby proof environment such as choking hazards and outlets • Keep choking hazards like small objects out of reach • Encourage talking and bonding with baby to promote development
	Physical Development	<ul style="list-style-type: none"> • Growth starts to slow compared to infancy but still remains steady • Improved coordination and balance

Toddler		<ul style="list-style-type: none"> • Head growths slows while legs and trunk still lengthen
	Cognitive Development	<ul style="list-style-type: none"> • Plays pretend and imitates • Begins problem solving more • Demonstrates early memory and beginning to understand time
	Gross Motor	<ul style="list-style-type: none"> • Walks independently by 15 months and runs by 2 years • Climbs up stairs with help then eventually without • Able to kick balls and can jump with both feet
	Fine Motor	<ul style="list-style-type: none"> • Feeds self with spoon and can drink from own cup • Builds towers with blocks • Begins scribbling and can turn book pages
	Psychosocial Development	<ul style="list-style-type: none"> • Seeks to be more independent • Begins to have temper tantrums • Autonomy vs. shame and doubt
	Language Development	<ul style="list-style-type: none"> • Vocabulary begins to expand with around 50 by 2 and over hundred at 3 • Uses 2 to 3 word sentences by 2 yrs • Understands simple directions and familiar objects
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Needs about 11 to 14 hours of sleep in 24 hours • May begin to resist bedtime • Consistent bedtime routine help promote good sleep patterns
	Nutrition	<ul style="list-style-type: none"> • Transition to whole milk at 12 months and low fat milk around 2 yrs • Eat 3 small meals and 2 to 3 snacks a day • Picky eating is more common (encourage lots of different healthy options)
	Age Appropriate Activities	<ul style="list-style-type: none"> • Push and pull toys and riding toys • Stacking blocks and simple puzzles • Pretend play (dolls, play kitchen, role-play)
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Maintain safety (choking hazards and watch near water/pool) • Encourage toilet training readiness around 18 to 24 months • Promote independence while still setting limits
	Physical Development	<ul style="list-style-type: none"> • Growth is steady with 4 to 5 lbs. and 2 to 3 inches a year • Body proportions become more slender • Increased coordination and stamina
	Cognitive Development	<ul style="list-style-type: none"> • Uses symbols, magical thinking, and egocentric thought • Understanding counting and colors • “Why?” questions for exploring
	Gross Motor	<ul style="list-style-type: none"> • Run, jump, and climb with greater coordination • Can throw and catch with better accuracy • Can ride tricycle at around 3 yrs later bicycle with training wheels
	Fine Motor	<ul style="list-style-type: none"> • Draw simple shapes • Begins to dress self with little assistance

Preschool		<ul style="list-style-type: none"> • Can draw someone with limbs at 5 yrs
	Psychosocial Development	<ul style="list-style-type: none"> • Initiative vs. guilt • Likes cooperative play and sharing • Begins to develop friendships and role plays family roles
	Language Development	<ul style="list-style-type: none"> • Vocab grows rapidly • Speaks in short, complete sentences • Able to tell short stories
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Needs around 10 to 13 hours of sleep a day • May have nightmares • Bedtime routines can help reduce fears
	Nutrition	<ul style="list-style-type: none"> • Needs balanced diet with smaller, more frequent meals • Encouragement needed for to pick healthy foods over sweets • Can participate in family meals
	Age Appropriate Activities	<ul style="list-style-type: none"> • Arts and crafts • Role playing, and imaginative play • Outdoor play
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Encourage positive discipline, and setting clear rules • Highlight safety with stranger and street crossing • Prepare for kindergarten by practicing social interaction skills
School-age	Physical Development	<ul style="list-style-type: none"> • Growth is slow and steady with 4 to 7 lbs and 2 inches a year • Body becomes leaner and stronger • Permanent teeth at around 6yrs
	Cognitive Development	<ul style="list-style-type: none"> • Logical thinking about concrete events • Understands conversation and rules • Improved attention span and memory
	Gross Motor	<ul style="list-style-type: none"> • Increased strength and endurance • Improved balance and coordination • Can participate in organized sport involving teamwork
	Fine Motor	<ul style="list-style-type: none"> • Writing becomes neater • Crafts and drawings become more precise • Increased independence with tying shoes or dressing
	Psychosocial Development	<ul style="list-style-type: none"> • Industry versus inferiority • Success in school/ activities increases self esteem • Peer relationships more highly valued
	Language Development	<ul style="list-style-type: none"> • Able to follow complex directions • Vocab expands significantly • Reading/ writing develop rapidly
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Need about 9 to 12 hours of sleep each night • Needs may vary depending with school or sport demands

		<ul style="list-style-type: none"> • Bedtime routines still highly important
	Nutrition	<ul style="list-style-type: none"> • Appetite increases with growth spurts • Requires balanced diet with calcium, iron, and protein • Obesity risk if poor eating habits occur
	Age Appropriate Activities	<ul style="list-style-type: none"> • Board games and puzzles • Organized sports and outdoor play • Reading and group projects
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Encourage safety equipment for sports or biking • Monitor school performance/ bullying • Teach healthy lifestyle habits
Adolescent	Physical Development	<ul style="list-style-type: none"> • Puberty causes rapid growth spurts • Increased strength, endurance, and coordination • Development of secondary sexual characteristics (breast and body hair)
	Cognitive Development	<ul style="list-style-type: none"> • Abstract thinking and hypothetical reasoning • Improved decision making (still heavily peer influenced) • Ability to plan long term goals
	Gross Motor	<ul style="list-style-type: none"> • Fully developed coordination and muscle strength • Participation in competitive sports • Increased stamina and endurance
	Fine Motor	<ul style="list-style-type: none"> • Refined dexterity for complex tasks • Able to handle responsibilities like cooking or using tools • Improved handwriting speed and precision
	Psychosocial Development	<ul style="list-style-type: none"> • Strong peer influence • Identity versus role confusion • Exploring own personal values and beliefs
	Language Development	<ul style="list-style-type: none"> • Able to understand figurative language and abstract ideas • Advanced vocab and communication • Develops argumentative communication styles
	Sleeping Patterns and Concerns	<ul style="list-style-type: none"> • Needs 8 to 10 hours of sleep • Risk of insomnia and irregular sleep schedules • Circadian rhythm shifts due to staying up late
	Nutrition	<ul style="list-style-type: none"> • Risk for poor diet choices • Important focus on iron, calcium, and protein • Increased caloric needs because of growth and activity
	Age Appropriate Activities	<ul style="list-style-type: none"> • Team/ Individual sports • Creative outlet like music or art • Social activities like clubs
	Anticipatory Guidance & Teach Points	<ul style="list-style-type: none"> • Talk about risk for substance use and peer pressure • Discuss sexual health and safe practices

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| | | <ul style="list-style-type: none">• Encourage and open communication system |
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