

### 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 5–6 months and triples by 12 months.</li> <li>• Height increases by about 1 inch per month for the first 6 months, then 0.5 inch/month until 1 year.</li> <li>• Head circumference grows rapidly; posterior fontanel closes by 2–3 months, anterior by 12–18 months.</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Follows Piaget’s sensorimotor stage (birth–2 years).</li> <li>• Learns through reflexes, imitation, and repetition.</li> <li>• Develops object permanence around 8–9 months.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Rolls over by 4–6 months.</li> <li>• Sits without support by 6–8 months.</li> <li>• Pulls to stand and cruises by 9–12 months.</li> <li>•</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Grasps reflex present at birth, replaced by voluntary grasp at 3 months.</li> <li>• Transfers objects hand-to-hand by 6 months.</li> <li>• Develops pincer grasp by 9 months; refined by 12 months.</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Erikson: Trust vs. Mistrust.</li> <li>• Develops attachment to primary caregiver.</li> <li>• Stranger anxiety begins around 6–8 months</li> <li>•</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Coos at 2 months, babbles by 6 months.</li> <li>• Understands “no” and simple commands by 9–10 months.</li> <li>• Says “mama/dada” with meaning by 12 months</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Newborns sleep about 16–20 hrs/day; sleep consolidates to longer nighttime stretches by 4–6 months.</li> <li>• By 12 months, infants average 12 hrs/night plus naps.</li> <li>• Safe sleep practices: supine position, firm mattress, no loose bedding.</li> </ul>

		<ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• <b>Exclusive breastfeeding or iron-fortified formula for first 6 months.</b></li> <li>• <b>Introduce solid foods around 4–6 months (iron-fortified cereal first).</b></li> <li>• <b>Avoid honey, cow’s milk, choking hazards before 1 year.</b></li> </ul>
	<b>Age Appropriate Activities</b>	<p>Tummy time to strengthen muscles.</p> <ul style="list-style-type: none"> <li>• <b>Soft rattles, mobiles, mirrors for sensory stimulation.</b></li> <li>• <b>Peek-a-boo and pat-a-cake for social/cognitive development.</b></li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• <b>Car seat safety: rear-facing until at least age 2.</b></li> <li>• <b>Injury prevention: choking, falls, burns.</b></li> <li>• <b>Importance of immunization schedule and well-baby visits.</b></li> </ul>
<b>Toddler</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• <b>Birth weight quadruples by 2–3 years.</b></li> <li>• <b>Height increases ~3 inches/year; growth is step-like, not linear.</b></li> <li>• <b>Anterior fontanel closes by 18 months.</b></li> <li>•</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• <b>Piaget: Sensorimotor to Preoperational stage.</b></li> <li>• <b>Egocentric thinking, cannot see another’s perspective.</b></li> <li>• <b>Begins problem-solving through trial and error</b></li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• <b>Walks independently by 15 months.</b></li> <li>• <b>Runs, climbs stairs with assistance by age 2.</b></li> <li>• <b>Jumps with both feet by age 3.</b></li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• <b>Builds tower of 2–4 blocks.</b></li> <li>• <b>Uses spoon and cup, though spills occur.</b></li> <li>• <b>Scribbles and imitates circular strokes.</b></li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• <b>Erikson: Autonomy vs. Shame and Doubt.</b></li> <li>• <b>Develops independence (toileting, dressing, feeding).</b></li> <li>• <b>Temper tantrums common as part of asserting control.</b></li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• <b>Vocabulary grows from ~10 words at 18 months to 300 words by age 3.</b></li> <li>• <b>Uses 2-word phrases by age 2.</b></li> <li>• <b>Understands simple directions.</b></li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• <b>Sleeps 11–12 hrs/night, plus 1 nap.</b></li> <li>• <b>Bedtime resistance common.</b></li> </ul>

		<ul style="list-style-type: none"> <li>• Establish bedtime routines for comfort and security</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Picky eaters; physiologic anorexia around 18 months.</li> <li>• 3 meals + 2 snacks/day; finger foods preferred.</li> <li>• Limit milk intake to ~16–24 oz/day.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Push–pull toys, blocks, balls.</li> <li>• Simple puzzles, parallel play.</li> <li>• Read picture books together.</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Safety: choking, drowning, poisoning, falls.</li> <li>• Begin toilet training readiness around 18–24 months.</li> <li>• Encourage positive reinforcement, not punishment.</li> <li>•</li> <li>•</li> </ul>
<b>Preschool</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Gains ~5 lb/year and grows ~2.5–3 in/year.</li> <li>• Body becomes slender, more upright.</li> <li>• All primary teeth usually erupted by age 5.</li> <li>•</li> <li>•</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Piaget: Preoperational stage.</li> <li>• Magical thinking, believes inanimate objects have life.</li> <li>• Improved memory and attention span.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Rides tricycle by age 3.</li> <li>• Throws/catches ball, skips, hops on one foot.</li> <li>• Climbs well.</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Draws simple shapes, copies circles/squares.</li> <li>• Uses scissors by age 4.</li> <li>• Dresses self with minimal assistance</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Erikson: Initiative vs. Guilt.</li> <li>• Enjoys role-play, imaginary play.</li> <li>• Learns social rules and cooperative play</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Vocabulary expands to 2,000 words by age 5.</li> <li>• Speaks in full sentences, asks “why?” frequently.</li> <li>• Tells stories and uses plurals.</li> <li>•</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Sleeps 10–12 hrs/night, rarely naps.</li> <li>• Nightmares and night terrors may appear.</li> <li>• Bedtime rituals provide security.</li> <li>•</li> <li>•</li> </ul>

	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Eats similar foods as family.</li> <li>• Needs ~1,200–1,800 calories/day.</li> <li>• May have strong food preferences</li> <li>•</li> <li>•</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Arts and crafts, puzzles.</li> <li>• Pretend play, dress-up.</li> <li>• Playground activities.</li> <li>•</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Safety: street safety, helmet use.</li> <li>• Dental hygiene: regular brushing, dentist visits.</li> <li>• Encourage independence while setting limits</li> </ul>
<b>School-age</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Gains 4–6 lb/year; grows 2 in/year.</li> <li>• Growth spurt occurs closer to puberty.</li> <li>• First permanent teeth erupt around age 6.</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Piaget: Concrete Operational stage.</li> <li>• Logical thinking, understands cause and effect.</li> <li>• Conservation skills (volume, mass, number).</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Improved coordination and balance.</li> <li>• Can ride bike, jump rope, swim.</li> <li>• Increased strength and endurance</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Writing improves: prints and then cursive.</li> <li>• Crafts, building models.</li> <li>• Greater dexterity for sports and instruments</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Erikson: Industry vs. Inferiority.</li> <li>• Develops self-esteem through skill mastery.</li> <li>• Peer relationships become very important</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Vocabulary expands to ~50,000 words by 12 years.</li> <li>• Uses jokes, riddles, understands figurative speech.</li> <li>• Reading and writing skills improve</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Needs 9–12 hrs/night depending on age.</li> <li>• Bedtime resistance decreases.</li> <li>• Sleep problems may resurface with stress.</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Appetite increases with growth.</li> <li>• Encourage healthy choices to prevent obesity.</li> <li>• Breakfast essential for learning and focus.</li> </ul>

	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Organized sports, clubs, board games.</li> <li>• Reading, hobbies, collecting.</li> <li>• Cooperative play with peers.</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Promote self-esteem and school success.</li> <li>• Teach safety: seat belts, sports equipment.</li> <li>• Discuss bullying and peer pressure.</li> </ul>
<b>Adolescent</b>	<b>Physical Development</b>	<ul style="list-style-type: none"> <li>• Puberty: rapid growth spurt; girls earlier than boys.</li> <li>• Development of secondary sexual characteristics.</li> <li>• Growth completes by late adolescence</li> </ul>
	<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Piaget: Formal Operational stage.</li> <li>• Abstract thinking, problem solving, future planning.</li> <li>• Increased ability to think hypothetically.</li> </ul>
	<b>Gross Motor</b>	<ul style="list-style-type: none"> <li>• Growth leads to clumsiness initially, then refinement.</li> <li>• Participation in sports, endurance activities.</li> <li>• Peak physical performance in later adolescence.</li> </ul>
	<b>Fine Motor</b>	<ul style="list-style-type: none"> <li>• Mastery of skills like handwriting and artistic abilities.</li> <li>• Increased dexterity for complex projects or instruments.</li> <li>• Technology and gaming skills advance</li> </ul>
	<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Erikson: Identity vs. Role Confusion.</li> <li>• Struggles with independence vs. parental control.</li> <li>• Peer group identity highly influential.</li> </ul>
	<b>Language Development</b>	<ul style="list-style-type: none"> <li>• Refines communication and debating skills.</li> <li>• Uses slang and peer-influenced language.</li> <li>• Improves in persuasive and abstract expression.</li> </ul>
	<b>Sleeping Patterns and Concerns</b>	<ul style="list-style-type: none"> <li>• Needs 8–10 hrs/night, but often sleep-deprived.</li> <li>• Circadian rhythm shifts: tendency to stay up late.</li> <li>• Risk of insomnia, screen-related disturbances.</li> </ul>
	<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• Increased caloric needs due to growth.</li> <li>• Risk of eating disorders and poor nutrition choices.</li> <li>• Encourage balanced diet with calcium and iron.</li> </ul>
	<b>Age Appropriate Activities</b>	<ul style="list-style-type: none"> <li>• Team sports, music, clubs, social activities.</li> <li>• Part-time jobs, volunteering.</li> <li>• Technology use and peer interactions.</li> </ul>
	<b>Anticipatory Guidance &amp; Teach Points</b>	<ul style="list-style-type: none"> <li>• Discuss sexuality, contraception, STI prevention.</li> <li>• Encourage open communication and decision-making.</li> <li>• Address risk-taking behaviors: driving, substance use.</li> </ul>