

Vanessa Walters

03/ 07/ 2020

#### Unit 4

Growth is a process of every living thing in this world, eating healthy and exercise also contributes to growth and development. In the middle and late childhood the growth process is slow, consistent. The physical and psychological change that happen in the middle and late childhood are their body, their brain, their strength. Infants grow 2 to 3 inches every year until they reach 11 years of age their middle and late childhood they gain 5 to 7 inches a year that is influenced by the size of the skeletal and muscular system, and the size of some body organs. As they grow up, head and waist circumference decrease, muscle mass and strength gradually increase, their strength, and capability also increase. As a result of greater muscle cells boys are stronger than men.

1. Motor skills are behavior abilities or capacities that require little strength, it uses small body movement while gross motor skills are used for large bodily movement. Some of the fine motor skills activities include Preschool children cut, paste, mold, shape, draw, paint, create, and write. The physical change and growth that happen is that in their middle and late childhood their motor's skills become much smoother and more coordinated than in their infant. Then they can run climb, skipping rope, and swimming, bicycle riding and skating. As gross motor skills require more strength and large muscle activities their fine motor skills become stronger and more independent, and can manipulate their action.

2. As a mother if my son or daughter want to participate in sport at first I would probably feel proud and push him forward to follow his or her dream, but after I find out what type of sport it is, if it is something like American football, gymnastic, I would be scared because the kid csn fracture from this sport. Being a gymnastic would allow my daughter to be fit, flexible, healthy, and stronger for risk she could also break some important bone in her body which could possibly lead to some handicap. For american football my son would also fit, be healthy, and build muscle, but it is very brutal. Honestly I don't really see how to see more pros or con between these two sports, if my kids is grown enough to understand I would explain them the danger and benefits of these sports and tell them nothing in life is easy, everything is risky they just have to manage and be careful while doing what they like, and enjoy.
3. Being obesity can lead to a lot of other different diseases. Obesity rate has increased in the past couple years. Obesity in children raised the risk of many medical, and psychological problems, such as diabetes, hypertension, elevated blood pressure, cholesterol, and many other cardiac illness. It is often in the middle and late childhood that the majority of kids become obese because their being expose more to fast food which full of sugar, oil, sodium more than hoemade meal, it bad for them to be obese at that stage of their life because it can impact them for their rest of their life and might have to live on medication for the rest of their life.
4. Children with disabilities are slow in learning, most of the time they are smart in one thing, but when it comes to make sense of what they are learning it can take forever because their brain does not function the same way as regular kids. Because they have

difficulty learning and understanding or even using spoken words, and written, their communication is very poor. A teacher would need to spend more time with them and find a more comprehended way to explain to someone that has some disabilities.

18. Altruism defines those that help someone else for the person wellbeing without search for their own benefit. Altruism is connected to moral development because both of them are developed in experiences, behavior, and knowing what's right and wrong. When someone has morals they help others with their whole heart, with no interest, their focus is on helping those that are in need without worrying about getting something back. As this aspect develops in middle late childhood the kids are becoming more aware of their surroundings and developing much joy in making someone else happy.

19. Gender role stereotypes have been created by society, and some old laws by our ancestors. Long ago women used to be categorized as the stay home mother and wife and the husband go to school or work. Our old ancestors believed that women were made to take care of their children, husband, doing home shore, if they were to go to school they would revolt and start pursuing a career. As time passes, that stereotype starts to fade away because as american believes whatever men can do women can do it as well because women are in power, own degree, and doing so much of other things. Some other countries are still using this gender role stereotype where they believe men are stronger, less emotional, and women are weaker, very emotional, and more tolerant. I honestly believe that both men and women are equal and both need each other to survive and function in this world.

26. I have been here since 2014 and have been independent( living on my own) since 2015. I am going through ups and down, as a result of that when my friend is very picky about it. For me to be friends with someone I have to follow that person to see what his or her good and bad side is. I don't like people that smoke, do drugs, or drink excessively. I usually like someone simple, friendly,honest, and respectful. I don't like people that like drama, and fighting. I don't really have a lot of friends because I also have some experience with friends, but the aspect I focus on is that you are a God fearing, are you humble, and do you have good communication skills. The world is so dangerous without mutual respect and understanding troubles is easy to catch.