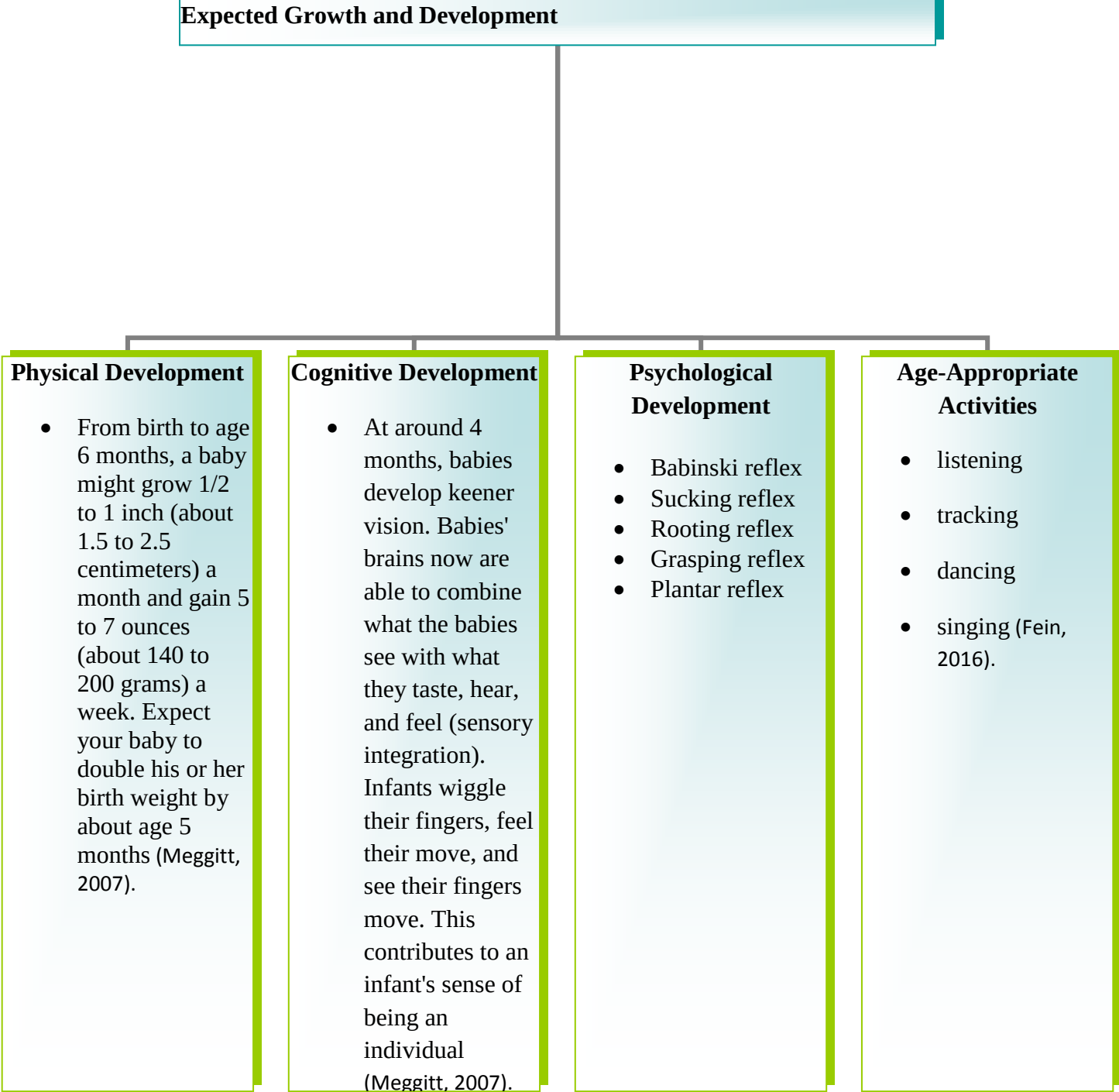


Figure 1- Infant Growth and Development

Name:



Expected Growth and Development

```
graph TD; A[Expected Growth and Development] --> B[Immunization]; A --> C[Health Screening]; A --> D[Nutrition]; A --> E[Injury Prevention];
```

Immunization

- Diphtheria, tetanus, and whooping cough (pertussis; DTaP)
- Diphtheria, tetanus, and whooping cough (pertussis; DTaP),
- Hepatitis B, Meningococcal (MenACWY [MCV4], MenB) Polio (IPV) Rotavirus (RV),
- Pneumococcal (Peden, UNICEF., & World Health Organization, 2008).
- Rotavirus, (RV)

Health Screening

Undertake the following to ensure general health of the kid;

- Iron deficiency anemia
- Lead poisoning
- Tuberculosis
- phenylketonuria (PKU)
- congenital hypothyroidism.
- galactosemia.
- sickle cell disease.
- biotinidase deficiency.
- congenital adrenal hyperplasia (CAH)
- maple syrup urine disease (MSUD)
- tyrosinemia.

Nutrition

- Human milk
- Infant formula - protein, fats, carbohydrate, vitamins and minerals (Contento, 2011).

Injury Prevention

Protect the infant from

- Car Injuries
- Falls
- Burns
- Choking and Suffocation

Expected Growth and Development

Physical Development

- They show an advanced and increases in Motor Skills, that is both significant and insignificant motor skills such as scribbling, stacking blocks, using a spoon, and drinking from a cup as well as, temper tantrums. Children at this stage as well start to self feed.

Cognitive Development

During this stage children tend to recognize themselves on the mirror, play for longer periods of time. Besides, often says 'no' to bedtime and other requests. They tend to enjoy and dance to music they tend to feel proud when undertaking things by themselves.

Psychological Development

walking up stairs and maybe walking backwards they tend to squat and standing without using hands, kicking a ball and throwing over are saying 50 or more recognizable words and understanding more, joining in some nursery rhymes. They tend to cling tightly in affection, fear or fatigue. They throw many tantrums when frustrated. They also start to develop an imagination.

Age Appropriate Activities

Parents take this as a blast and perceive it as a way to get the kids to clean, with dish soap foam. Children also cook up some spaghetti (or even better, use leftovers, add some color to it to make spaghetti potion. They make a slimy gel bag is a squishy sensory delight for toddlers! They borrow flour and tend to explore flour freely. Add water to the flour and put in a baggy for some flour & water piping. Play with and Explore ice cubes! Playing with and exploring pasta

Expected Growth and Development

```
graph TD; A[Expected Growth and Development] --> B[Immunization]; A --> C[Health Screening]; A --> D[Nutrition]; A --> E[Injury Prevention];
```

Immunization

Health Screening

Health screening is important, it works to make sure that the child is growing well. One can undertake the following tests, as, for instance, obesity, diabetes, high cholesterol, lead poisoning as well as, tuberculosis. Besides, one can go further and test for cerebral palsy just to guarantee that the child health is perfect.

Nutrition

Nutrition is important to a child. In fact, nutrition determines the health of the child both physical and mental state. Therefore, it is good to ensure that your child get all categories of diet that is vitamins, carbohydrates and protein. The following is a cluster of how one can feed their children during meal times. Grains, milk, fruits as well as meat. Besides, water is critical. One should ensure the child drinks water always.

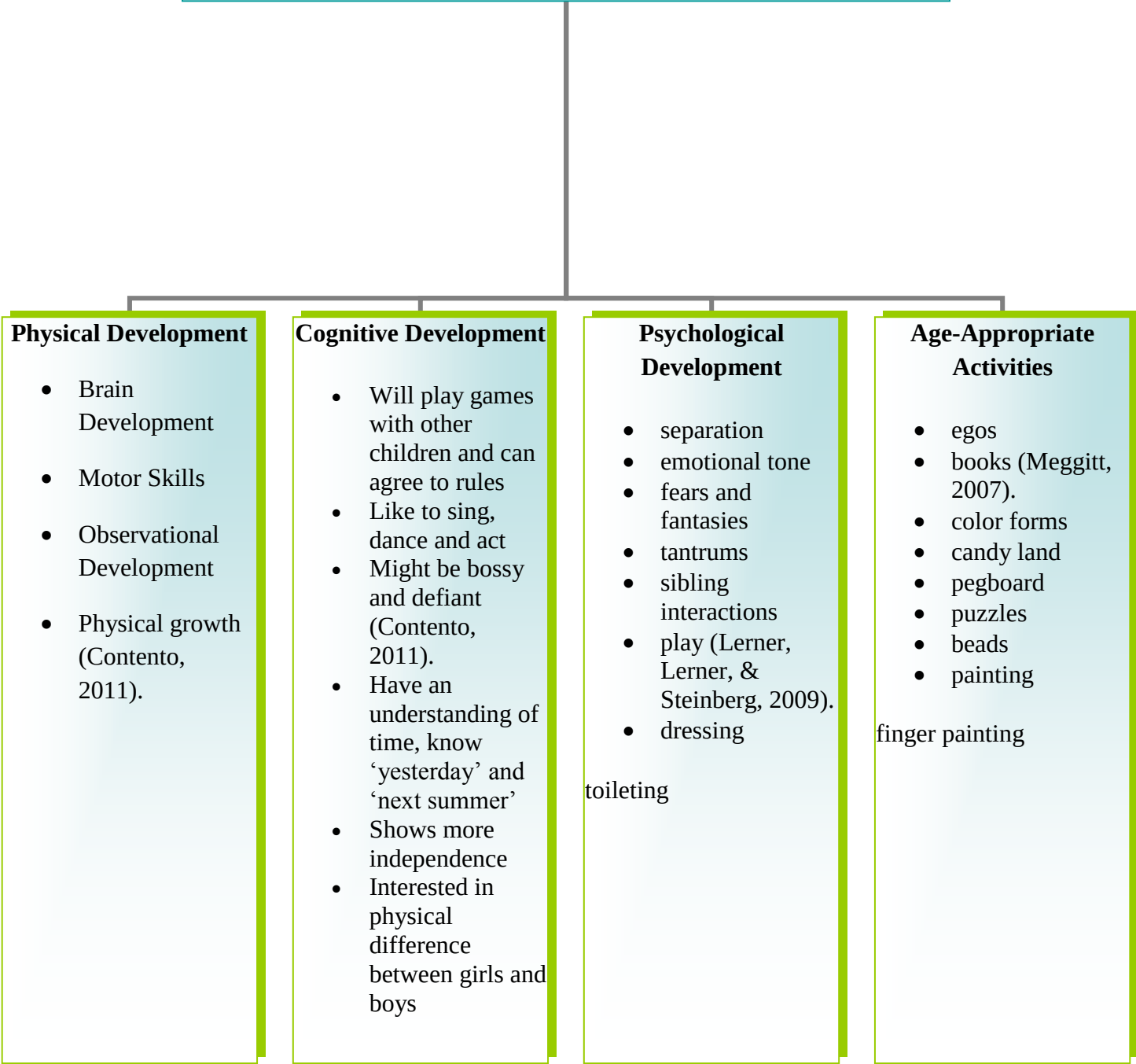
Injury Prevention

- Firearm
- Hazards
- Poisonings
- Falls
- Burns
- Drowning
- Car Safety

Name

Date:

Expected Growth and Development



Expected Growth and Development

```
graph TD; A[Expected Growth and Development] --> B[Immunization]; A --> C[Health Screening]; A --> D[Nutrition]; A --> E[Injury Prevention];
```

Immunization

- measles, mumps, rubella and chickenpox (MMRV)
- diphtheria, tetanus, whooping cough and polio (Paperny, 2011).

Health Screening

- Peeing and pooping
- Sleeping
- Developing
- Do a physical exam
- Update immunizations
- Eating (Paperny, 2011).

Nutrition

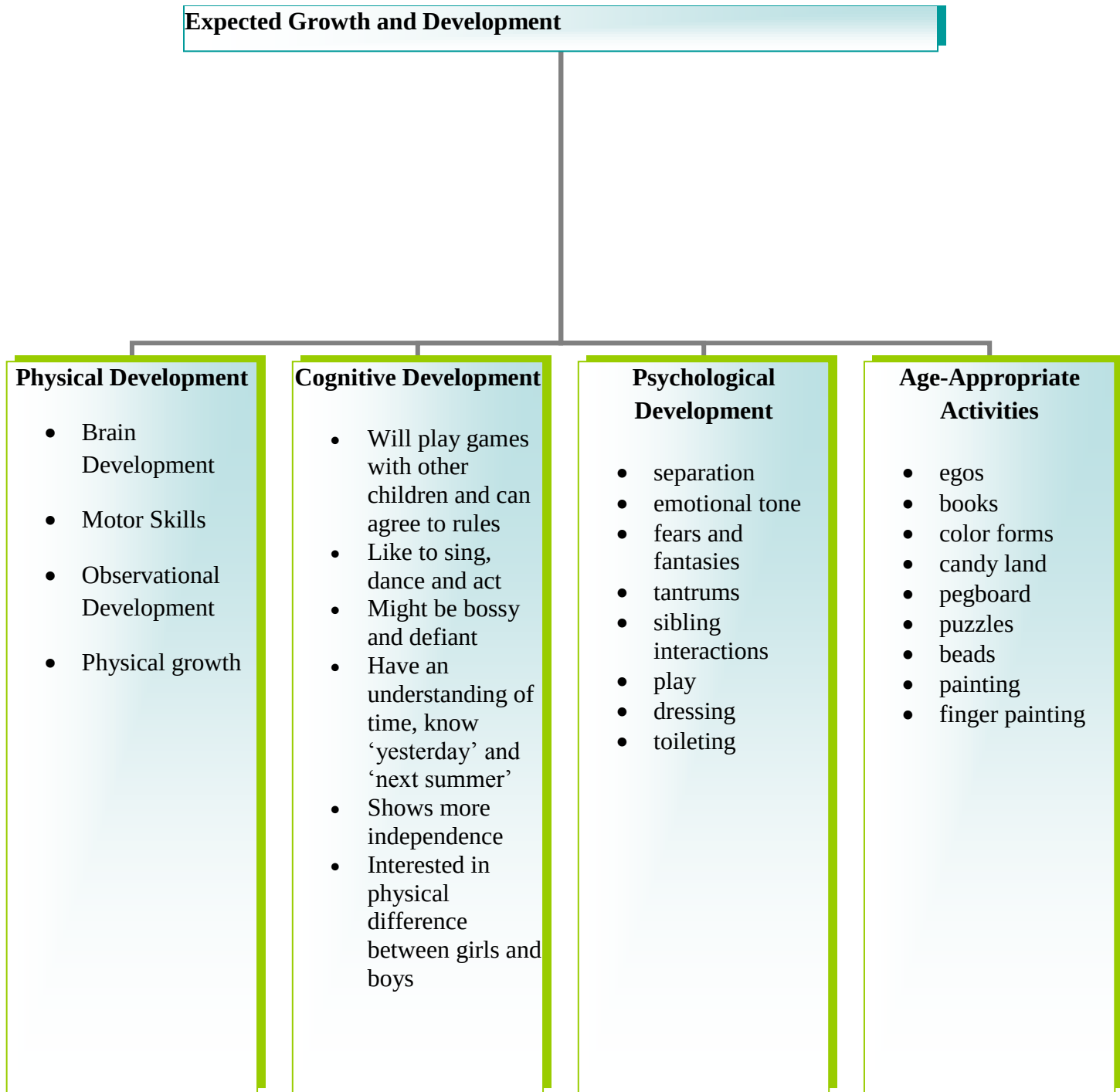
- 3 to 6 serves of fruit and vegetables – no more than 200mL fruit juice.
- 4 to 8 slices of bread or equivalent serves (about a cup) of breakfast cereal, rice, pasta or noodles (Contento, 2011).
- The equivalent of 500mL to 600mL reduced fat milk, which can include yogurt, cheese, calcium fortified soy beverage.
- 1 small serve of

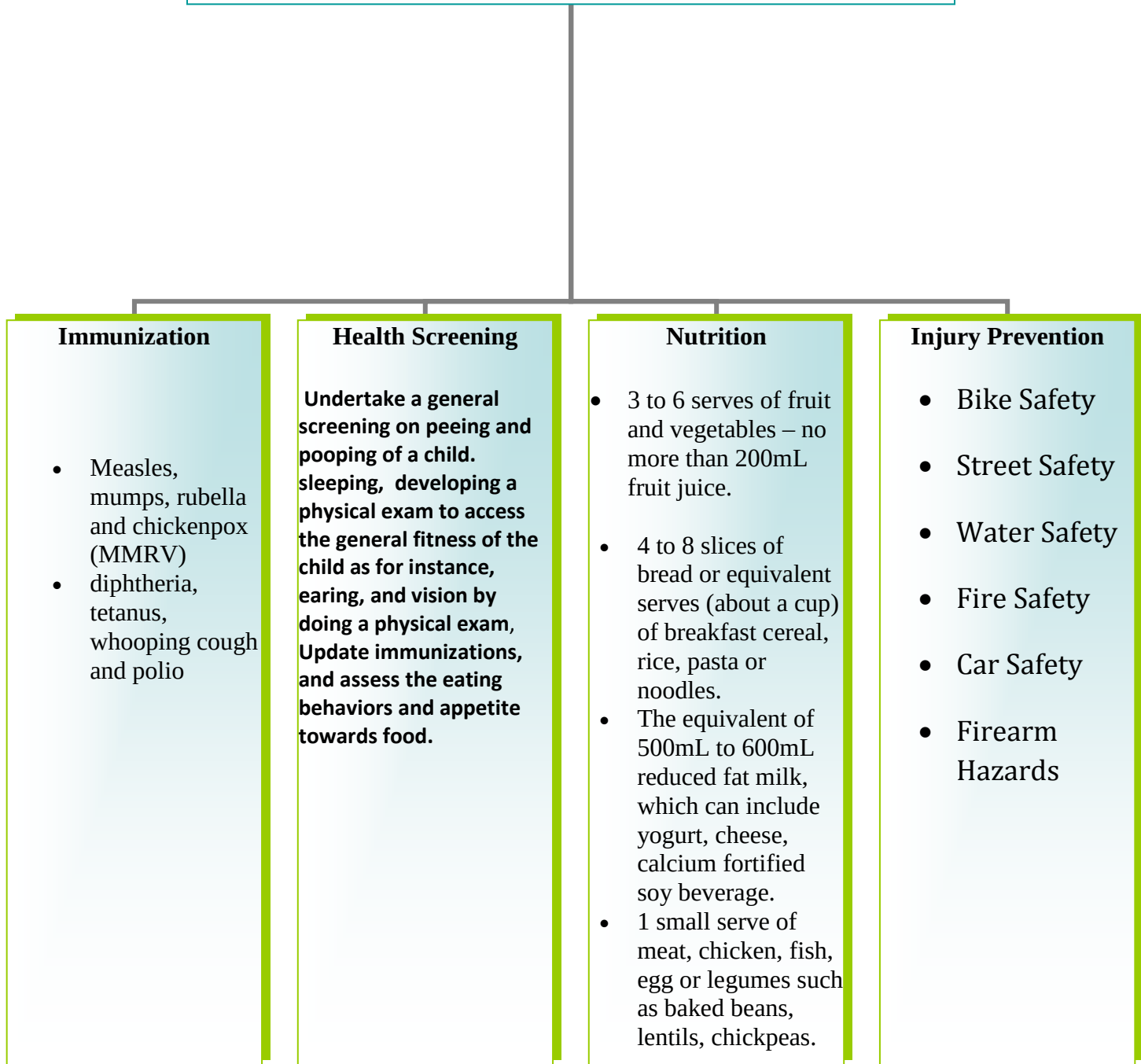
Injury Prevention

References

- Contento, I. R. (2011). *Nutrition education: Linking research, theory, and practice*. Sudbury, Mass: Jones and Bartlett.
- Fein, D. (2016). *The activity kit for babies and toddlers at risk: How to use everyday routines to build social and communication skills*.
- Lerner, R. M., Lerner, R. M., & Steinberg, L. (2009). *Handbook of Adolescent Psychology*. Hoboken, N.J: John Wiley and Sons.
- Meggitt, C. (2007). *Child development: An illustrated guide ; [birth to 16 years]*. Oxford: Heinemann Educational Publishers.
- Peden, M. M., UNICEF., & World Health Organization. (2008). *World report on child injury prevention*. Geneva, Switzerland: World Health Organization.
- Yabes-Almirante, C., Atencio, F. P., & Guia, B. C. (2012). *Atlas of pediatric and adolescent gynecology*. New Delhi: Jaypee Brothers Medical Pub.
- Paperny, D. M. N. (2011). *Handbook of adolescent medicine and health promotion*. Singapore.

Figure 3 School age





Expected Growth and Development

```
graph TD; A[Expected Growth and Development] --> B[Physical Development]; A --> C[Cognitive Development]; A --> D[Psychological Development]; A --> E[Age-Appropriate Activities];
```

Physical Development

Beginning of puberty: 9.5 to 14 years old. First pubertal change: enlargement of the testicles Penis enlargement: begins approximately one year after the testicles begin enlarging. Appearance of pubic hair: 13.5 years old. Nocturnal emissions (or "wet dreams"): 14 years old. Hair under the arms and on the face, voice change, and acne: 15 years old

In Girls it begins 8 to 13 years. First pubertal change: breast development Pubic hair development: shortly after breast development

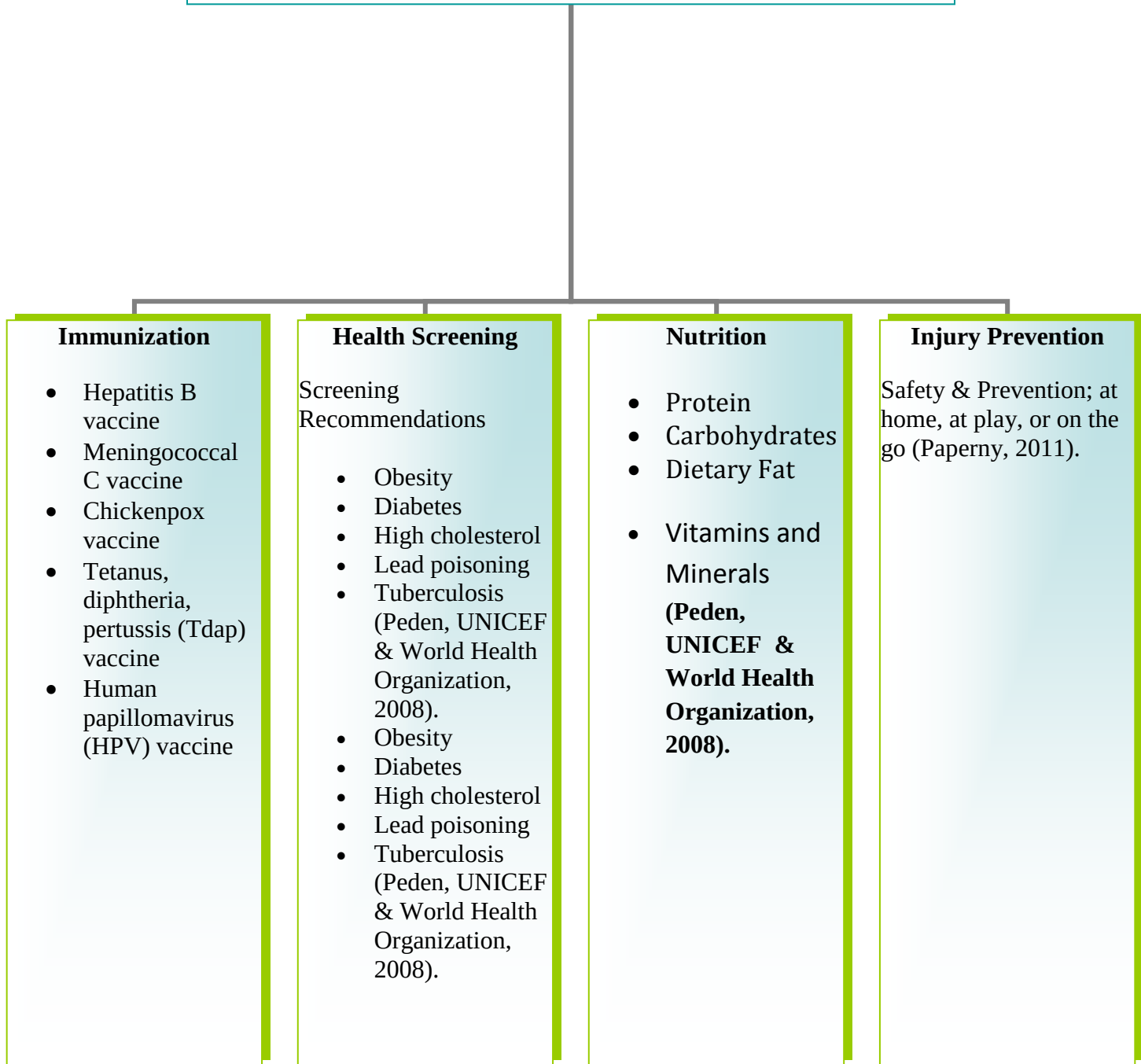
Cognitive Development

- They begin to think hypothetically, considering a number of possibilities, and are able to think logically. They become more goal oriented. They may develop special interests that are a source of motivation. Cognitive development may be impacted by school-age children's emotional state. They begin to understand facets of the adult world like money and telling time. They may enjoy reading a book. They can interpret the context of a paragraph and writes stories. They appreciate humor and word games

Psychological Development

Age-Appropriate Activities

Safety & Prevention; at home, at play, or on the go (Paperny, 2011).



References

- Contento, I. R. (2011). *Nutrition education: Linking research, theory, and practice*. Sudbury, Mass: Jones and Bartlett.
- Fein, D. (2016). *The activity kit for babies and toddlers at risk: How to use everyday routines to build social and communication skills*.
- Lerner, R. M., Lerner, R. M., & Steinberg, L. (2009). *Handbook of Adolescent Psychology*. Hoboken, N.J: John Wiley and Sons.
- Meggitt, C. (2007). *Child development: An illustrated guide ; [birth to 16 years]*. Oxford: Heinemann Educational Publishers.
- Peden, M. M., UNICEF., & World Health Organization. (2008). *World report on child injury prevention*. Geneva, Switzerland: World Health Organization.
- Yabes-Almirante, C., Atencio, F. P., & Guia, B. C. (2012). *Atlas of pediatric and adolescent gynecology*. New Delhi: Jaypee Brothers Medical Pub.
- Paperny, D. M. N. (2011). *Handbook of adolescent medicine and health promotion*. Singapore.