

STUDENT NAME _____

DEVELOPMENTAL STAGE Adolescent

REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

The school age children gain up to 3 kg in one year. They are much slower compared to the growth compared to the previous years. They gain 8 centimeters in one year and show preferences right or left handed.

Cognitive Development

At this age the child shifts from an egocentric ways of thinking to a more mature, perceptive and imaginative way of thinking. There are genuine enthusiasms for learning new concepts.

Psychological Development

The psychosocial development in middle school children will help them understand morality. By the Age of 6 years they have developed conscience. The later begin understand the rules of the society.

Age- Appropriate Activities

The age appropriate activity at this age include biking, walking and playing in the fields.

Health promotion

Health promotions among school aged children include learning disorders; Enuresis, scoliosis and kyphosis among others. These problems require the attention of health care professional.

Immunizations

There a number of vaccines that is recommended for the school going children. They include HPV, Varicella, chickenpox, tetanus and pertusis.

Health Screening

The health screening for school going students involve cardiac screen, cervical, testicular and blood pressure.

Nutrition

The nutrition at this stage must be a balanced diet. The portion should be made up of half starch to provide energy due to the high activity of children in this stage. At this stage the children appetite is high.

Injury Prevention

At this age due to high activity there various ways in which child can be injured. Hence various precautions should be kept in placed to protect the child at play time which includes wearing of the helmet.