

PEDIATRIC GROWTH AND DEVELOPMENT TABLE

Compiled by Sir V

PARAMETERS	INFANT	TODDLER	PRE-SCHOOL	SCHOOL-AGE	ADOLESCENT
AGE	0-1yr	1-3 y/o	3-6 y/o	6-12 y/o	12-18 y/o
Psychosocial Stage by Eric Erickson	Trust vs. Mistrust	Autonomy vs Shame and Doubt	Initiative vs Guilt	Industry vs Inferiority	Identity vs Role Confusion or Role Diffusion
How is the above task developed?	If needs are met	Allow the toddler to make simple decisions. Allow the toddler to explore	Allow the child to try to perform simple tasks.	Motivate the child to perform in school. Allow to participate in school activities	Allow the adolescent to decide and give some degree of independence
Psychosexual Stage by Sigmund Freud	Oral Center of pleasure: mouth (major source of gratification & exploration) Primary need: Security Major conflict: weaning	Anal Source of pleasure: anus & bladder (sensual satisfaction & self-control) Major conflict: toilet training Principles of toilet training: Consistency, firmness but not strictness, positive maternal attitude Physiologic readiness: able to sit, stand and walk Psychosocial readiness: Desire to please the mother	Phallic Center of pleasure: child's genital (masturbation) Major conflict: Oedipus & Electra Complex	Latency Energy directed to physical & intellectual activities Sexual impulses repressed Relationship between peers of same sex	Genital Energy directed towards full sexual maturity & function & development of skills to cope with the environment
Stage of Cognitive Development by Jean Piaget	Sensory-Motor	Sensory-motor	Pre-conceptual or pre-operational	Concrete operational	Formal operational
Stage of Moral Development by Lawrence Kohlberg	Amoral	Pre-conventional stage 1	Pre-conventional stage 2	Conventional	Post conventional
Most Significant person/s	Primary Care Giver Mother	Parents	Family Neighbors	Peers	Peer Group
Source/s of Fears	Stranger Anxiety (Object permanence)	Separation Anxiety (Protest, despair, denial, recovery)	Castration/Body Mutilation/Ghost, dark etc	Death, failure in school, intimidating teacher	Rejection Loss of privacy
Type of Play	Solitary	Parallel	Associative-cooperative	Competitive	Competitive
	Rattles	Push and pull toys	Building set, simple puzzle and	Ball games, scrabble,	Ball games, recreational

Examples of Toys	Musical Mobiles	Play telephone to encourage language development Building blocks: 15 mos: builds tower of 2 18 mos: tower of 3-4 blocks 24 mos: tower of 5-6 30 mos: tower of 7-8	board games, dress up dolls, housekeeping toys, carpentry set , tricycle, etc	chess, video games	and social activities
Behavioral Characteristics/Indicators	Observer	Egocentric, selfish, negativistic, manipulative, temper tantrums	Fond of telling tall-tales, imaginative, curious, imitator Sore loser	Modest, respectful, obedient,	Strives for independence
Language: Number of vocabulary/words	5-10 10 months- "mama" "dada"	900-1,000	2,000-2,100	50,000	50,000>
Theme	none	"Holding on and letting go."	"To make, to try, to play."	"To acquire knowledge and information"	To find someone to love
James Fowler's Stages of Faith & Spiritual Development	Pre-stage: <i>Primal or Undifferentiated faith</i> Trust, hope and love compete with environmental inconsistencies or threats if abandonment	Stage 1: <i>Intuitive-projective faith</i> Imitates parental behaviors and attitudes about religion and spirituality. Has no real understanding of spiritual concepts.	Stage 1: <i>Intuitive-projective faith</i> Imitates parental behaviors and attitudes about religion and spirituality. Has no real understanding of spiritual concepts.	Stage 2: <i>Mythical-literal faith</i> Accepts existence of a deity. Religious & moral beliefs are symbolized by stories. Appreciates others' viewpoints. Accepts concept of reciprocal fairness.	Stage 3: <i>Synthetic-conventional faith</i> Questions values & religious beliefs in an attempt to form own identity. Late adolescent & young adult: Stage 4: <i>Individuative-reflective faith</i> Assumes responsibility for own attitudes & beliefs.
SLEEP	17-18 hrs 8-9 months- 10-12 hrs	10-12 hrs/day	11-12 hrs/day	8-12 hrs/day	8-10 hrs/day
SAFETY Common accidents	Aspiration of foreign bodies Falls, suffocation, scalding burn from hot water	Aspiration of Foreign Bodies, Falls, Poisoning, drowning	Motor accidents, drowning, burns, falls	Motor & vehicular accidents Fracture due to rapid long bone development (growth spurt)	Motor vehicular accidents Sports injuries Firearms accidents

Behavioral Indicators	Observer	Explorer, independent, ritualistic, negativistic, selfish, manipulative, dawdling, egocentric	Boastful, fond of telling tall tales, magical thinking, curios, imitator, cooperative, shows initiative, dramatic, imaginative, very physical (play)	Competitive Shows industry & productivity Shows good behavior to please others idealistic	Competitive Independent
Approach in discipline	Time out	Redirect child's attention Time out Loss of privileges Explaining, reprimanding, reasoning for older children Ignore temper tantrums	Time out (in play) Allow to try in doing things Loss of privileges Explaining, reprimanding, reasoning for older children	Consistency	Consistency Allow to establish independence
Nutrition	Breast feeding per demand until 18 months to 2 years old Weaning: 6 months: from breast to bottle 12 months: from bottle to cup Caloric requirement: 1,200 cal/day or 100-115 kcal/kg/day Supplementary foods: 6 months- cereals, vegetables, fruits, meats, egg yolk	1,300-1,400 kcal/day or 100 cal/kg/day Able to feed self	1,700-1,800 cal/day or 90 cal/kg/day	2,100-2,400 cal/day Minimize junk food	2,200-2,700 cal/day
Important Developmental Milestones	1 mo- Lifts head for short period (15 degree) 2 months	15 months Walks without support Throws objects or ball Grasps spoon	3 years old begins to stand on 1 foot walks upstairs alternating feet and walks downstairs without	6 years old Starts to ride a bicycle Tie knots Has complete binocular vision	

	<p>Posterior fontanel closes Rolls side to back Social smile appears Begins to follow moving object to side Lifts head at 30 degrees</p> <p>3 months Lifts head at 45 degrees Hand to mouth activities Starts to drool Laughs audibly</p> <p>4 months Lifts head at 45 degrees> With good head control, no lag Rolls from back to side</p> <p>5 months Takes object present to him Raking grasp May start roll over Begins bowel sound</p> <p>6 months Doubles birth weight Rolls over completely from back to tummy Sits with support Teething(6-7-9-10) Stranger Anxiety</p> <p>7 months Discovers feet and plays with it</p> <p>8 months Stranger anxiety peaks</p>	<p>With some degree of sphincter control and may start with toilet training</p> <p>18 months Anterior fontanel is closed Walks backwards Climbs stairs and furniture Speaks 10 words Begins short sentences Thumb sucking Begins to run and jump/hump</p> <p>24 months Runs well Obeys simple commands</p> <p>30 months walks on tiptoe complete deciduous teeth Day time bladder control</p>	<p>assistance 1 foot at a time rides a tricycle draws a person with 3 parts Undresses without help With imaginary friend Night time bladder control</p> <p>4 years old Hops on 1 foot Climbs and jumps well Goes up & down the stairs with alternating feet without assistance Attempts to print letters Dresses self with assistance Laces shoes Counts to 5 With 20 minutes attention span</p> <p>5 years old Jumps rope Skips & hops on alternate feet Balances on 1 foot with eyes closed Throws and catches a ball Dresses self completely without help Draws a person with 6 parts Counts to 10 or more Cooperative play With 30 minutes attention span</p>	<p>7 years old rides bicycle well Engages in team games/sports Develops concept of time Draws person with 16 parts</p> <p>8 years old Movements more gracefull</p> <p>9-10 years old Normal 20/20 vision Better behaved Enjoys team sports Appearance of secondary sex characteristics start</p> <p>11-12 years old Develops beginning interest in the opposite sex Reads romance, mystery and adventure stories</p>	
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	<p>Sits without support Follows simple commands (wave goodbye)</p> <p>9 months pulls self to sitting position Crawls and creeps Responds to parental anger Holds bottle & with hand to mouth coordination Demonstrate pincer grasp</p> <p>10 months pulls self to standing position Stands with support Brings hands together Pincer grasp complete Drinks from cup Vocalizes 2 words Waves bye-bye</p> <p>11 months Stands erect with support Cruising</p> <p>12 months Triples birth weight Sits from standing position alone Eats with fingers Anterior fontanel starts to close With 4 pairs of deciduous teeth Vocalizes 4-5 words Knows own name Walks with support</p>				
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