

Principles of growth

Measuring height Infants grow rapidly and will reach roughly half their adult height by the age of two

Adolescents experience growth spurts during puberty

Full height is reached by the start of **Early adulthood**

The four principles of growth

1. Growth rates are not constant
2. Different parts of the body grow at different rates
3. Growth rates vary between children
4. The growth rate of boys is usually faster on average than that of girls, as men tend to be taller than women

Development Milestones

0-3 months	Can use gurgling and crying to communicate
18 months	Can say six to ten words
2 years	Can link words together
3 years	Can use simple sentences
8 Years	Can reason and explain

Using gross motor skills

Crawling	Walking	Running
Jumping	Bending	Climbing
Pushing	Kicking	Scototing

Length or height

In the first two years Infants length is measured when lying down

From 2 years old their height is measured when standing

Areas of development

Physical growth and other physical changes that happen to our body throughout life

Cognitive development of **language** and **thinking skills**

Emotional cope with **feelings** about ourself and others

social form **friendships** and **relationships**

PIES

Gross Motor: 0-2 Years Olds

1. Infants develop motor skills from the head down
2. At 6 months control neck, can roll, sit and crawl
3. 11-13 months legs develop so they can stand, cruise and walk

Gross Motor: 0-2 Years Olds

(cont)

Balancing At 2 years can climb onto low furniture and can kick a ball

Question 2

Henry is 4 years old and attends nursery. His key person is worried that his development is not progressing as well as expected for his age.

Outline the role of observation in understanding Henry's development

Question 3

Bobby is 5 months old. He has just started to roll over to his front from his back.

Identify two gross motor skills that Bobby is likely to acquire in the next three months

Question 4

Connor is 18 months old. His sister Amy is 3 years old. They are both meeting the expected milestones for their age.

Outline the differences in their fine motor skills

How fine motor skills develop

Newborn

- * Able to grasp adults finger
- * 3 Months hold a rattle
- * 6 months grasp a toy and pass it to his other hand
- * 12 months will pick up small objects

18 Months

- * Build with small blocks and use a spoon

- * Make marks with crayons
- * 2 Years can tie a shoelace

3 Years

- * Develop tripod grasp
- * Can use spoon and fork
- * can thread small beads

5 Years

- * Manipulate the construction block
- * Use hand-eye coordination

8 Years

- * Joined up writing

menopause

what's the symptoms of menopause

Hot flushes, night sweats, mood swings, loss of libido, vaginal dryness



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Not published yet.

Last updated 20th November, 2018.

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