

## Growth Patterns

Growth continues at a slow and regular pace. ~children will grow 2-3 inches in height and 5lbs each year

lowest portion of the body grows the fastest  
> go through shoes and pants fast

girls begin to have more fat, whereas, boys begins to have more muscle

Secular Trends: changes in body size from one gen. to the next (ex: kid is taller than mom and grandma)

## Brain Development

weight increases by only 10% (90% adult weight by adolescents)

white matter - consists of myelinated nerve fibres, increases steadily > especially in the prefrontal cortex, parietal lobes, & corpus callosum.

Prefrontal Cortex - becomes more effective so do nerve fibres (responsible for consciousness, impulse control, strategic thinking)

gray matter, consists of neurons and supportive material, peaks in mid-childhood, then declines because of pruning

connections become more elaborate

## Play

Learning is not only through school

Kids, as they are developing, need to move around, play, socialize, and even get hurt to learn about the world and environment

PLAY <=> Learning

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