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 consci-ousness, 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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Published 16th April, 2020.
Last updated 12th April, 2020.

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