

Coping with Concerns Related to Normal Growth and Development

Table 14-1 summarizes the major developmental achievements of the school-age years.

TABLE 14-1

Growth and Development During the School-Age Years

Physical and Motor	Mental	Adaptive	Personal-Social
Age 6 Years			
Height and weight gain continues slowly Weight: 16 to 26.3 kg (35.5 to 58 pounds) Height: 106.7 to 123.5 cm (42 to 49 inches) Central mandibular incisors erupt Loses first tooth Demonstrates gradual increase in dexterity Active age; constant activity Often returns to finger feeding More aware of hand as a tool Likes to draw, print, color Vision reaches maturity	Develops concept of numbers Can count 13 pennies Knows whether it is morning or afternoon Defines common objects (such as fork and chair) in terms of their use Obeys triple commands in succession Knows right and left hands Says which is pretty and which is ugly of a series of drawings of faces Describes the objects in a picture rather than simply enumerating them Attends first grade	At table, uses knife to spread butter or jam on bread At play, cuts, folds, pastes paper; sews crudely if needle is threaded Takes bath without supervision; performs bedtime activities alone Reads from memory; enjoys oral spelling game Likes table games, checkers, simple card games Giggles a lot Sometimes steals money or attractive items Has difficulty owning up to misdeeds Tries out own abilities	Can share and cooperate better Has great need for children of own age Will cheat to win Often engages in rough play Often jealous of younger brother or sister Does what adults are seen doing May have occasional temper tantrums Is a boaster Is more independent, probably an influence of school Has own way of doing things Increases socialization
Age 7 Years			
Begins to grow at least 5 cm (2 inches) in height per year Weight: 17.7 to 30 kg (39 to 66 pounds) Height: 111.8 to 129.5 cm (44 to 51 inches) Maxillary central	Notifies that certain items are missing from pictures Can copy a diamond Repeats three numbers backward Develops concept of time; reads ordinary clock or watch correctly to nearest quarter hour; uses clock for practical purposes Attends second grade	Uses table knife for cutting meat; may need help with tough or difficult pieces Brushes and combs hair acceptably without help May steal Likes to help and have a choice Is less resistant and	Is becoming a real member of the family group Takes part in group play Boys prefer playing with boys; girls prefer playing with girls