

## **Growth and Development of Infants, Toddlers, Preschoolers and School Aged Children**

(0:00 - 0:18)

Now next, we're gonna move through the growth stages, but discuss each physical, cognitive, and psychosocial changes that that particular age range will experience. And then we're gonna talk about the application of nursing. So let's start with the stage of the infant.

(0:19 - 0:40)

This is about, if you recall, a month to about a year old. Now physical changes here, we're gonna see some variation and some increases in height and weight, and some development of fine and gross motor movements. Now cognitively, the infant's gonna start developing that vision, hearing and touch, and language and a little bit of memory development.

(0:41 - 1:06)

Now in the psychosocial stages, if you recall, there's gonna be some separation of self from others, and also some purposeful smiling. Now when we're talking about nursing, now remember that we wanna promote trust, that very important Erickson's initial stage. We wanna be gentle and soothing, minimise stressors, and make sure we facilitate bonding with that parents.

(1:06 - 1:25)

And just know with the infancy stage, it's important to keep the appearance and the vision of the child, and allow the mother to interpret the infant's behaviour. Now let's move on to the toddler stage. Physically, there's gonna be some development, but some refinement of the fine and gross motor movements.

(1:25 - 1:48)

Now cognitively, there's more memory and language development here. And in the psychosocial changes, they're gonna start developing that important sense of autonomy and independence. Now here the interesting thing about the toddler stage is they engage in more parallel play, which really all we're talking about is really the toddlers will just play adjacent to each other, but really independently.

(1:49 - 2:17)

They may be interested in maybe what their peers doing, but really do they just play independently alongside each other. Now, when we're talking about applying this to nursing, it's important to hear at this toddler stage, we're supporting their development and giving them undivided attention. Now, even though it can be a little bit frustrating, make sure you do

your best to encourage autonomy and expect of course some frustrated, some maybe exaggerated responses.

(2:17 - 2:39)

And of course that resounding word of no, but use kind and firm approach and communication, but give one direction at a time. It's important here to be clear and be succinct with your directions. Now it's really important to use play here to prepare for any sort of invasive procedure to help ease the stressors of the child.

(2:39 - 2:56)

And be cautious about restricting any movement. And again, don't forget, parents are really important to keep in sight to minimise anxiety, especially if you're going to do any sort of procedure with a child. Now let's move into that preschooler stage.

(2:56 - 3:10)

Now physically really growth is ongoing here. It's a little bit slower than before, but we're still increasing that growth chart. Development and refinement of that fine growth motor movements is continuing to develop.

(3:10 - 3:24)

And there's a lot of curiosity going on here. And their understanding is linked to previous experiences that they've seen. Now increasing social interaction and playing with others is really important here.

(3:24 - 3:45)

So they understand those play norms and those expectations. Now applying this to nursing, it's important again to allow for the exploration, support their development, but of course set firm limits. Now, because of their phallic stage here, genitalia assessments, that may actually produce a large amount of anxiety.

(3:46 - 4:03)

So make sure you have their parents close. Now, if they must leave, make sure you let the child know that they will indeed return. Now support fear through acknowledgement and let them know it is okay to be scared and talk through use simple logic and reasoning with a child.

(4:06 - 4:26)

Now let's move into the school aged child. There's a lot of new stressors that come along with this age, but physically there is some really consistent growth and definitely improved coordination. Now with this improved coordination, there may be more involvement in

organised sports or different extracurricular activities, for example.

(4:27 - 4:48)

And cognitively we're making leaps and bounds and we learn a lot of new school related skills, such as reading, math and language here. Now at this particular age of the school aged child, there is a lot of psychosocial changes to consider. There's a lot of peer relations and peer pressure to be cognisant of as a provider.

(4:48 - 5:05)

Now the topic of sexuality comes up. And again, there's a lot of stressors that many of us are unaware that this particular age could be experiencing. Now it's important here to allow participation and care and provide appropriate validation and praise.

(5:06 - 5:21)

Now if we're talking about a younger school aged child, the use of play and games is great to assess and educate. However, know that some children will say that they do understand, even maybe they don't. So make sure we assess appropriately here.

(5:22 - 5:36)

It is important to allow, to support for fear and allow them to verbalise any pain. Of course, respect their privacy as much as possible. But here's the other thing is to encourage the child to answer questions.

(5:36 - 5:47)

Many times as a provider, we wanna ask the parents or the caregiver, for example, for information. But as you recall, it's important to allow them to participate in their care and verbalise their feelings.