

LIFE SPAN AND DEVELOPMENT

Comprehensive Summary of Psychosocial and Physical Changes Across the Lifespan

Infants (0–1 Year)

Physical Changes:

- Rapid growth, motor skill development (grasping, crawling).
- **Vital Signs:**
 - Pulse: 120–160 bpm
 - Respirations: 30–60 breaths/min
 - BP: ~60–90 mmHg systolic

Psychosocial Changes:

- **Primary communication:** Crying (signals distress).
 - **Bonding & Attachment:**
 - **Secure attachment:** Caregivers respond consistently → trust.
 - **Anxious-avoidant attachment:** Rejection → emotional withdrawal.
 - **Separation anxiety:** Peaks at **10–18 months** (fear of strangers/unfamiliar places).
 - **Erikson's Stage: Trust vs. Mistrust** (0–18 months).
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Toddlers (1–3 Years) & Preschoolers (3–6 Years)

Physical Changes:

- **Vital Signs:**
 - **Toddlers:** Pulse 80–140, Respirations 20–30, BP 80–100 mmHg.
 - **Preschoolers:** Pulse 80–120, Respirations 20–25, BP 80–110 mmHg.
- **Motor Skills:** Transition from gross (grabbing) to fine (using crayons).

- **Toilet Training:** Typically complete by **28 months** (neurological readiness by 12–15 months, psychological by 18–30 months).

Psychosocial Changes:

- **Language:** Masters basic language by **3 years**; full sentences by **4 years**.
 - **Cognitive:** Understands **cause/effect** (18–24 months); recognizes **gender roles**.
 - **Play:** Learns through peer observation; imaginative play emerges.
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School-Age Children (6–12 Years)

Physical Changes:

- **Vital Signs:** Near-adult ranges (Pulse 70–110, Respirations 15–20, BP 85–120 mmHg).
- **Growth:** ~4 lbs (2 kg) and 2.5 inches (6 cm) per year.
- **Permanent teeth** replace baby teeth.

Psychosocial Changes:

- **Moral Reasoning (Kohlberg):**
 - **Preconventional:** Avoid punishment/seeking rewards.
 - **Conventional:** Seeks peer/societal approval.
 - **Postconventional:** Guided by personal ethics.
 - **Self-Concept & Esteem:** Develops through academic/peer interactions.
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Adolescents (12–18 Years)

Physical Changes:

- **Vital Signs:** Pulse 60–100, Respirations 12–20, BP 90–110 mmHg.
- **Growth Spurt:** Hands/feet → limbs → torso.
- **Puberty:** Secondary sexual characteristics develop; menarche in girls.

Psychosocial Changes:

- **Identity vs. Role Confusion (Erikson):**
 - Heightened **self-consciousness**; fear of embarrassment.
 - **Risk-taking behaviors** peak at **14–16 years**.
 - Develops personal **code of ethics** (blends parental/environmental values).
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Early Adults (19–40 Years)

Physical Changes:

- **Vital Signs:** Pulse ~70, Respirations 12–20, BP 90–120 mmHg.
- **Peak physical efficiency** in 20s; gradual decline starts (muscle loss, slower reflexes).
- **Lifelong habits solidify** (diet, exercise, smoking).

Psychosocial Changes:

- **Stable period** focused on career, relationships, and family planning.
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Middle Adults (41–60 Years)

Physical Changes:

- **Health Risks:** Cardiovascular disease, cancer, vision/hearing loss.
- **Menopause (Women):** Late 40s–early 50s (hormonal shifts).

Psychosocial Changes:

- **"Sandwich Generation":** Balancing care for children and aging parents.
 - **Generativity vs. Stagnation (Erikson):** Focus on legacy/contributions.
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Older Adults (61+ Years)

Physical Decline:

- **Cardiovascular:** Atherosclerosis, ↓ cardiac output.
- **Respiratory:** ↓ Lung elasticity, ↑ aspiration risk.
- **Sensory:** Pupil rigidity (vision loss), high-frequency hearing decline.
- **Neurological:** Slower reflexes, brain shrinkage (10–20% by age 80).

Psychosocial Changes:

- **Isolation & Depression:** Due to loss of peers/mobility.
 - **Integrity vs. Despair (Erikson):** Reflection on life meaning.
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Key Takeaways:

- **Vital signs** trend from **fast (infants)** → **slower (adults)**; **BP rises with age**.
- **Psychosocial milestones** align with **Erikson's stages** (trust, autonomy, identity, generativity, integrity).
- **Aging** involves **progressive decline** in organ systems but **resiliency in neural networks**.

For further detail on any stage (e.g., abnormal vital signs, dementia in older adults), let me know!