



An Overview of Growth, Development, and Nutrition

Chapter 15

Niomi Quinteros
BSN, RN

1

Growth

Refers to an increase in physical size measured in inches or feet, and pounds (or centimeters and kilograms)

- *Growth rate varies with individual child
- *Growth spurts are often followed by plateaus
- *Must understand normal to recognize deviations from this

2

Development

Refers to a progressive increase in the function of the body.

Cephalocaudal development - Head to toe.

Proximodistal development - Midline to periphery.

* Development is from the general to the specific*.



3

Maturation

Refers to the total way in which a person grows and develops as dictated by inheritance.

4

Developmental Screening

- Denver II
 - Tests for social, fine-motor adaptive, language and gross motor skills
 - First 6 years of life
 - NOT an intelligence test



7

Factors influencing Growth and Development

- Hereditary traits
- Sex
- Environment
- Nationality/Race
- Position in family
- Health/Nutrition Status
- Parental Attitudes

8

Family Structures

- Nuclear
- Extended
- Foster parent
- Alternative
- Dual career
- Blended
- Single parent
- Polygamous
- Homosexual
- Cohabitation
- Homeless

9

Family APGAR

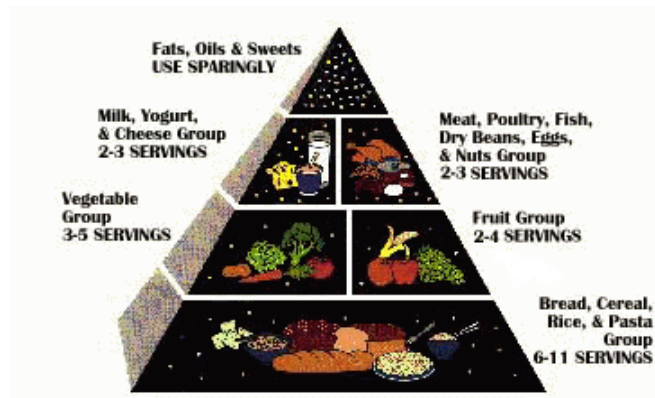


- Adaptation
- Partnership
- Growth
- Affection
- Resolve

10

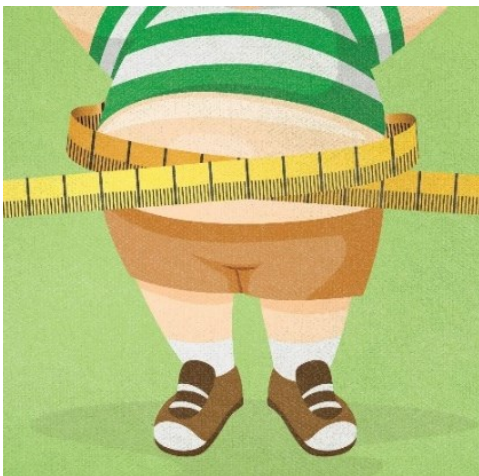
Nutrition

- Be aware of cultural differences
- Infants require more calories, protein, minerals, vitamins and fluids than adults
- Fiber needs are less for small child
- Serving size for child 1tbsp/year of age
- Starts prenatally



11

Childhood Obesity



- One-third overweight
- Related to adult obesity
- Health concerns
- BMI

What are some influences in our society that promote Obesity?

12

Tooth Development

- First tooth usually erupts at 6-7 months
- By 1 year, baby usually has 6 teeth
- First dental appt. between 1-3 years
- Bottle-mouth caries - seen most often at 18 months - 3 years of age
- Children are at risk for trauma to teeth
- Adolescents are at risk for gingivitis, TMJ



13

Bottle Rot Teeth



14

Play

- Provides a sense of accomplishment
- Understanding of child-parent relationship can be gained by observing play
- Encourages self-expression
- Therapeutic play
- Art play
- Computer games



15

Play

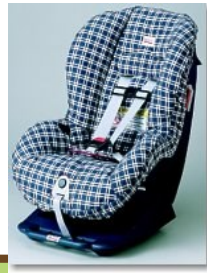
Infants	Exploration, imitation - provide stimuli
1-2 years	Parallel play
3-5 years	Cooperative play - roles Creative play - imagination
5-7 years	Symbolic group play
7-10 years	Competitive play - rules
10-13 years	Group sports and explorative Internet
13-18 years	Fantasy play, cliques, daydreaming

16

Anticipatory Guidance/Safety

Children are vulnerable to injury because they:

- are naturally curious and enjoy exploring
- are driven to test and master new skills
- often assert themselves and challenge rules



17

Anticipatory Guidance/Safety



Children are vulnerable to injury because they:

- frequently attempt activities before they have developed the cognitive and physical skills required to safely accomplish the task
- develop a strong desire for peer approval as they get older

18