Contents

1. Introduction 1

2. Importance of Growth and Development for Nurses 3

3. Principles of Growth and Development 5

4. Definition of Terms 7

5. Stages of Growth and Development 9
Prenatal Period (Conception to Birth) 10
Postnatal Period 10

6. Factors Influencing Growth and Development 11

7. Biological Growth 15
Weight 16
Height 16
Head Circumference 17
Chest Circumference 17
Body Proportions 17
Closure of Sutures and Fontanel's 18
Motor Development 18

8. Growth and Development of an Infant 19
Newborn Reflexes 21
First Teeth Chart 25
Permanent Teeth Chart 26

9. Growth and Development of Toddler 31
Toddler (1–3 Years) 32
Erikson's Theory of Personality Development 32
Freud's Psychosexual Stage 32
Physical Growth 32
Development 32
Play 34
Needs of Toddlers 34
Problems of Toddlers 34

10. Growth and Development of Pre-schooler 35
Pre-schooler (3–5 Years) 36
Erikson's Theory of Personality Development 36
Freud's Psychosexual Stage 36
Physical Growth 36
Development 37

11. Growth and Development of School-age Children 39
School-age (6–12 Years) 40
Erickson's Theory of Personality Development 40
Freud's Psychosexual Stage 40
6–8 Years 40
Physical Growth 40
Development 40
8–10 Years 41
Physical Growth 41
Development 41
10–12 Years 41
Physical Growth 41
Play 42
Needs of School-age Child 42
Problems in Mid Childhood 42
Problems in School-age Child 43

12. Growth and Development of an Adolescent 45
Adolescent (12-18 Years) 46
Puberty Changes 46
Changes in Puberty 46

Appendices 49
1. National Immunization Schedule 50
2. Sleep Requirements at Different Ages 51
3. Important Milestones at a Glance 52
4. Height/Weight Chart 53
5. Weaning 55
6. Toilet Training 58
7. Assessment of Physical Growth 60
8. Major Developmental Characteristics of Hearing 62
9. Accident Prevention at Various Age Groups 63
10. Values of Play 64
11. Toy Buying Guide 66
12. Parenting Styles 70
13. Healthy Television Habits 73
14. Growth Chart 0 to 36 Months 75
15. Body Mass Index-for-Age (To Assess the Obesity) 76

Bibliography 79

Index 81