

GROWTH & DEVELOPMENT OF SCHOOLER



INTRODUCTION

- School age of child is known as middle childhood. During these middle years of childhood the foundation of adult roles in work.
- With in the family, school children continues to learn those values and competencies they will bring into the adult world.
- Their continued achievement depends upon a variety of family including parental expectation, stimulation and guidance.
- Children learn to think of themselves as persons in their own right and may result limits that parents continue to impose on their behavior.
- Parents should not compare one child with another in the family.



6-8YEARS

Physical

Gross Motor

Fine Motor

- **Weight** approximately 17.5-25.5 kg (39.5-55.3lb). Has gained 3.8kg yearly.
- **Height** approximately 110-124cm. Gained 1.13cm (2.5in) yearly.
- **Pulse** 90+_15 beats/min)
- **Resp** :- 21+_5 breaths/min
- **BP**: 100/60+- 16/10
- **Dentition**: Starts to lose temporary teeth, acquires first permanent molars, medial incisors, lateral incisors.

- Rides cycle without training wheels
- Runs, jumps, climbs, hops
- Constantly in motion
- Clumsy and awkward
- Co-ordination improving

- Knows right from left hand
- Draws a person with 12-16 parts
- Prints words,
- Learns cursive writing
- Has improved eye-hand coordination

Gross motor skills



FINE MOTOR SKILLS

Knows right from left hand



Draws



6-8YEARS

Self care

Feeding skills:

- At 6 years, likes to eat with fingers, stuffs food into mouth, talkative while eating. More interested in eating at beginning of meal.
- At 7 years, **improved table manners**, less talking, may bolt food.

Dressing skills & grooming skills:

- Self care managed; has a tendency to dawdle in bath tub.
- Needs to be reminded to wash hands.
- May need some help with dressing
- Wears whatever is selected by parents
- Leaves clothes where they are removed
- Can brush and comb hair.**

table manners



brush and comb hair

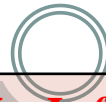


6-8YEARS

Sensory

Psychosocial

Psychosexual



• Visual acuity 20/20

- ***.Industry Vs Inferiority:***
- Cooperates and shares.
- Jealous of others and siblings
- Likes to copy adults
- Likes to play alone, but friends are more important.
- Plays with friends of the same gender
- May have temper tantrums.
- Insists on being first on everything
- Cares for others feelings and needs.

• Latency stage(6-12yrs)

6-8 YEARS

Spiritual

Mythical-Literal faith

Intellectual

PRE OPERATIONAL THOUGHT:

Substage II: Intuitive stage(4-7 years)

- Attention span increasing
- Can describe objects in picture, knows their use
- Concept of cause and effect developing
- Can see differences more than similarities
- Performs mental operation of conservation of liquid Vs Solid amount
- Can tell time
- Knows date, month, and season
- Is learning to read.
- Follows rules to avoid punishment
- Takes small objects from others.

Moral

•Pre conventional morality Stage 2(4-7 years)

You do it for me. I`ll do it for you.

•Conventional Morality Stage 3 (7-9 yrs)

- Am I a good person?

6-8 YEARS

Language



Play

•Receptive language:

- Follows series of 3 Commands, response dependent on mood
- Responds to praise and recognition.

•Expressive Language:

- Can repeat sentences of 10 to 12 words.
- Has a vocabulary of 2500 words.
- Uses all forms of sentence structure
- Knows number combinations up to 10
- Develops a sense of humor enjoys telling jokes

- Likes Rough & tumble play
- Loves active play
- Prefers group play
- Adult`s influence still present
- Doll play at a height
- Provide:
 - Table games, board games for competitive and team play
 - Bicycles, jump ropes, Punching bags, roller skates, balls/bats, gymnastic equipment equipment for motor activity.
 - Puppets, dolls, paints, crayons, drawing materials, clay, magic tricks, dance lessons.
 - Books, puzzles, records, tapes, Collectables for quiet play.

PLAY



ACTIVE PLAY / GROUP PLAY



8-10YEARS

Physical

Gross Motor

Fine Motor

- **Weight** approximately 22-32kg. Gains 3.8kg
- **Height** approximately 121.5-136.5 cm. Gains 1.13 yearly
- **Pulse:** 85+_ 10 beats /min
- **Resp :** 20+_3 breaths/min
- **BP:**102/60+- 16/10

- Performs tricks on bicycles; races
- Begins to participate in organized sports. Like baseball, soccer
- Throws a ball skilfully, overhand and under hand.

- Uses both hands independently
- Draws a person with 18-20 parts.
- Has increased smoothness and speed in fine motor control
- Prints fluently; cursive writing improved.

8-10YEARS

Self care

Feeding skills:

- Handles eating utensils skillfully.

Dressing skills & grooming skills:

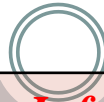
- Dresses self completely ; enjoys selecting own clothes
- Unaware of dirty clothes
- Needs to be reminded to brush teeth.

8-10YEARS

Sensory

Psychosocial

Psychosexual



• Visual acuity 20/20

- ***Industry Vs Inferiority***
- Has a strong need to feel accepted and worthwhile.
- Takes responsibility for own actions.
- Joins organized group.
- Help mother when busy.
- Considers peer opinion.
- Prefers to be with members of their own sex.

• Latency stage(6-12yrs)

8-10YEARS

Spiritual

Mythical-Literal faith

Intellectual

*Concrete Operational thought:
(7-11yrs)*

- Learns to understand and use abstract symbols and carries out mental operations
- Shows interest in causal relationship
- Understands explanations and tries to follow through
- Ashamed of failures
- Interested in schoolwork
- Memory span increasing
- Time-usually punctual
- Rebels against authority-may complain or withdraw
- Makes alibis for own faults.

Moral

*•Conventional morality
Stage3(7-9years)*

- Stage 4(10-12years)
“We need law and order”.
- Children want to do what is right & what they consider to be the duty.
- They obey rules for their own sake.

8-10YEARS

Language



Play

•Receptive language:

- Follow s suggestions better than commands.

•Expressive Language:

- Is gregarious
- Begins to use shorter and more compact sentences

- Prefers companionship in play
- Likes to compete
- Continues to require supervision in play-fights may occur
- Enjoys dramatic play
- Continues collections-hobbies begin to develop
- Enjoys making things

10-12YEARS

Physical

Gross Motor

Fine Motor

- **Weight** approximately 22-32kg. Gains 3.8kg
- **Height** approximately 121.5-136.5 cm. Gains 1.13 yearly
- **Pulse:** 85+₋ 10 beats /min
- **Resp** :- 20+₋ 3 /m
- **BP:** 102/60+₋ 16/10

- Enjoys all physical activities

- Coordination continues to improve

10-12YEARS

Self care

Feeding skills:

- Criticizes table manners of parents

Dressing skills & grooming skills:

- May wear some clothes continually
- Leaves clothes where they fall
- Enjoys wearing current style of clothes
- Needs constant reminding of personal hygiene
- Bathes frequently- prefers showers

10-12YEARS

Sensory

Psychosocial

Psychosexual



• Visual acuity 20/20

- ***Industry vs inferiority:***
- Friends are very important
- Many have a best friend
- Increased interest in the opposite sex.
- Likes and respect parents.
- Enjoys talking to others.

• Latency stage(6-12yrs)

10-12YEARS

Spiritual

Intellectual

Moral



***MYTHICAL-LITERAL
FAITH***

***FORMAL OPERATIONAL
THOUGHT:
(11-12YRS)***

- Develops abstract and deductive reasoning
- Uses problem-solving method
- Can define abstract terms
- Interested in the why and how.
- Short interest span.
- Collects facts for future use
- Begins to think about vocation
- Preoccupied with right and wrong
- Ethical sense more realistic than idealistic.

***•CONVENTIONAL
MORALITY***

- Stage 4(10-12years)
- “We need law and order”

10-12YEARS

Language



Play

- **Receptive language:**
- Follow s suggestions better than requests.

- **Expressive Language:**
- Oral vocabulary of 7200 words, reading vocabulary of 50,000 words.

- Prefers companionship in play
- Likes to compete
- Continues to require supervision in play-fights may occur
- Enjoys dramatic play
- Continues collections-hobbies begin to develop
- Enjoys making things



HEALTH PROMOTION AND ANTICIPATORY GUIDANCE



- Sources of health information
- Preschool health examination
 - Checking height, weight, posture, hearing and vision, dental examinations.
- School health program
- The role of school nurse practitioner

AREAS OF HEALTH EDUCATION



NUTRITION:

- Children of 7-8 yrs requires 80Kcal/kg.
- After age 11 years through adolescence, boys require more protein whereas girls require more protein and iron.
- The caloric distribution consists of 50% carbohydrates, 35% fat, and 15% protein.





EATING HABITS:

- Good habits and table manners are learned through imitation of adults in the child's environment.
- School children will have well-defined food preferences and dislikes, preferring large amounts of sugars and starches while avoiding vegetables and protein foods.
- These years also may signal appearance of obesity, anorexia nervosa and bulimia.



DENTAL HEALTH:

- Permanent teeth begin to erupt.
- Regular dental checkups every 6 months.
- Dental caries should repair





SLEEP AND REST:

- The 6 year old needs 11-12 hours of sleep, whereas the 12 year old generally needs only 10 hours.

ACTIVITIES

ACCIDENT PREVENTION



● INJURY PREVENTION STRATEGIES:





- **SEX EDUCATION**
- **PREVENTION OF SEXUAL MOLESTATION**
- **SMOKING AND DRUGS**