





# GROWTH STAGES INFANT–SCHOOL AGE



Growth stage	Physical	Cognitive	Psycho-social	Nursing care during hospitalization
<b>Infant:</b> 1 month–1 year 	<ul style="list-style-type: none"> <li>• Can sit straight if propped up</li> <li>• Can roll from front to back</li> <li>• Can raise head 90 degrees while on stomach</li> </ul>	<ul style="list-style-type: none"> <li>• Able to coo</li> <li>• Able to open mouth for bottle</li> <li>• Looks at hands with interest</li> </ul>	<ul style="list-style-type: none"> <li>• Smiles on his own</li> <li>• Looks at you, moves, or makes sounds to get or keep your attention</li> </ul>	<ul style="list-style-type: none"> <li>• Hold, swaddle and pat for comfort.</li> <li>• Use soft voice and calm approach.</li> <li>• Sing songs.</li> </ul>
<b>Toddler:</b> 1–3 years 	<ul style="list-style-type: none"> <li>• Can turn pages of a book</li> <li>• Ready for toilet training</li> <li>• Reaches ½ of final adult height</li> </ul>	<ul style="list-style-type: none"> <li>• Able to communicate needs</li> <li>• Can organize phrases</li> <li>• Vocabulary has increased.</li> </ul>	<ul style="list-style-type: none"> <li>• Mimics activities</li> <li>• Enjoys being read to</li> <li>• Enjoys play that involves building and creating</li> </ul>	<ul style="list-style-type: none"> <li>• Let the child hold some of your equipment.</li> <li>• Let toddler sit on parent's lap.</li> <li>• Give praises.</li> </ul>
<b>Preschool:</b> 3–5 years 	<ul style="list-style-type: none"> <li>• Has 20/20 vision</li> <li>• Sleeps 11–13 hours at night</li> <li>• Shows improved balance</li> </ul>	<ul style="list-style-type: none"> <li>• Has vocabulary over 1000 words</li> <li>• Can use past tense</li> <li>• Can count to 4</li> </ul>	<ul style="list-style-type: none"> <li>• Can be taught to do small chores</li> <li>• Can participate and follow rules</li> <li>• Can share and play with other children</li> </ul>	<ul style="list-style-type: none"> <li>• Coach the child to ask more questions.</li> <li>• Give child choices from acceptable options (e.g., do you want your shot in the right arm or left arm?).</li> <li>• Use drawings to explain procedures.</li> </ul>
<b>Elementary school:</b> 6–10 years 	<ul style="list-style-type: none"> <li>• Ability to make bed</li> <li>• Dresses appropriately</li> <li>• Writes neatly</li> </ul>	<ul style="list-style-type: none"> <li>• Rapid mental skill development</li> <li>• Less focused on oneself</li> <li>• Uses five- to seven-word sentences</li> </ul>	<ul style="list-style-type: none"> <li>• Begins thinking about future</li> <li>• Wants to be accepted</li> <li>• More independent of family</li> </ul>	<ul style="list-style-type: none"> <li>• Knock on door before entering.</li> <li>• Provide fresh air.</li> <li>• Encourage deep breathing to allay anxiety.</li> </ul>

## NOTES

