



# Growth And Development – Part B

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Thank you, Justin! Welcome to the second part of growth and development. Here we will explore the physical, cognitive, and emotional development during the preschool, middle childhood, and adolescence years.

Good Studying

## Preschool years (2-5 Years) | Physical Development

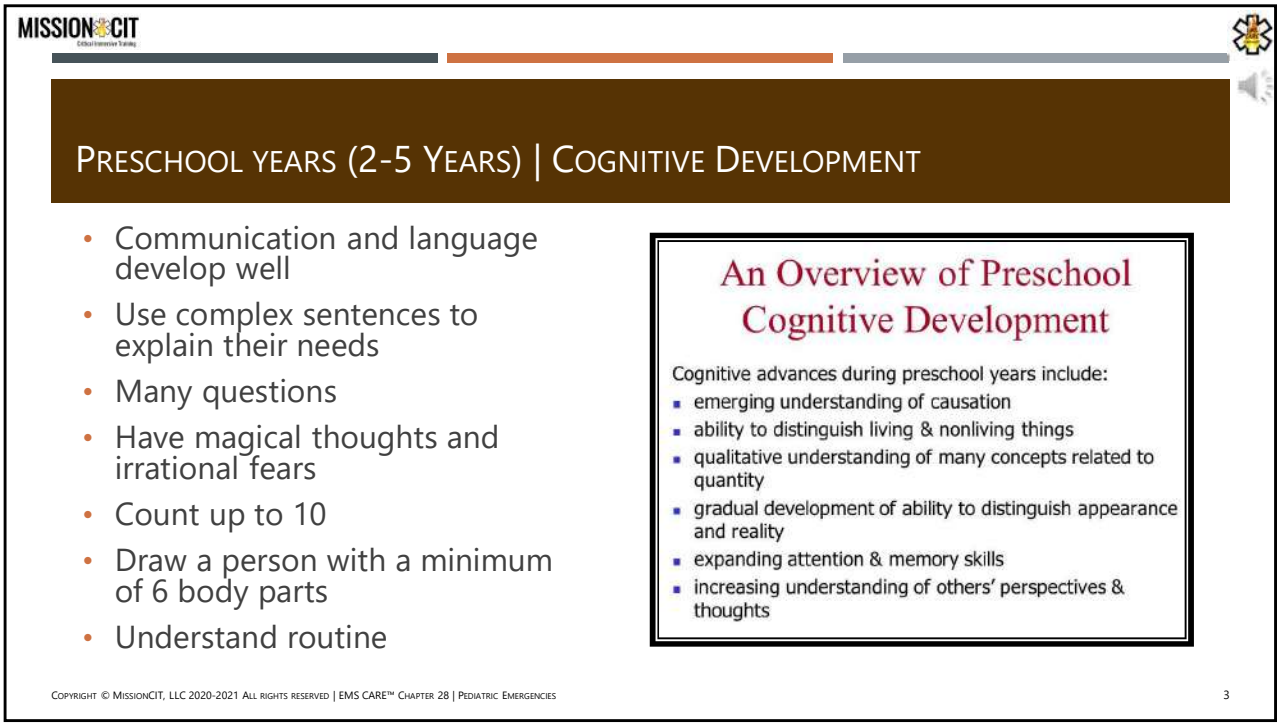
- Can run, walk, climb, throw, kick, and other movements
- Ready for toilet training
- Eat by themselves
- Use fork or spoon



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By this age, children can perfectly run, walk, climb, throw, catch, kick, and do a whole range of movements. They are ready for toilet training and by five years, most of them are well-trained to use the bathroom when they have to relieve themselves.

Children of this age can eat by themselves with little to no help from adults. They can use a fork and spoon comfortably, and sometimes, may even be ready to use a blunt knife.




Language and communication increase by leaps and bounds, and children can use complex sentences to talk and explain what they want. They can have perfect conversations with adults, and this can lead to a lot of questions about the world around them.

There are both magical thoughts and irrational fears, and these lead to a lot of pretend and play games.

Besides these, kids can count up to 10, draw a person with a minimum of six body parts, copy and draw geometric shapes, and can understand routines and

everyday things that we use.

## Preschool years (2-5 Years) | Emotional Development

- Understand limits of acceptable behavior
- Conform to established rules
- Tend to throw tantrums
- Difficult time for parents




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On the emotional front, they understand what acceptable behavior is and what is not, and tend to conform to established rules and practices.

At the same time, they also tend to throw many tantrums as they learn to strike a balance between doing what they want and following the rules. This can be a particularly difficult time for parents as they help children to learn and follow the rules.

## Preschool years (2-5 Years) | Implications

- Improved language skills
- Better communication
- Possibility for choking
- Address their fears
- Go with their magical thinking
- Talk to parents and document



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Improved language makes it easy to help them understand what is going on and what you will be examining. Likewise, they can better communicate their pain and problems, and this could ease diagnosis to some extent.

Still, the presence of choking remains high as younger children tend to put things in their mouths.

While treating them, address their irrational fears, and go with their magical thinking to help them do what you want them to such as swallowing medicine or inhaling a

nebulizer.

Any developmental difficulties are identified by this age, so talk to the parents, and document everything.

## Middle Childhood Years (6 To 12 Years) | Physical Development

- Well-developed by this time
- Cusp of puberty
- Many body changes possible in some children
- Permanent teeth

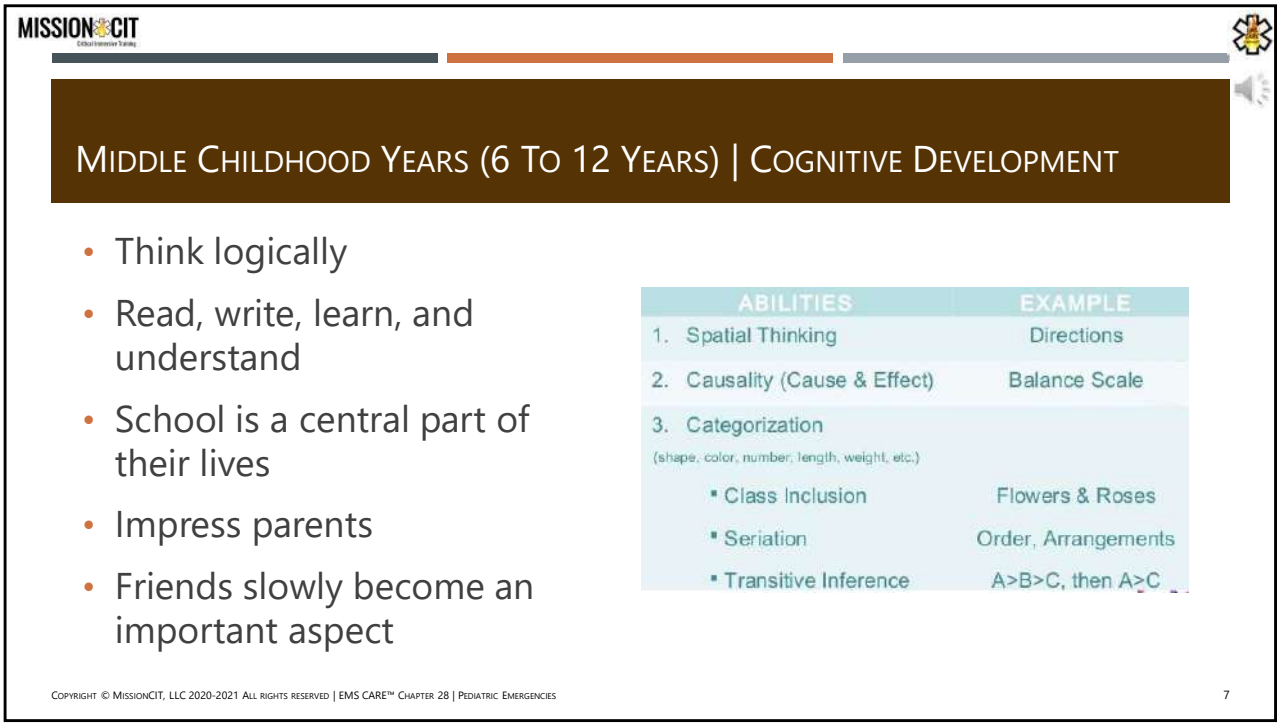



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Children by this age are well-developed physically, and many of them are on the cusp of puberty. Some of the older children of this age group may see some changes to their bodies. In particular, girls tend to have breast buds and some of them could even start menstruation.

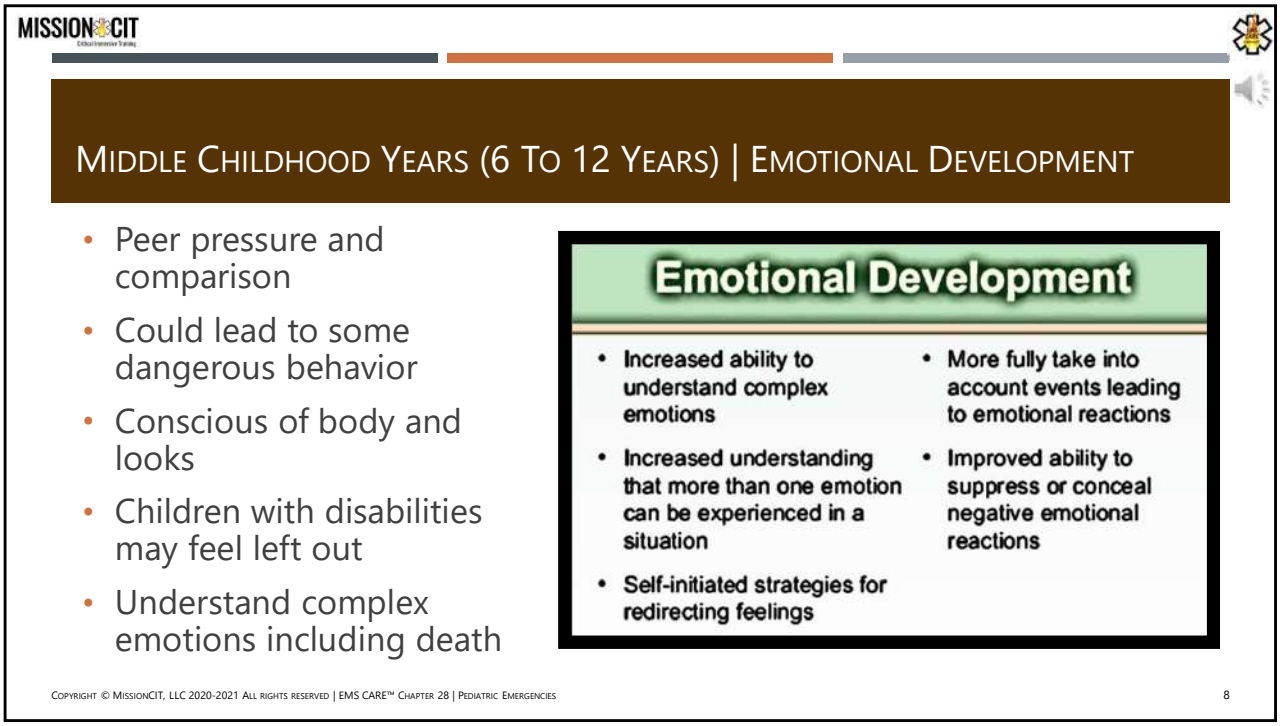
They are strong and growing well to get ready for puberty and adulthood.

An important development is that children lose their baby teeth and permanent teeth start coming in.




By this age, children can think logically, and can read, write, learn, and understand what is taught. School becomes a central part of their lives as well.

Parents are still the heroes at this age and they try to impress parents and follow the rules well. Towards 12 years, they tend to explore their independence and want to be around friends all the time.




At this age, peer pressure and the urge to be popular take precedence, and they tend to do anything to get there. Sometimes, this can border dangerous behavior as well.

They begin to get conscious of their bodies and start paying attention to their looks. In particular, children with disabilities tend to feel conscious and may require additional emotional support.

This is also when they understand complex emotions like the eventuality of death.




At this age, children are more than capable of understanding, so explain to them in simple words what is going on with their bodies without alarming or upsetting them. Explain the illness and the possible treatment, including the pain or any other trauma that may be associated with it. Consider asking them about school and friends to get them to feel comfortable with you, so they can be more forthcoming with their problem. Regardless of which strategy you use, get them to feel comfortable with you.

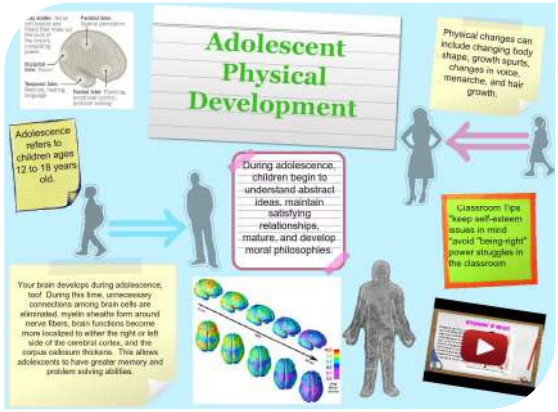
It is a good idea to give some controlled choices, so they

feel empowered and in charge. This can make it easier with physical examination or any other treatment.

Respect the child’s privacy and make sure you check a child in private. Cover the child right after the examination.

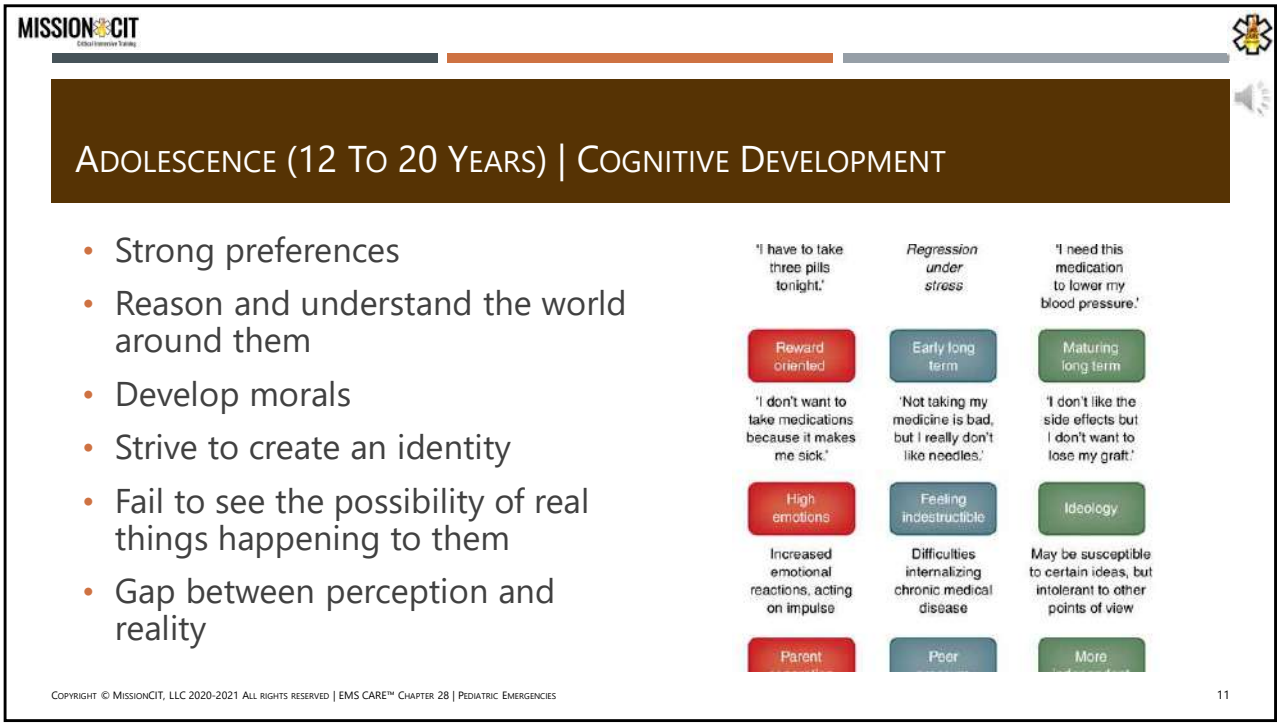
## Adolescence (12 To 20 Years) | Physical Development

- Transformation into an adult
- Puberty for both boys and girls
- Many body changes



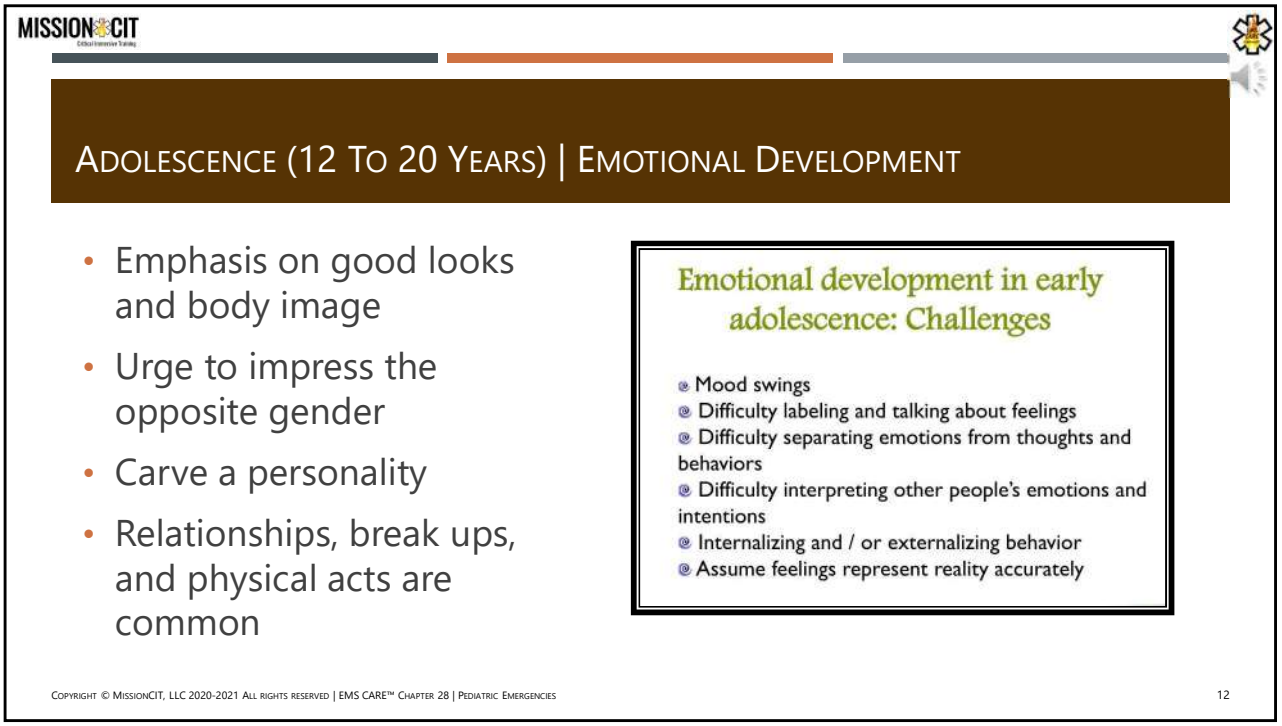

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This is the period when the child transforms into an adult. Puberty happens for both boys and girls, and a host of physical changes happen on their bodies, as they prepare to become adults.




As children transform into adults, many cognitive areas develop. They tend to get strong preferences and can reason and understand the world around them. This is also the phase when they develop morals, and create an identity for themselves.

On the flip side, they believe they know everything and fail to see the possibility of real things happening to them. This creates a gap between perception and reality, so they not be prepared for many events.

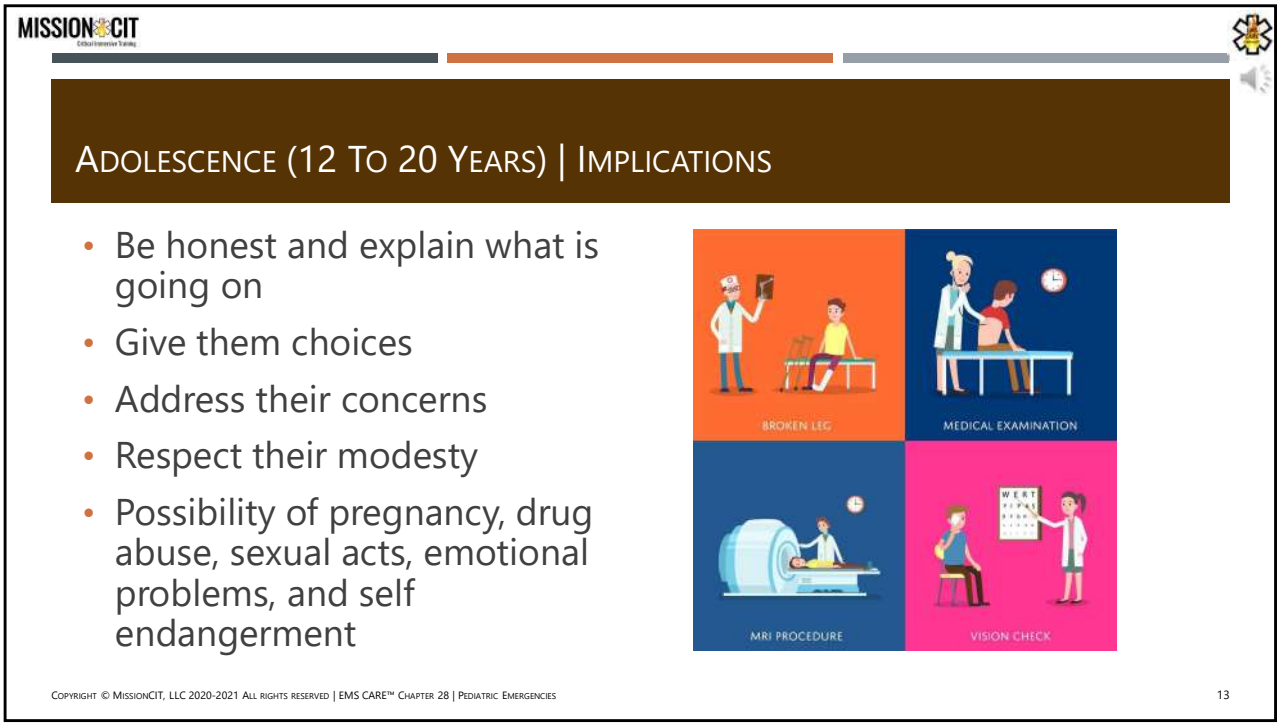



During this phase, a lot of emotional changes happen. As they go through puberty, there is a huge emphasis on looks, and adolescents tend to be conscious of their image, what they wear, and how they look. There is also a strong urge to impress the opposite gender and this has a bearing on the way they dress and behave.

Also, this is the time when they learn more about themselves and try to carve an identity and a personality for themselves.

The opposite gender plays a central role in their lives, and this is the time when they get into relationships,

have break-ups, and test waters on physical relationships.




As an EMT, be honest and explain what is going on. They can understand and prepare themselves well. In fact, being honest can help you to establish a quick bond with them. Talk to them and treat them like an adult.

Give them choices when you can, so they feel empowered. In the process, answer any questions they may have and address their concerns. Reassure them if needed, without being too off from the truth.

Respect their modesty while doing a physical examination.

Overall, adolescence is a difficult time as they go through a surge of emotions, peer pressure, and emotional ups and downs. So, be sympathetic, and be open to the possibilities of drug abuse, pregnancy, sexual acts, and self-endangerment due to peer pressure and low confidence levels.

With this, we come to the end of this lesson, and Justin will take you through the next lesson on assessments.