



SNS COLLEGE OF NURSING

SARAVANAMPATTI, COIMBATORE-35

DEPARTMENT OF CHILD HEALTH NURSING

**COURSE NAME : BSC (NURSING) III
YEAR**

SUBJECT : PEDIATRICS

UNIT II: THE HEALTHY CHILD

TOPIC : GROWTH & DEVELOPMENT



INTRODUCTION

- Growth denotes increase in physical size of the body and development denotes improvement in skills and function of an individual.
- Together they denote physical, intellectual, emotional and social wellbeing of a person.
- Normal growth and development is observed only if there is proper nutrition and without any recurrent episodes of infection.

GROWTH AND DEVELOPMENTAL AGE PERIODS

- Infancy

 - Neonate (birth to 1 month)

 - Infancy (1 month to 1 year)

- Early childhood

 - Toddler (1-3 years)

 - Preschool (3-6years)

- Middle child hood

 - school age (6-12 years)

- Late childhood

 - Adolescent(13 years to approximately 18 yrs)



GROWTH

- It refers to an increase in physical size of the body and various organs.
 - It is quantitative changes of the body.
- It can be measured in kgs, pounds, meters, inches etc..



DEVELOPMENT

- It is the process of functional and physiological maturation of the individual.
- It is progressive in skill and capacity to function.
- It is a qualitative change in the child's functioning.
- It can be measured through observation



GROWTH

- Growth is cellular. It takes place due to the multiplication of cells.
- Growth may or may not bring development.

DEVELOPMENT

- Development is organizational. It is organization of all the parts which growth and differentiation have produced.
- Development is also possible without growth.



GROWTH

- It is a part of development process. Development in its quantitative aspects termed as growth.
- Growth does not continue throughout life. It stops when maturity has been attained.

DEVELOPMENT

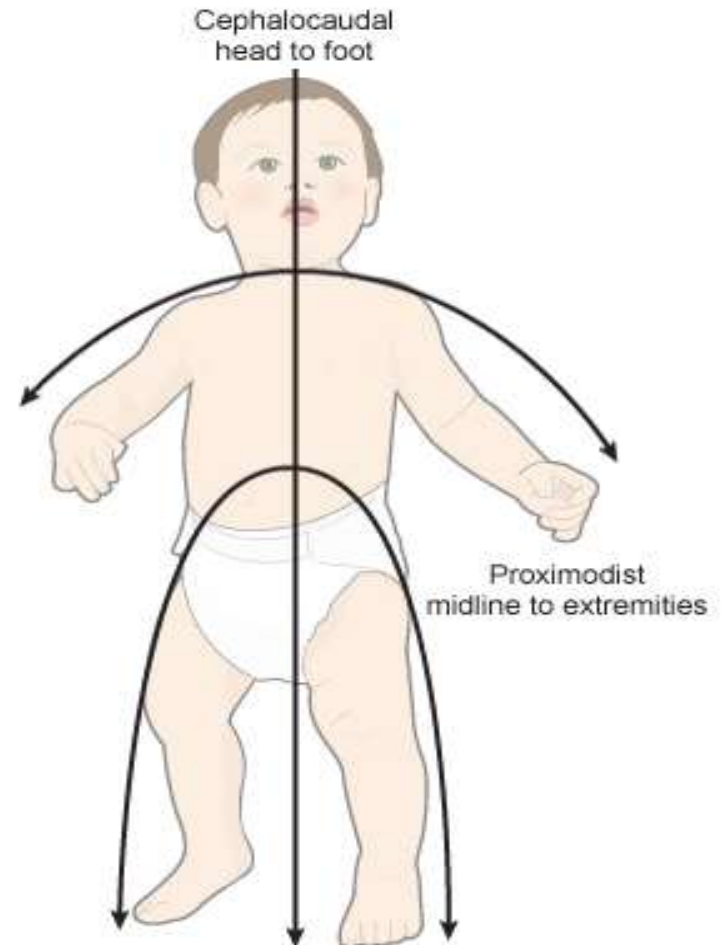


- It is a comprehensive and wider term and refers to overall changes in the individual.
- Development is a wider and comprehensive term and refers to overall changes in the individual. It continues throughout life and is progressive.

PRINCIPLES OF GROWTH AND DEVELOPMENT

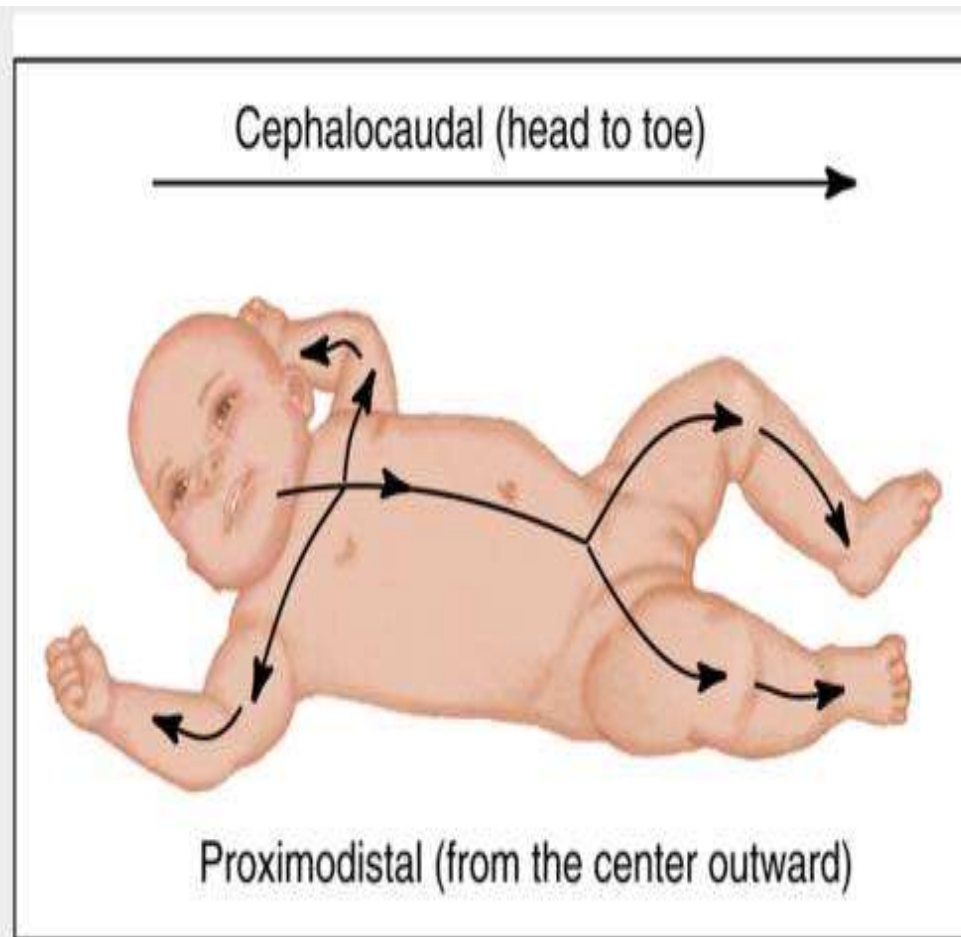
1. Cephalocaudal

- Describes the direction of growth and development.
- The head region starts growth at first, following by which other organs starts developing



2. Proximo – distal

- The directional sequence of development during both prenatal and postnatal stages may either be
 - (i) from head to foot,
 - (ii) from the central axis to the extremities of the body.
- The spinal cord develops before outer parts of the body.



3. Development is Continuous

- The process of growth and development continues from the conception till the individual reaches maturity.
- It goes on continuously throughout life. Even after maturity has been attained, development does not end.



4. Development is Gradual

- It does not come all on a sudden. It is also cumulative in nature.



5. Development is Sequential

- Development is sequential or orderly
- The sequence of development is that the child learns sitting first before it can stand; it learns standing first before it can walk.



6. Growth and development is predictable

- The difference in physiological and psychological potentialities can ' be predicated by observation and psychological tests.

BABY DEVELOPMENT STAGES

- Baby development is **predictable**, which makes it easy for parents to see if their baby is in the **normal range** or not.
- However, each baby is also **unique**. He may be a slow or a fast learner and not follow the typical development stage either.



7. Development proceeds from simple to complex

- Children use their cognitive and language skills to reason and solve problems.
- Children at first are able hold the big things by using both arms, In the next part able to hold things in a single hand, then only able to pick small objects like peas



8. Development Proceeds from General to Specific

- In all areas of development, general activities always precedes specific activity.
- Eg: The fetus moves its whole body but incapable of making specific responses
- Infants wave their arms randomly. They can make such specific responses as reaching out for an object near them.



9. Growth is uneven

- Asynchronous development refers to an uneven intellectual, physical, and emotional development.



10. Certain stage of Growth and development are more critical

- By age five **most** children demonstrate fairly good control of pencils, crayons, and scissors.
- Gross motor accomplishments may include the ability to skip and balance on one foot.
- Physical growth slows down between five and eight years of age, while body proportions and motor skills become more refined.



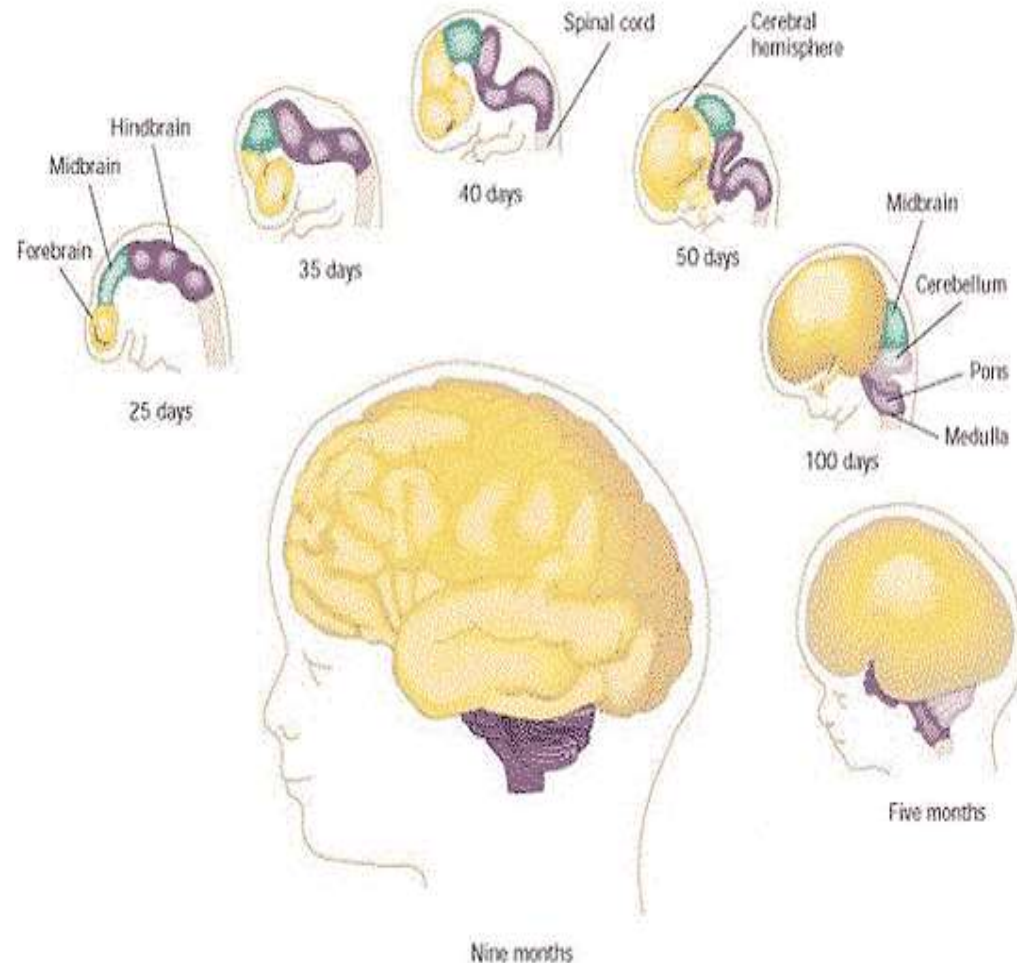
11. Principle of individual difference

- Individuals differ in the rate of growth and development.
- Boys and girls have different development rates.



12. Co-ordination between increase in size and maturation

- Maturation refers to the sequential characteristic of biological growth and development.
- Changes in the brain and nervous system account largely for maturation. And help children to improve in thinking and motor skills.



14. The Principle of Developmental Pace

- Maturity indicators do not appear at regular intervals.
- Infancy is a period of accelerated growth when maturity indicators appear in various aspects of growth.
- During the pre-school and early school years, the pace of growth slackens



15. Skills are learned by practice





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