

© NPStudent.com, 2013. All rights reserved. WCC	Weight, Length, Nutrition, VS	NORMAL DEVELOPMENTAL MILESTONES				WARNING FLAGS	TEETH	SUPP.	THEORISTS		
		GROSS MOTOR	FINE MOTOR	LANGUAGE **	BEHAVIOR				PIAGET	ERIKSON	FREUD
2	1oz/day (30 g/day), initial loss 10% in first week	good head control by 4 mo	grasp/shake rattle	smile, coo	Watch person's face intently, likes to play turn-taking games, follows with eyes; Solitary play begins	<i>Remember to adjust for premature infants (40 wks - GA)</i>	No teeth, clean gums	Vit D 400 IU at 2 mo, can be birth	SENSORIMOTOR: infant learning to link sensory input from environment with motor response	Trust v. Mistrust (Infant)	Oral Stage (passive): development of id, pleasure principle
3	120 kcal/kg/day... or 0.5-0.75/oz/day gain	lifts head/chest on stomach, rolls front/back	reaches for object, raking begins	laughs	"picaboo" at 6-12 m		Central incisor, then lateral incisor (primary)	B12 supp for strict veggie moms			
4	WEIGHT DOUBLES, brain is x2 in size	(tripod first) @ 6m	hand-to-hand transfer, unilateral reaching, raking with thumb @5	babble, combines consonants/vowels ("dadadada")	Turns to sound, responds to name			If BF, at 6 mo fortify iron 1 mg/kg/day, also begin fluoride with tooth eruption if H2O is <0.6 parts/million	Separation anxiety @ 8 mo		
5	100 kcal/kg/day, 20/20	rolls over, supports weight on feet, creeps	finger grasp, pincer grasp @ 9m	mama-dada, waves bye-bye	Simple action upon request, recognizes people, bites soft cookie						
6		crawls @ 9m; pulls to stand, furniture cruising, sits alone and plays	marks on paper (circle before square); hand PREFERENCE by 1 y	understands "no"							
7		stands alone at 12 m		purposeful mama-dada			DENTIST @ 1				
8	WEIGHT TRIPLES										
9		walks alone (forward, then backward), throw ball overhead, wide gait	Scribbles with crayon, open book, turns page, stacks 2 blocks	4-10 word vocab, long jabbering	points to 2 pictures		1st molar (primary)				
10			Stacks 3 blocks, uses utensils		points to body parts, drinks liquid from cup			Constipated? Acute: g=5+y, Chronic: g=10+y			
11		walks up (then down) stairs, jumps with both feet; runs @18m, heel-toe gait established with symmetrical arm swing	Simple puzzles, child becomes "handed" 18-30m	2-word sentences, 30-50 word vocab	toilet training can begin d/t mature sensory system, eats meat		Cuspid (primary)		Object permanence @ 9-12 mo		
12									Stranger anxiety peak @ 15-18 mo		
13											
14											
15											
16	100 kcal/kg/day, catch-up needs use = (kcal for age x 50th%) / actual kg.										
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24	EXPECT BIRTH WEIGHT QUADRUPLED, HEIGHT x 2 FOR ADULT, brain is 80% of adult capacity, BMI = kg/m2	kicks ball w/o falling, runs with wide gait	Tower of 8 cubes, turns doorknob	50-word vocab, 2-3 word sentences that are 50% understandable, starts using "I" and asking why/what, can express desires	follows 2-step commands, talks constantly, empathy starts ("uh-oh"), play is parallel with others	MCHAT @ 18 mo.... Other flags: doesn't feed self w/ spoon, no squat spontaneously, no functional play					
30											
3 y	100 kcal/kg/day	hops 3.5 years, rides a tricycle	Copies a circle, builds a tower	900-word vocab, 75% understandable	Nightmares begin, thematic/collaborative play begins	@ 2 yo: No walk up stairs, no 2-word phrases, doesn't notice care/animals, no self-stimulation bx					
4 y		up/down stairs w/ alternating feet	Draw person w/ 4-6 parts, tower of 10 blocks	Can understand phrases/simple analogies, tells a story, begins to count		@ 3 yo: not aware of environment, no ride tricycle, continues baby talk, no imitation					
5 y	90 kcal/kg/day; Expect 4yo to be x2 birth length	skips, jumps rope, plays ball	copies a square, copies multiple shapes	>2000 words, knows 4 colors, uses sentences	one variable to be presented at a time; now understands mass, volume, weight	@ 4 yo: no listen to story, no speaking in sentence, engages in head banging/rocking, not toilet-trained, doesn't draw human figure					
6 y						@ 5 yo: magical thinking is still dominant, no impulse control					
7 y		THINK OF... 2mo: A baby staring at you with some head control, grasping onto your finger as he coos/smiles 4mo: Child sitting in tummy time with his chest/head lifted, reaching for something on his belly and laughing 6mo: The baby is sitting alone, raking for a toy while babbling to him "dadadadadada" 9mo: infant is cruising and crawling about while waving bye-bye to you grasping onto all sorts of things (pincer) while obeying simple actions 12m: infant is now standing/walking while addressing mama/dada, can scribble and identify 2 pictures 15m: toddler is throwing a ball at you while saying 4-10 words, stacking 3 blocks and pointing at body parts ** Receptive language develops faster than expressive, but note that in bilingual kids expressive language develops more slowly									
8 y	70 kcal/kg/day, growing 2.5" per yr (6-12y), +5-7 lbs/yr										
9 y											
10 y											
11 y											
12 y											
13 y											
14 y											
15-18 y	~45 kcal/kg/day	Totally random side notes that go with G&D: BF helps decrease illness through mom's antibodies, decreases GERD, decreased diarrhea (d/t ability to attack bacteria better), increase digestion, decrease allergies/atopic derm, can be analgesic, may decrease overweight kiddos in future, and is cheap.									
17-20	35 kcal/kg/day										