

Transitional Phases in childhood

Dr Jeané Cloete

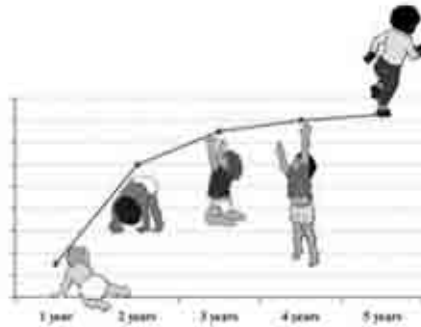


Children...

- Their development is our future!
- *“Children are the touchstone of a healthy and sustainable society. How a culture or society treats its youngest members has a significant influence on how it will grow, prosper and be viewed by others”* (Shonkoff & Meisels, 2000, p3)

Periods in childhood

- Neonate
- Infancy
- Toddler
- Pre School
- School
- Adolescents



Normal development quiz...

1. Crawling
2. Full head control
3. Smile
4. 3 Word sentences
5. Scribbles
6. Stranger anxiety
7. Understand "No"
8. Release on request
9. Pick up, drink and put down a cup
10. Open a sweet with little help

Answers....

3. Smile

6weeks

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Answers....

3. Smile

6weeks

2. Full head control

6 months

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Answers....

- | | |
|----------------------|----------|
| 3. Smile | 6weeks |
| 2. Full head control | 6 months |
| 1. Crawling | 9months |

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Answers....

- | | |
|----------------------|----------|
| 3. Smile | 6weeks |
| 2. Full head control | 6 months |
| 1. Crawling | 9months |
| 6. Stranger anxiety | 9 months |

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Answers....

3. Smile	6weeks
2. Full head control	6 months
1. Crawling	9months
6. Stranger anxiety	9 months
7. Understand what "no" means	10months

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Answers....

3. Smile	6weeks
2. Full head control	6 months
1. Crawling	9months
6. Stranger anxiety	9 months
7. Understand what "no" means	10months
8. Release on request	12 months

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Answers....

3. Smile	6weeks
2. Full head control	6 months
1. Crawling	9months
6. Stranger anxiety	9 months
7. Understand what "no" means	10months
8. Release on request	12 months
5. Scribbles	12-15months

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Answers....

3. Smile	6weeks
2. Full head control	6 months
1. Crawling	9months
6. Stranger anxiety	9 months
7. Understand what "no" means	10months
8. Release on request	12 months
5. Scribbles	12-15months
9. Pick up, drink and put down a cup	15months

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Answers....

3. Smile	6weeks
2. Full head control	6 months
1. Crawling	9months
6. Stranger anxiety	9 months
7. Understand what "no" means	10months
8. Release on request	12 months
5. Scribbles	12-15months
9. Pick up, drink and put down a cup	15months
10. Open a sweet with little help	24 months

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Answers....

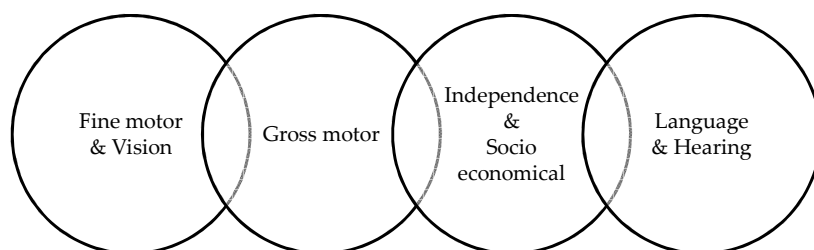
3. Smile	6weeks
2. Full head control	6 months
1. Crawling	9months
6. Stranger anxiety	9 months
7. Understand what "no" means	10months
8. Release on request	12 months
5. Scribbles	12-15months
9. Pick up, drink and put down a cup	15months
10. Open a sweet with little help	24 months
4. 3 word sentences	36 months

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Remember...

- You will not recognize the abnormal...
if you do not know the normal



How do we assess development in children?



From 0-12 months

- Developmental Milestone
- Neurological screening
- 6 Test positions
- Motor
- Reflexes
- Language
- Socio-emotional



SO, HOW DO WE DO THIS?

BASIC INFANT NEUROMOTOR ASSESSMENT THE SIX POSITIONS												
Name :												
Date of Birth :												
Age in Months :	1	2	3	4	5	6	7	8	9	10	11	12
Supine lie	Head asymmetrical	Head symmetrical	Eye following	Hands to mouth	Lifts head							
Pull to sit	(a)	(b)	(c)	(d)								
Sitting	(a)	(b)	(c)	(d)	(e)	(f)				(g)		
Prone lie	(a)	(b)			(p)		(d)				(e)	
Landau Response	(a)			(b)	(c)							
Axial hanging	(a)			(b)		(c)						

Toddlers



- Developmental Milestone
- Remember to look at
 - Gross motor
 - Fine motor
 - Communication
 - Personal, Social
- Play Based Assessment



Older children

- Draw-a-man screening
 - 3 years and older (school going)
 - Screening for cognitive development
- Adapted from the Standardized test
 - “Good enough Harris Draw a Man Test”
 - Be cautious if the child had no previous exposure to drawing
 - Stimulate and re-assess at the next visit



Draw-a-man screening



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Now on to ...



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"It's a memo from our parent company. They remind us to pay attention, quit slouching, take our elbows off the table and to act our age. If it's not too much to ask!"

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And ...



And ...



Moving on to

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Adolescents

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Adolescent Development

- Early – 10 -14 year old
- Middle - 15 – 16 year old
- Late - 17 – 20 year old

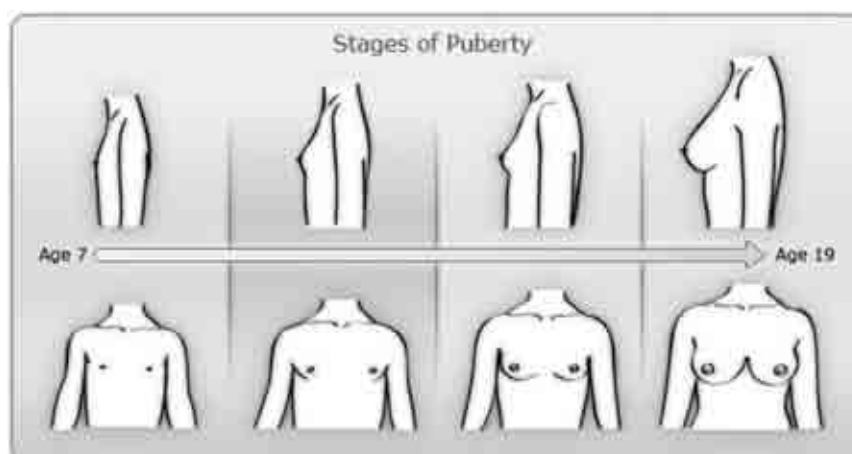
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Girls

- Puberty usually begins with growth of **feet and hands**
- **Breast buds** (caused by circulating oestrogens) are next for 85% of girls.
 - One side will typically bud first and show up as a hard, sometimes tender knot under the areola.
 - The other breast will bud within a few months (although maybe up to 6 months later).

Girls

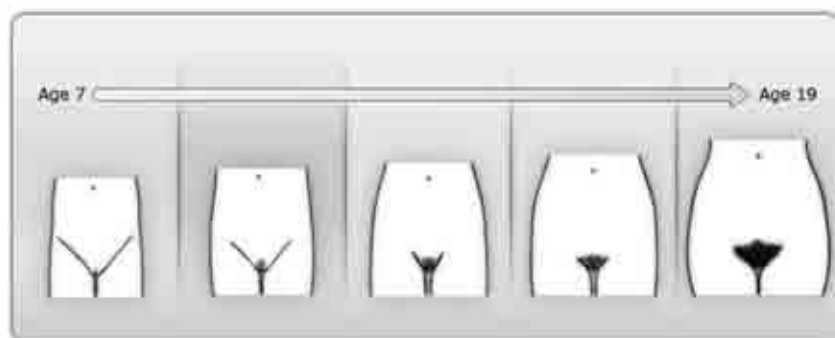


Girls

- **Vaginal discharge** (also an oestrogen effect)
 - will begin shortly after breasts bud.
 - The discharge has an acid pH that can be irritating to the sensitive skin on the vulva.
 - As hair grows in, it pulls the discharge away from the skin and the irritation resolves. .
- **Body odour**
 - From circulating androgen hormones like testosterone .

Girls

- **Pubic hair**
 - Another androgen related effect
 - It starts as a few straight, darker hairs, then as more hair grows in, it begins to curl.



Girls

- **Oily skin, blackheads or acne**
- **Rapid growth spurt**
- **Menstruation.**
- **Brains are changing too!**

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Boys

- Puberty usually begins with growth of his **feet and hands**
- And an increase in height and weight.
- **Odour**, as does the rest of his body.

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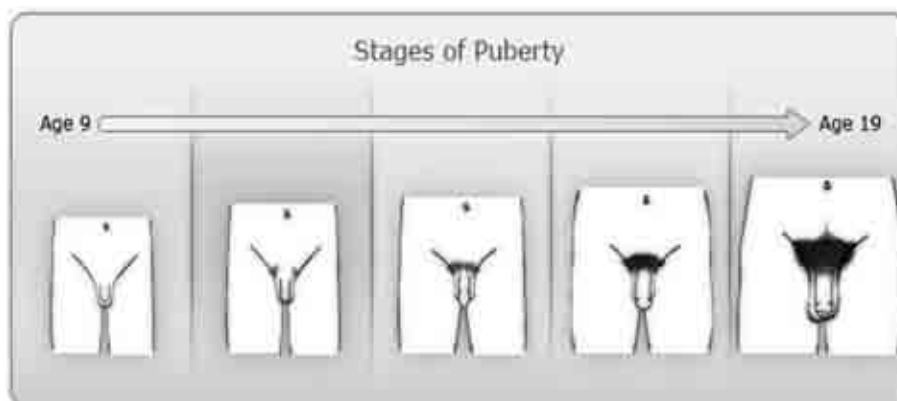
Boys

- **Testicles** become larger and the **scrotum** hangs lower and darkens in color.
- The **penis** grows and then begins to take on a mind of its own with respect to erections. Erections occur more frequently and at unusual times, not just in response to physical stimulation or sexual thoughts. Make sure he knows this is normal.
- **Pubic hair** will darken and become coarse.

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Boys



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Boys

- **Hair** growth increases on the legs and begins in the armpits
- **Voice** cracks begin as the vocal cords change and the voice deepens.
- **Facial hair, oily skin and acne** may show up around the same time.

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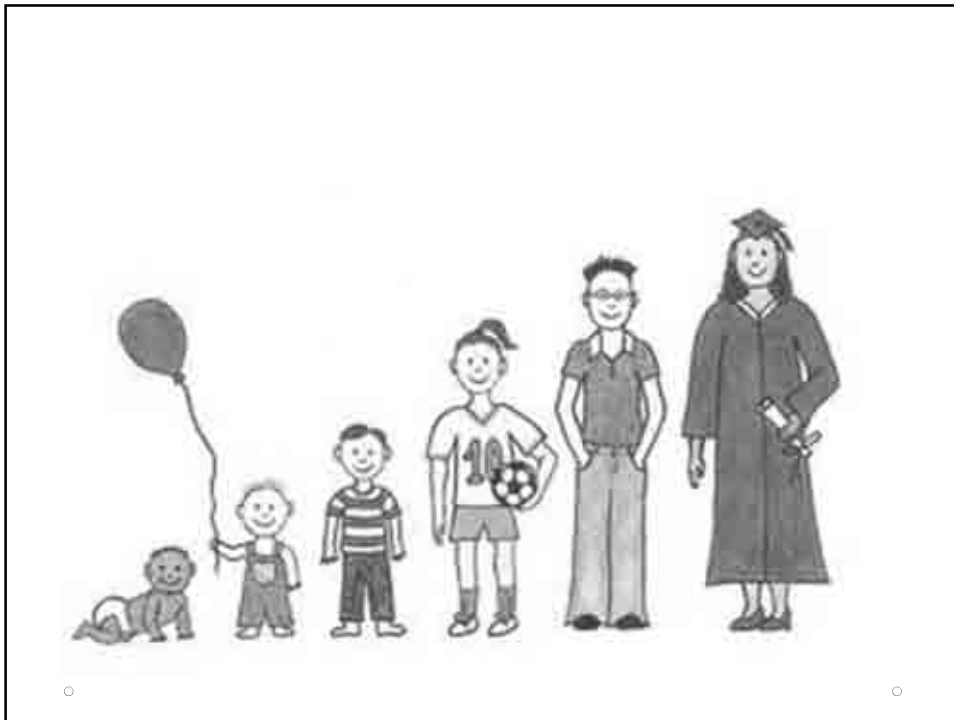
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Boys

- A **rapid growth** spurt is common, but overall, boys also gain height over a longer time than girls,
- **Muscle mass** increases significantly and shoulders broaden
- **Chest hair** may begin, but not all boys get chest hair
- **Final height** is achieved usually in late teens.
Brains are changing too! Through all this time, there are major changes going on in the way his brain functions and grows

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Being Five ...

