

كلية المعارف الجامعة

المرحلة الثالثة

النمو والنماء

الدكتور

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Human Growth and development

Part 7:

School age stage



School Age

School-age period is between the age of 6 to 12 years. The child's growth and development is characterized by gradual growth .

Physical Development

Weight:

- ❖ School–age child gains about 3.8kg/year.
- ❖ Boys tend to gain slightly more weight through 12 years .

Height:

- ❖ The child gains about 5cm/year.
- ❖ Body proportion during this period: Both boys and girls **are longlegged.**

Dentition:

- ❖ Permanent teeth erupt during school-age period, starting from 6 years, usually in the same order in which primary teeth are lost.
- ❖ Replacement of baby teeth with permanent teeth
- ❖ Increased ability in large motor skills – kicking and catching a ball.

Physiological growth

- ❖ Pulse: $90+15$ beats/min
- ❖ (75 to 105).
- ❖ Respiration: $21+3C$ /min
- ❖ (18–24).
- ❖ Blood Pressure: $100/60+16/10$.

Emotional and Social Development

- Discovering that rules may be flexible
- Knowing difference between right and wrong
- Recognizing others have feelings
- Feeling of fear may decrease

Problems of school child

- + School phobia
- + Aggressive behavior
- + Stealing
- + Enuresis
- + Encopresis
- + Difficult in learning
- + Lie or lying
- + Dental problems
- + Exposure to communicable diseases
- + Malnutrition or obesity
- + Bad language
- + Destructiveness
- + Hurting other
- + Smoke and alcoholism

Needs of school child

- + Healthy nutrition
- + Sleep (10-11 hr.)
- + Playing
- + Learning language
- + Safety measures
- + Routine health examination or school health program (visual ,auditory screening test ,height ,weight and posture) .

Play and playing

School-age kids should have many chances to do a variety of activities, sports, and games that fit their personality, ability, age, and interests. Most of the physical activity should be aerobic, where kids use large muscles and continue for a period of time. Examples of aerobic activity are running, swimming, and dancing. Children naturally build strong muscles and bones when they run, jump and play.

Common school accidents and injuries

- ❖ Motor accident or bike accident
- ❖ Drowning
- ❖ Falls
- ❖ Burn
- ❖ Injury by sharp instruments or play contact
- ❖ Suffocation
- ❖ Poisoning

Summary of development Milestones

- ✚ Better reading ability.
- ✚ Rides a two-wheeled bike.
- ✚ Jumps rope.
- ✚ Plays organized sports.
- ✚ Mature use of language.

