

A photograph of several children running on a grassy field. The children are wearing athletic gear, including t-shirts and shorts. One child in the foreground is wearing a yellow t-shirt with a 'W' logo and 'WISHART' text. Another child is wearing a green t-shirt with 'GIL' visible. A third child is wearing a red t-shirt with 'LILTON' visible. They are all wearing blue shorts. The background shows other children and adults on the field, suggesting a school sports event. The image is overlaid with a semi-transparent dark grey rectangle containing text.

CHILD PSYCHOLOGY

Spring 2024

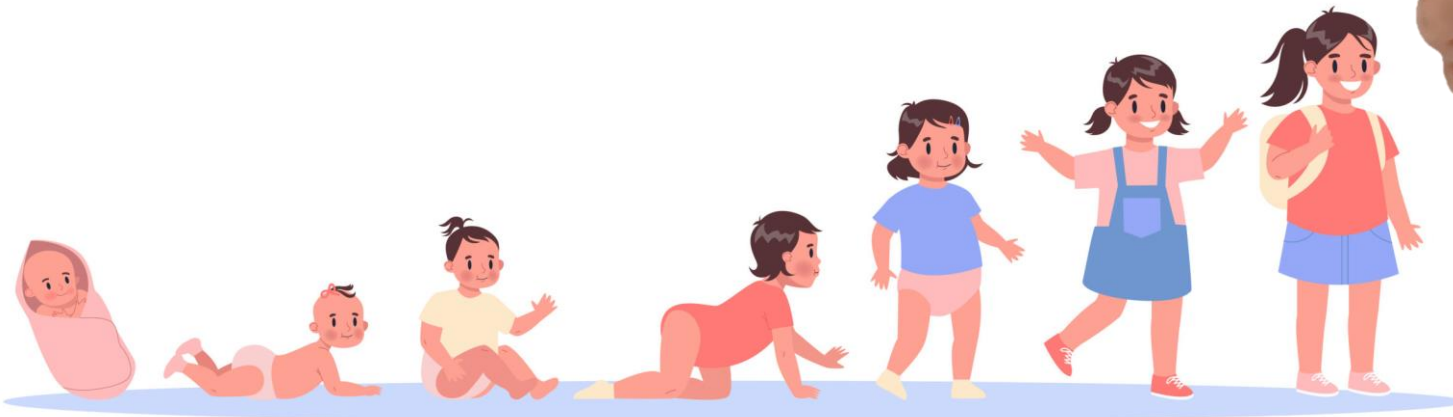
Marjorine Henriquez-Castillo, PhD

Middle Childhood: Physical Development
Chapter 10



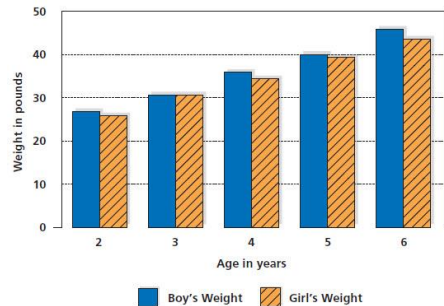
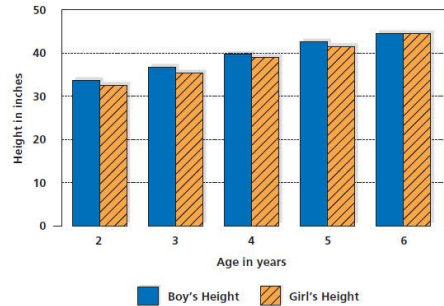
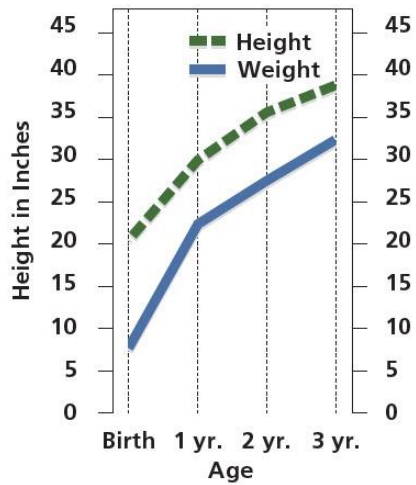
10.1: Brain Development

- Between 6 to 11 years old
- Adult size by about age 7
 - Myelination
 - Memory
 - Attention Span
 - Coordination



10.2: Physical Growth

- Jump (sim), Steady, Jump (diff)



Female Babies: 0 - 11 Months		
Age	Weight	Length
0 Month	7.3 lb. (3.31 kg)	19.4" (49.2 cm)
1 Month	9.6 lb. (4.35 kg)	21.2" (53.8 cm)
2 Month	11.7 lb. (5.3 kg)	22.1" (56.1 cm)
3 Month	13.3 lb. (6.03 kg)	23.6" (59.9 cm)
4 Month	14.6 lb. (6.62 kg)	24.5" (62.2 cm)
5 Month	15.8 lb. (7.17 kg)	25.3" (64.2 cm)
6 Month	16.6 lb. (7.53 kg)	25.9" (64.1 cm)
7 Month	17.4 lb. (7.9 kg)	26.5" (67.3 cm)
8 Month	18.1 lb. (8.21 kg)	27.1" (68.8 cm)
9 Month	18.8 lb. (8.53 kg)	27.6" (70.1 cm)
10 Month	19.4 lb. (8.8 kg)	28.2" (71.6 cm)
11 Month	19.9 lb. (9.03 kg)	28.7" (72.8 cm)

www.sprintmedical.in

Female Babies: 12 - 23 Months		
Age	Weight	Length
12 Month	20.4 lb. (9.25 kg)	29.2" (74.1 cm)
13 Month	21.0 lb. (9.53 kg)	29.6" (75.1 cm)
14 Month	21.5 lb. (9.75 kg)	30.1" (76.4 cm)
15 Month	22.0 lb. (9.98 kg)	30.6" (77.7 cm)
16 Month	22.5 lb. (10.2 kg)	30.9" (78.4 cm)
17 Month	23.0 lb. (10.43 kg)	31.4" (79.7 cm)
18 Month	23.4 lb. (10.61 kg)	31.8" (80.7 cm)
19 Month	23.9 lb. (10.84 kg)	32.2" (81.7 cm)
20 Month	24.4 lb. (11.07 kg)	32.6" (82.8 cm)
21 Month	24.9 lb. (11.3 kg)	32.9" (83.5 cm)
22 Month	25.4 lb. (11.52 kg)	33.4" (84.8 cm)
23 Month	25.9 lb. (11.75 kg)	33.5" (85.1 cm)

www.sprintmedical.in

Female Toddlers: 2 - 12 Years		
Age	Weight	Length
2 Years	26.5 lb. (12.02 kg)	33.7" (85.5 cm)
3 Years	31.5 lb. (14.29 kg)	37.0" (94 cm)
4 Years	34.0 lb. (15.42 kg)	39.5" (100.3 cm)
5 Years	39.5 lb. (17.92 kg)	42.5" (107.9 cm)
6 Years	44.0 lb. (19.96 kg)	45.5" (115.5 cm)
7 Years	49.5 lb. (22.45 kg)	47.7" (121.1 cm)
8 Years	57.0 lb. (25.85 kg)	50.5" (128.2 cm)
9 Years	62.0 lb. (28.12 kg)	52.5" (133.3 cm)
10 Years	70.5 lb. (31.98 kg)	54.5" (138.4 cm)
11 Years	81.5 lb. (36.97 kg)	56.7" (144 cm)
12 Years	91.5 lb. (41.5 kg)	59.0" (149.8 cm)

www.sprintmedical.in

Male Babies: 0 - 11 Months		
Age	Weight	Length
0 Month	7.4 lb. (3.3 kg)	19.6" (49.8 cm)
1 Month	9.8 lb. (4.4 kg)	21.6" (54.8 cm)
2 Month	12.3 lb. (0.01 t)	23.0" (58.4 cm)
3 Month	14.1 lb. (6.4 kg)	24.2" (61.4 cm)
4 Month	15.4 lb. (7 kg)	25.2" (64 cm)
5 Month	16.6 lb. (7.53 kg)	26.0" (66 cm)
6 Month	17.5 lb. (7.94 kg)	26.6" (67.5 cm)
7 Month	18.3 lb. (8.3 kg)	27.2" (69 cm)
8 Month	19.0 lb. (8.62 kg)	27.8" (70.6 cm)
9 Month	19.6 lb. (8.9 kg)	28.3" (71.8 cm)
10 Month	20.1 lb. (9.12 kg)	28.8" (73.1 cm)
11 Month	20.8 lb. (9.43 kg)	29.3" (74.4 cm)

www.sprintmedical.in

Male Babies: 12 - 23 Months		
Age	Weight	Length
12 Month	21.3 lb. (9.66 kg)	29.8" (75.7 cm)
13 Month	21.8 lb. (9.89 kg)	30.3" (76.9 cm)
14 Month	22.3 lb. (10.12 kg)	30.7" (77.9 cm)
15 Month	22.7 lb. (10.3 kg)	31.2" (79.2 cm)
16 Month	23.2 lb. (10.52 kg)	31.6" (80.2 cm)
17 Month	23.7 lb. (10.75 kg)	32.0" (81.2 cm)
18 Month	24.1 lb. (10.93 kg)	32.4" (82.2 cm)
19 Month	24.6 lb. (11.16 kg)	32.8" (83.3 cm)
20 Month	25.0 lb. (11.34 kg)	33.1" (84 cm)
21 Month	25.5 lb. (11.57 kg)	33.5" (85 cm)
22 Month	25.9 lb. (11.75 kg)	33.9" (86.1 cm)
23 Month	26.3 lb. (11.93 kg)	34.2" (86.8 cm)

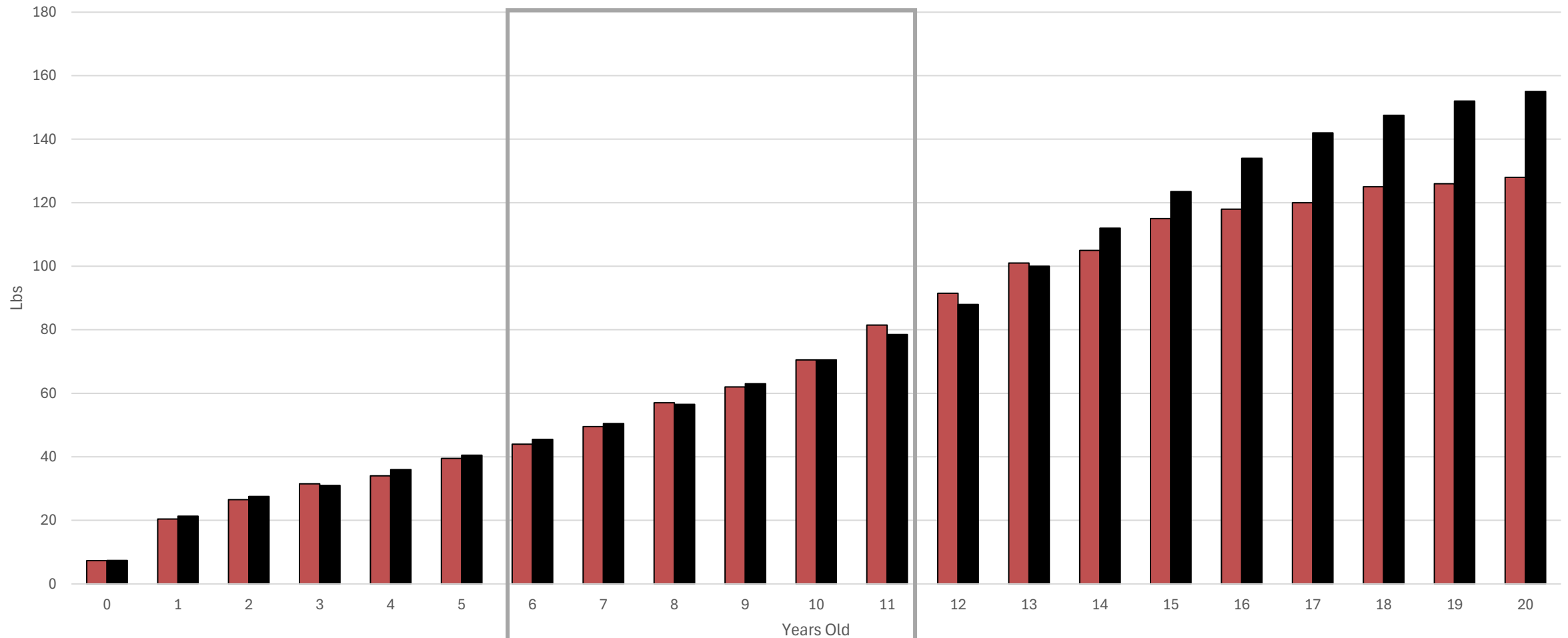
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Male Toddlers: 2 - 12 Years		
Age	Weight	Length
2 Years	27.5 lb. (12.47 kg)	34.2" (86.8 cm)
3 Years	31.0 lb. (14.06 kg)	37.5" (95.2 cm)
4 Years	36.0 lb. (16.33 kg)	40.3" (102.3 cm)
5 Years	40.5 lb. (18.37 kg)	43.0" (109.2 cm)
6 Years	45.5 lb. (20.64 kg)	45.5" (115.5 cm)
7 Years	50.5 lb. (22.9 kg)	48.0" (121.9 cm)
8 Years	56.5 lb. (25.63 kg)	50.4" (128 cm)
9 Years	63.0 lb. (28.58 kg)	52.5" (133.3 cm)
10 Years	70.5 lb. (32 kg)	54.5" (138.4 cm)
11 Years	78.5 lb. (35.6 kg)	56.5" (143.5 cm)
12 Years	88.0 lb. (39.92 kg)	58.7" (149.1 cm)

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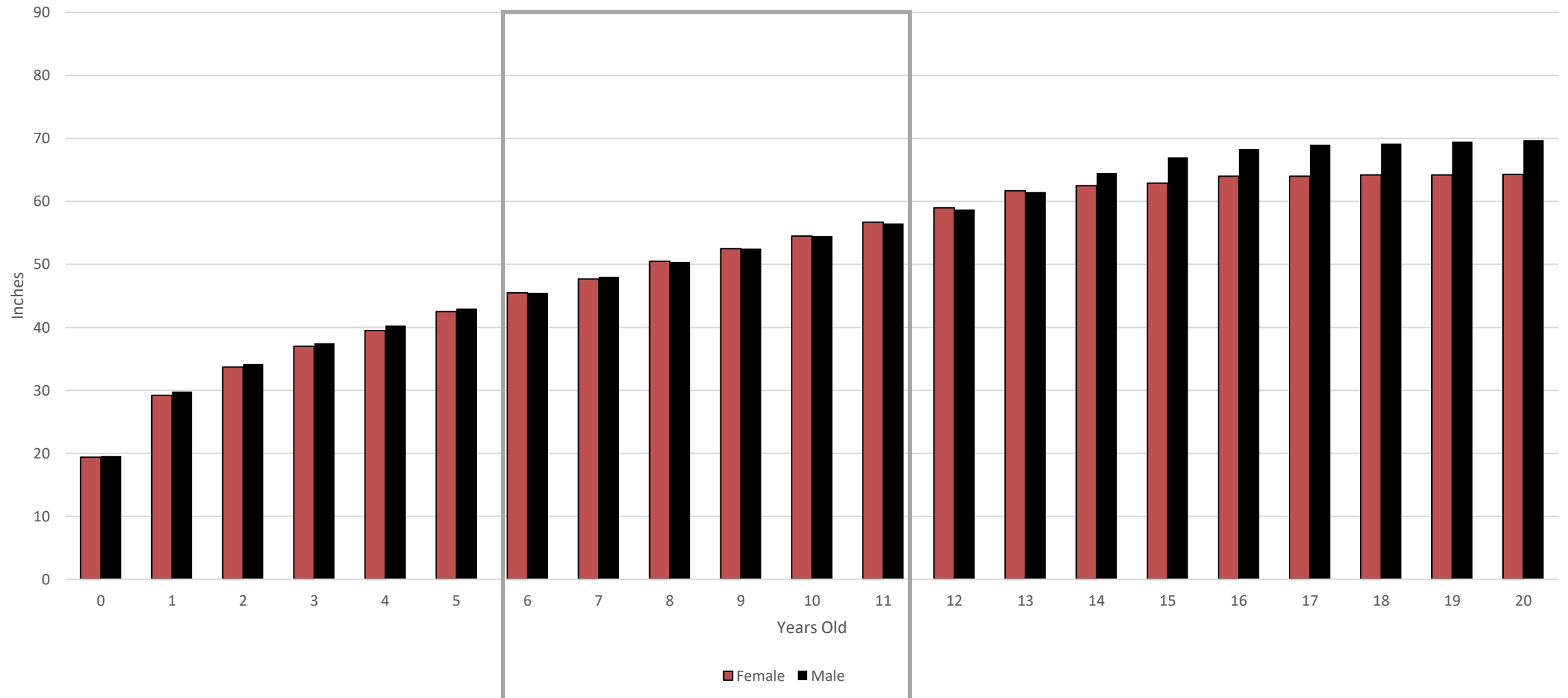
10.2: Physical Growth (Weight)

Average Weight 1-20 Years Old, Male and Female



10.2: Physical Growth (Height)

Average Height 1-20 Years Old, Male and Female



10.2: Physical Growth 📄





10.4: Exercise, Physical Fitness, and Sports

- Organized Sports
 - + Build social skills
 - + Improve athleticism
 - + Sense of competition
 - - Adult's demands
- Limited opportunities based on factors
 - Gender: girls less likely
 - SES: low SES less likely
 - Race/ethnicity: Minoritized youth less likely
 - Location: youth in cities less likely
- Less Recess time → Impact on Health
 - Obesity





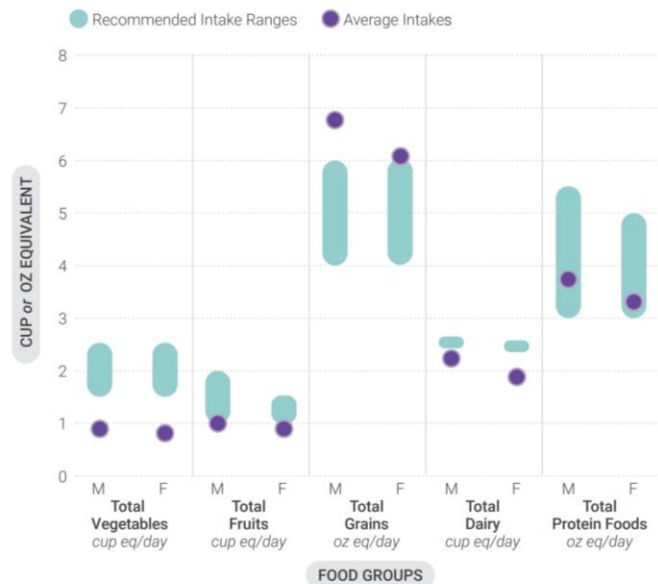
https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf
<https://www.myplate.gov/eat-healthy/what-is-myplate>

10.3: Nutritional Needs: Daily Intake

Females 1,200 to 1,800 calories, Males 1,200 to 2,000 calories

Current Intakes: Ages 5 Through 8

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



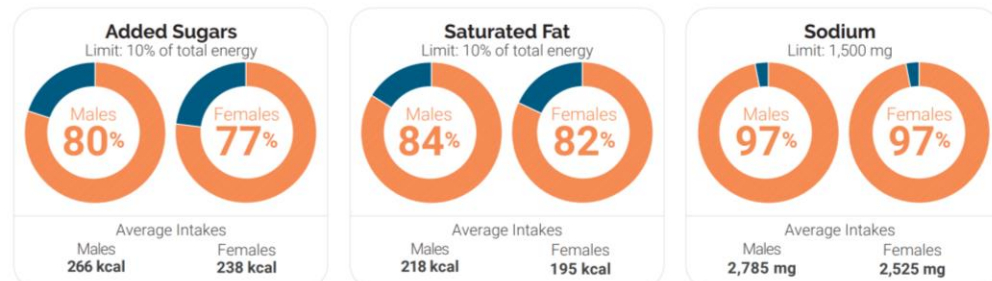
Healthy Eating Index Score (on a scale of 0-100)

55



Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

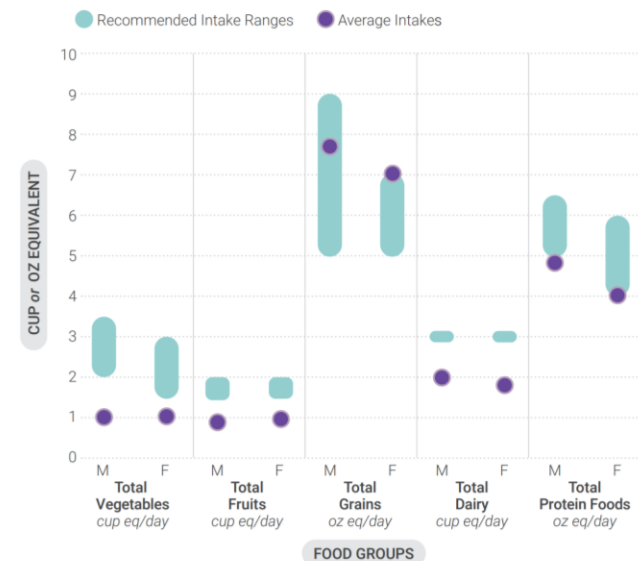
● Exceeding Limit ● Within Recommended Limit



Females 1,400 to 2,200 calories, Males 1,600 to 2,600 calories

Current Intakes: Ages 9 Through 13

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



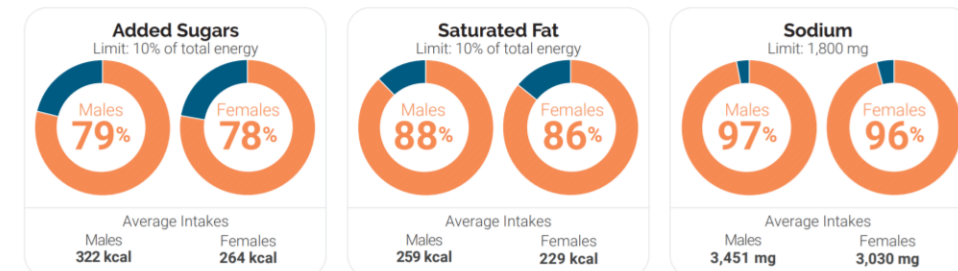
Healthy Eating Index Score (on a scale of 0-100)

52



Percent Exceeding Limits of Added Sugars, Saturated Fat, and Sodium

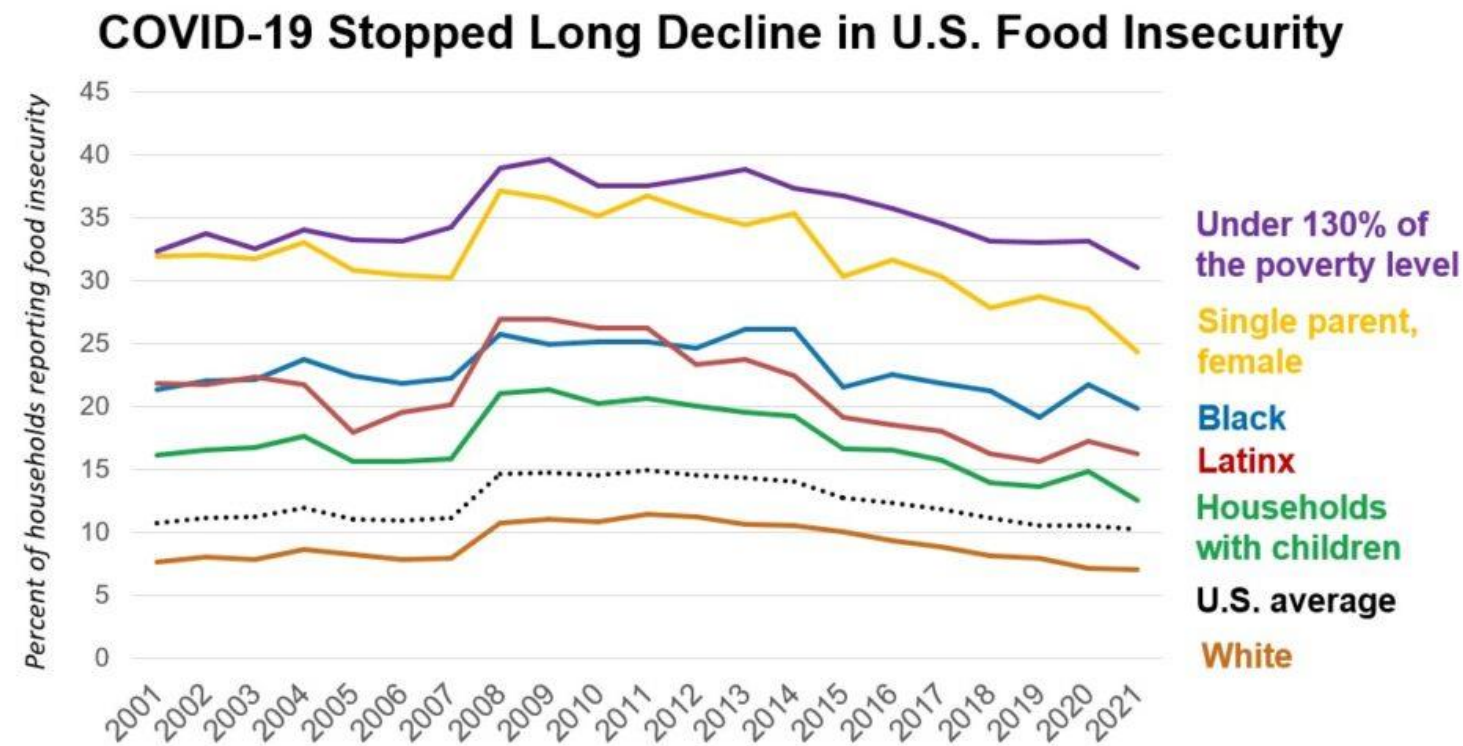
● Exceeding Limit ● Within Recommended Limit





10.3: Nutritional Needs: Food Insecurity

- Millions of children grow up in food-insecure households with inadequate diets due to both the amount of available food and the quality of food.
- Deficiencies in nutrients and vitamins





10.3: Nutritional Needs: Food Insecurity



<https://blogs.worldbank.org/en/agfood/food-security-trends-2024-and-beyond>



10.5: Physical Health



Vision

- Myopia (nearsighted)



Hearing

- Number of ear infections is less than early childhood



Dental

- Loss of baby teeth
- Arrival of permanent teeth (6-7 YO)



Diabetes

- Type 1- lack of insulin production due to an overactive immune system
- Type 2- the body has trouble controlling blood sugar











Asthma

- Chronic lung disease that inflames and narrows the airways





10.6: Mental Health

	Phobias
	Anxiety
	Post-Traumatic Stress Syndrome
	Obsessive Compulsive Disorder
	Depression
	Autism Spectrum Disorder
	Attention Deficit Disorder
	Disruptive Behavior Disorders

MENTAL HEALTH

What is Mental Health?

Mental health is a state of well being in which the person realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

Indicators of Good Mental Health

- Resiliency to Stress
- Empathy
- Flexibility
- Spirituality
- Optimism
- Stable Relationships
- Productive Behavior
- Respect for Self and Others
- Self Confidence
- Sense of Belonging
- Ability to take care of self and others
- Clear Thinking
- Sense of Well-being and Contentment

MENTAL ILLNESS

What is Mental Illness?

Mental Illness is defined as a health condition that affects a person's thinking, feeling, behavior or mood. Such conditions may affect someone's ability to relate to others and function each day.

Indicators of Mental Illness?

- Pulling Away from People and Usual Activities
- Feeling Numb or Like Nothing Matters
- Feeling Helpless or Hopeless
- Experiencing Severe Mood Swings
- Thinking of Harming Yourself or Others
- Inability to Perform Daily Tasks



10.6: Mental Health

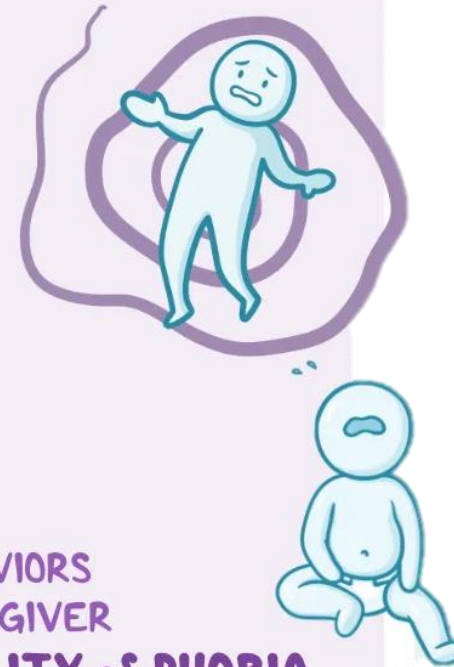


Phobias

An extreme or irrational fear of or aversion to something.

SIGNS & SYMPTOMS

- * **SIGNS of PANIC ATTACK**
- * **FEELING:**
 - ~ TRAPPED or in DANGER
 - ~ FEAR of LOSS of CONTROL
 - ~ FEAR of DYING
 - ~ DETACHMENT from ONESELF
- * **CHILDREN**
 - ~ CRYING
 - ~ TANTRUMS
 - ~ CLINGING
 - ~ RITUALS or REPETITIVE BEHAVIORS
 - ~ AVOIDING SITUATIONS or CAREGIVER
- * **AWARENESS of IRRATIONALITY of PHOBIA, but UNABLE to CONTROL RESPONSE**





10.6: Mental Health



Phobias

An extreme or irrational fear of or aversion to something.



<https://www.youtube.com/watch?v=Wv7q0DV-dtU>



10.6: Mental Health



Anxiety

When children do not outgrow the fears and worries that are typical in young children, or when there are so many fears and worries that interfere with school, home, or play activities, the child may be diagnosed with an anxiety disorder.





10.6: Mental Health



Anxiety

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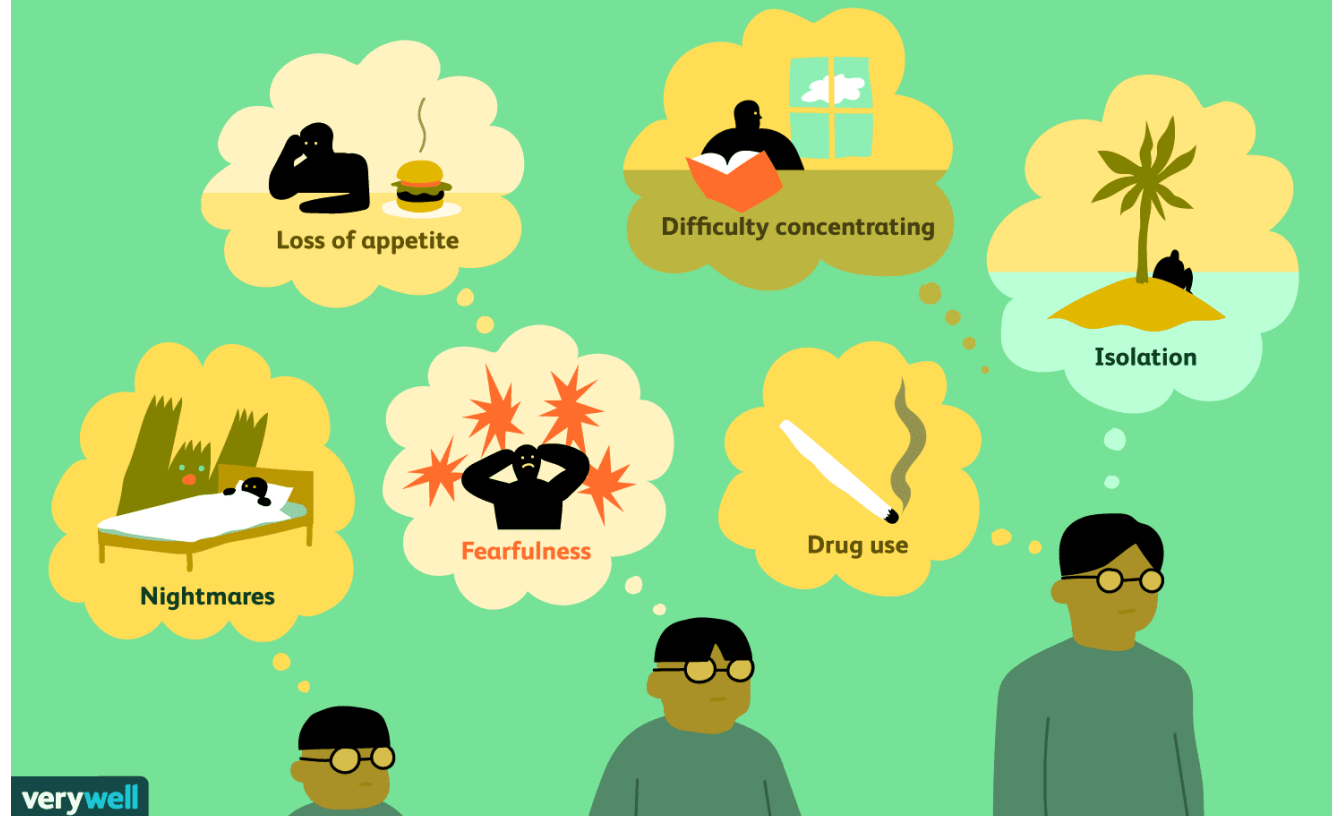
10.6: Mental Health



Post-Traumatic Stress Syndrome

Disorder that develops when a person has experienced or witnessed a traumatic event.
e.g. war, natural disaster, abuse.

Signs of PTSD in Children Following a Trauma





10.6: Mental Health



Post-Traumatic Stress Syndrome

Disorder that develops when a person has experienced or witnessed a traumatic event.
e.g. war, natural disaster, abuse.



<https://youtu.be/bFJHbCMV7kc?si=sxx88i50msQFt1w6>



10.6: Mental Health









Obsessive Compulsive Disorder

being exposed to a certain stimuli (internal or external) will then trigger an upsetting or anxiety-causing obsession, which can only be relieved by doing a compulsion.



SYMPTOMS OF OBSESSIVE-COMPULSIVE DISORDER

 <p>Repeated thoughts about contamination and dirt</p>	 <p>Fear of losing control</p>	 <p>Fear of losing possessions or items</p>	 <p>Persistent worries about uncertainty</p>
 <p>Scary feelings about aggression, sexual activity or religious subjects</p>	 <p>Desperately avoiding trigger situations</p>	 <p>Persistent thoughts about hurting yourself or someone else</p>	 <p>Frightening images of yourself performing violent acts</p>
 <p>Repeatedly checking things like locking doors or turning off the stove</p>	 <p>Arranging things in a specific way</p>	 <p>Excessive attention on superstitious thoughts or luck</p>	 <p>Repetitive and unpleasant sexual thoughts or images</p>



10.6: Mental Health



Obsessive Compulsive Disorder

being exposed to a certain stimuli (internal or external) will then trigger an upsetting or anxiety-causing obsession, which can only be relieved by doing a compulsion.



<https://www.youtube.com/watch?v=AAumaH3HPyc>



10.6: Mental Health



Depression

When children feel persistent sadness and hopelessness, and/or are uninterested in things they used to enjoy.

Depression Symptoms

- low mood
- changes in appetite
- sleep disturbance
- agitation
- fatigue
- difficulty concentrating

verywell



10.6: Mental Health



Depression

When children feel persistent sadness and hopelessness, and/or are uninterested in things they used to enjoy.



<https://youtu.be/a1Y1ocyudjs>

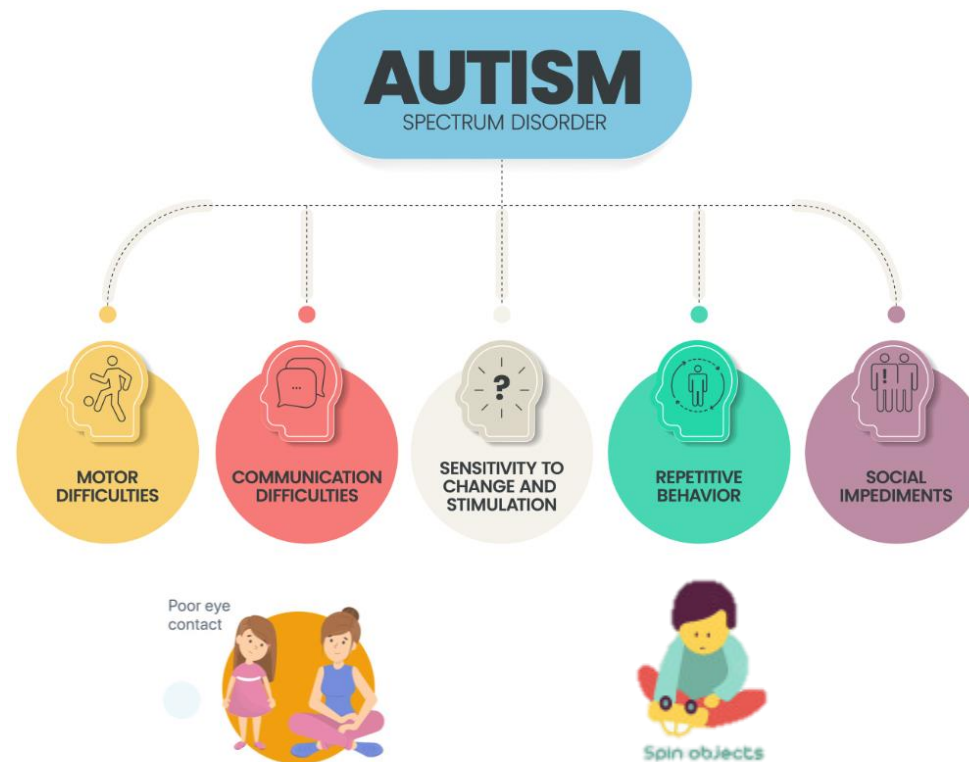


10.6: Mental Health



Autism Spectrum Disorder

A developmental disorder that affects communication and behavior. Autism is known as a “spectrum” disorder because there is wide variation in the type and severity of symptoms people experience.





10.6: Mental Health



Autism Spectrum Disorder

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<https://youtu.be/aPknwW8mPAM>

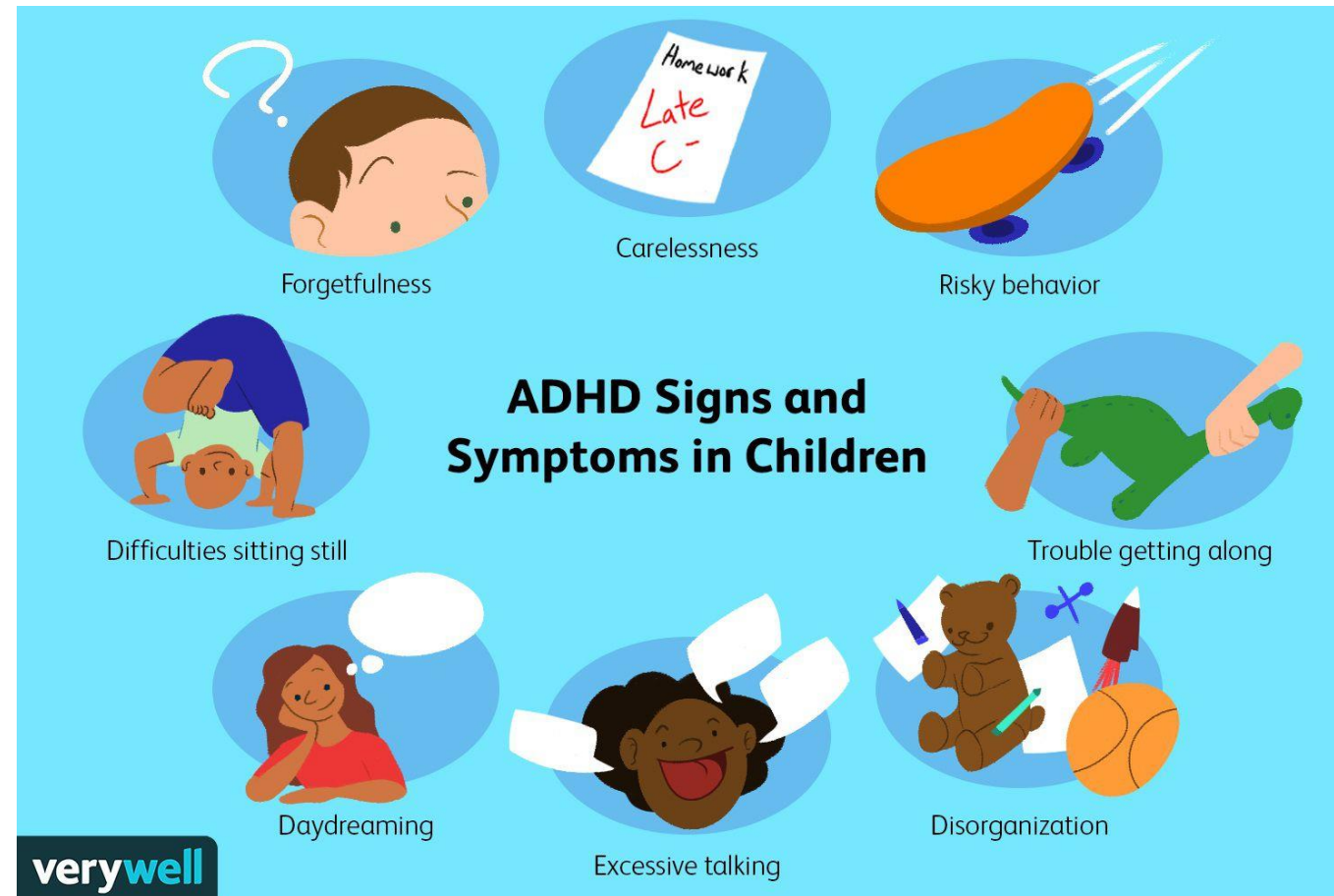


10.6: Mental Health



Attention Deficit Disorder

a persistent pattern of inattention and/or hyperactivity–impulsivity that interferes with functioning or development





10.6: Mental Health



Attention Deficit Disorder

a persistent pattern of inattention and/or hyperactivity–impulsivity that interferes with functioning or development



<https://youtu.be/ewbD2Dw0NLo>



10.6: Mental Health



Disruptive Behavior Disorders

OPPOSTITIONAL DEFIANT DISORDER(ODD)

Oppositional defiant disorder (ODD) is a behavioral disorder characterized by a ongoing pattern of defiant, disobedient, and hostile behavior beginning in childhood or adolescence. It is part of a group of disruptive behavior disorders that also includes attention deficit hyperactivity disorder (ADHD) and conduct disorder. Of these three, ODD is seen as the most gentle.



Conduct Disorder



Keeness to start physical fights & use weapons for the same



Repeateted skipping of school



Lack of empathy for others



Criminal behaviour such as stealing, deliberately lighting fires, breaking into houses & vandalism



Frequent lying



Being aggressive



10.6: Mental Health



Disruptive Behavior Disorders



<https://www.youtube.com/watch?v=jkmOnEFCyI0>



10.7: Managing Symptoms- Staying Healthy









Basics For A Child's Positive Physical Health

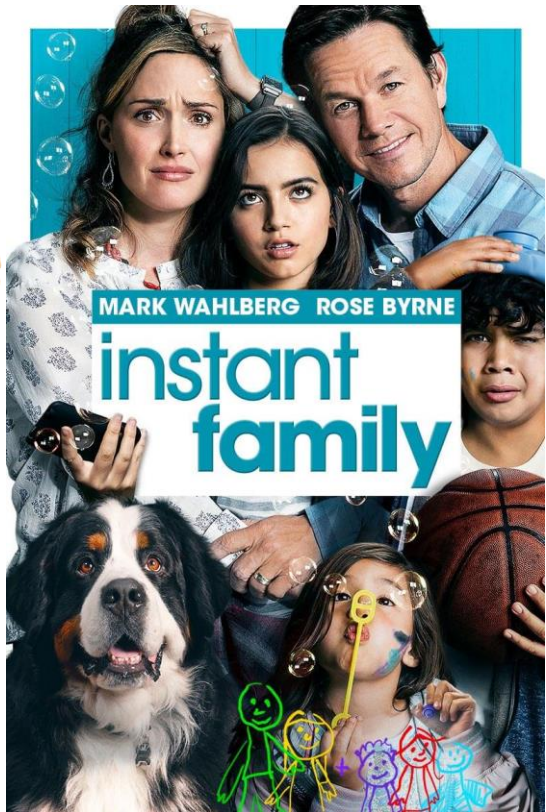
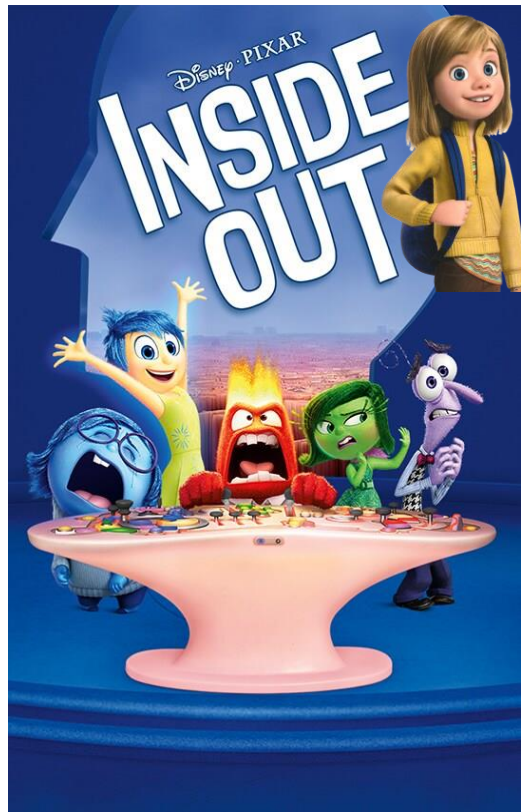
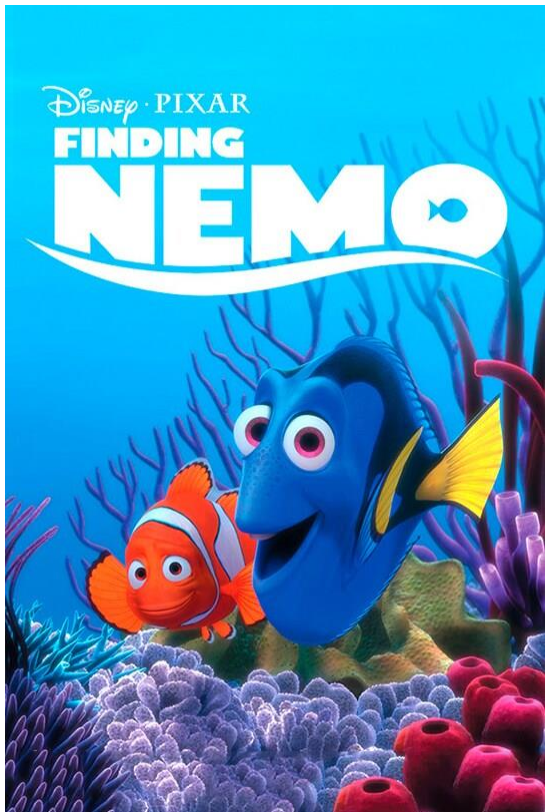
-  **Nutritious food**
-  **Adequate shelter and sleep**
-  **Exercise**
-  **Immunizations**
-  **Healthy living environment**



Basics For A Child's Positive Mental Health

-  **Unconditional love from family**
-  **Fostering self-confidence
and high self-esteem**
-  **Opportunity to play with other children**
-  **Encouraging teachers
and supportive caretakers**
-  **Safe and secure surroundings**
-  **Appropriate guidance and discipline**

*information from Mental Health America



AMAZON ORIGINAL

Whitten
(2019)
Briana S

TROOP ZERO

Hell-No

Christmas
Flint
9 Years Old

Smash

Joseph

Ann-Claire