



Module 1. Growth and Development Across the Lifespan

Focus on key physical, cognitive, emotional, & social milestones across lifespan.

2. Health Promotion and Maintenance



Infancy (0-1 Year)

Physical Growth:

- Double birth weight by 5-6 months;
- triple by 1 year.

Motor Skills:

- Lifts head (1-3 months),
- rolls over (4-6 months),
- sits without support (7-9 months).

Cognitive Development:

- Visual acuity improves;
- cooing & babbling by 2 months.

Social Development:

- Secure attachment with caregivers;
- social smiles around 2 months.

Early Childhood (1-3 Years)

Language Acquisition:

- Rapid vocabulary growth;
- simple sentences by age 3.

Autonomy:

- Developing independence and self-control.

Physical Milestones:

- Walks independently by 12-15 months;
- climbing stairs by age 2.

Social Play:

- Parallel play evolving into cooperative play by age 3.

Middle Childhood (4-12 Years)

Cognitive Development:

- Concrete operational thinking;
- developing reading & math skills.

Peer Relationships:

- Essential friendships based on mutual interests.

Physical Growth:

- Growth spurts around 5-7 pounds per year.

Emotional Development:

- Formation of self-esteem & identity influenced by achievements and feedback.

Adolescence (13-18 Years)

Abstract Thinking:

- Develops logical & abstract thinking; evaluation of moral dilemmas.

Identity Formation:

- Exploration of personal identity & beliefs; self-esteem fluctuates.

Peer Influence:

- Peer relationships important, often seeking approval from friends.

Physical Changes:

- Puberty triggers significant physical transformations.

Young Adulthood (19-40 Years)

- Intimate Relationships: Focus on forming close relationships & commitments.
- Career Development: Exploring career paths and setting life goals.
- Health Focus: Prioritizing physical fitness & preventive health measures.
- Mental Health Awareness: Stress management & coping strategies become essential.



Middle Adulthood (41-65 Years)

- Physical Health: Menopause & andropause; risk for chronic conditions.
- Cognitive Growth: Wisdom and problem-solving skills improve despite some cognitive declines.
- Career Transitions: Career changes & retirement planning become important.
- Work-Life Balance: Balancing work, family, and self-care.



Older Adults (65+ Years)

- Chronic Disease Management: Managing multiple chronic conditions.
- Functional Decline: Physical & cognitive declines impact daily activities.
- Cognitive Changes: Increased risk for dementia; promoting cognitive resilience.
- Social Support: Importance of strong social networks & community involvement.



Chronic Disease Management in Older Adults

- Chronic Disease: Requires ongoing care coordination.
- Functional Decline: May impact independence; daily activity management.
- Dementia: Early detection & management essential for cognitive health.
- Community Resources: Access to senior centers & health services.



Cognitive Changes in Older Adults

- Cognitive Resilience: Engagement in mental activities delays decline.
- Alzheimer's Disease: Careful management and support for patients & caregivers.
- Mental Health: Addressing anxiety, depression, and isolation



Social Support Systems

- Community Resources: Senior centers, health services, support groups.
- Social Networks: Strong social connections vital for emotional well-being.
- Support in Aging: Essential for maintaining health and quality of life.



CONCLUSION

- Nurses must understand growth & development across the lifespan for holistic care.
- Tailoring care to individual needs at each stage supports health promotion and maintenance.
- Awareness of milestones ensures effective nursing practice and enhances quality of life.