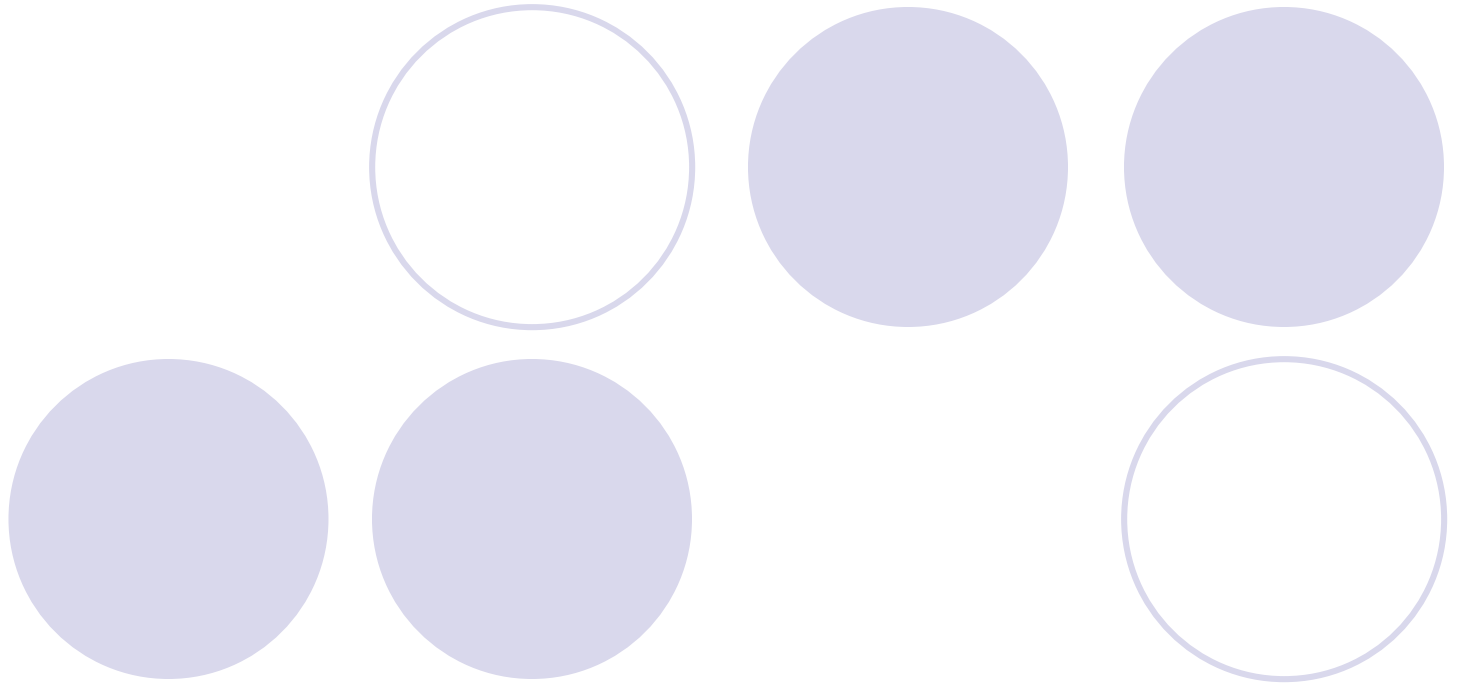


School Age (6 -12 years)



Objectives:

- 1. Introduction**
- 2. Physical growth**
- 3. Physiological growth**
- 4. Motor development**
- 5. Language development**
- 6. Cognitive development**
- 7. Emotional development**
- 8. Psychosocial development**
- 9. Moral Development**
- 10. Spiritual Development:**
- 11. Common health problems of school stage**



School Age (6 -12 years)

School Age is Characterized by:

- Gradual growth
- Motor skills
- Advances in thinking
- Child begins to interact with people
- Individual differences become more evident

Physical Growth

Weight:

School age child gains about 3.8Kg/year. Boys tend to gain slightly more weight through 12 years because they grow in muscles

Formula for 7 to 12 years is:

$$\frac{(\text{age in years} \times 7) - 5}{2} = \text{Kg}$$



Height:

- Gains about 5 cm/year. 135-150 cm at the end of school age (Triples his birth length)
- Body proportion during this period: both boys and girls are long-legged.

Dentition:

- During school age period, permanent teeth erupt, starting from 6 years. (Usually, permanent teeth eruption in the same order as primary teeth lost).

Physiological Growth:

The slide features five decorative circles at the top. From left to right: a solid light purple circle, a hollow light purple circle, a solid light purple circle, a hollow light purple circle, and a solid light purple circle.

- 1. Pulse: 90 ± 15 beats /min (75 to 105).**
- 2. Respiration: 21 ± 3 c/min (18 - 24)**
- 3. Blood pressure: $100/60 \pm 16/10$**
- 4. School age child tires easily due to lung capacity.**
- 5. Immune system reaches as normal adult.**
- 6. Nervous system is mature by (10) years**

Cont Physiological Growth

- 7. The school age child is generally taller & thinner than preschool age.**
- 8. The size of the head gradually increased.**
- 9. The face changes slightly.**

Motor Development:

Age	Gross	Fine
6 - 8 yrs	<ul style="list-style-type: none">● <u>Runs, jumps, climbs, and hops, is in constant motion</u> which is clumsy, and awkward● Rides tricycle using pedals.	<ul style="list-style-type: none">● <u>Knows left hand from right.</u>● Can undress himself.● Draws a person (12-16 parts, details).● <u>Can brush and comb hair.</u>

Age	Gross	Fine
8-10 yrs	<ul style="list-style-type: none">● Throws ball skillfully.● <u>Beings to participate in organized sports.</u>	<ul style="list-style-type: none">● Increased smoothness and speed in fine motor control.● <u>Handles eating utensils (spoon, fork, knife skillfully.</u>● Bathes himself with assistance

Age	Gross	Fine
10 - 12 yrs	<ul style="list-style-type: none">• Enjoys all physical activities.	<ul style="list-style-type: none">• Motor coordination continues to improve, children perfect their muscular skills and coordination in games such as "Football".• Sufficient fine motor control for activities are reached through <u>(building models or sewing)</u>.

Language Development:

The header is decorated with five circles of varying shades of purple and lavender, arranged horizontally across the top of the slide.

- ***Vocabulary expands by 200.000 to 300.000 words.***
- ***Sentence structure and use of grammar continue to improve.***
- ***Speech proceeds from egocentric to social.***

Cognitive Development:




- **Organize facts about the environment to use for problem solving.**
- **Child changes from egocentric interaction to cooperative interaction**

Abilities of the school age child



- **Increase understanding of concept: (Mass, volume, weight and measurement)**
- **Classify objects to classes and subclasses as they can see the difference more than the similarities objects.**
- **Ordering, i.e. arrange things according to their sizes and relationship to other things.**

- 
- A decorative graphic at the top of the slide consists of five circles arranged horizontally. From left to right, the first, third, and fifth circles are solid light purple. The second and fourth circles are white with a light purple outline.
- **Reading skills are developed**
 - **Tells time; knows date, month and season.**
 - **Learns about cause-effect relationship & can solve problems. e.g. knows that a stone will not float because it is heavier than water.**
 - **Develops an awareness and understanding of other people**

Emotional Development:




- **Fears injury to body, and fear of dark.**
- **Jealous of siblings (especially 6-8 years old child)**
- **Curious about every thing**
- **By 10 years of age, he has short bursts of anger, but able to control anger by 12 years.**

Social development

- **Play (Competitive)**
- **Socialization**
- **Social adjustment**
- **Communication**
- **Discipline**

Psychosocial and Psychosexual Development

- **Freud believed the child entered a latency stage.**
- **Psychosexual concerns no longer existed.**
- **During this period, libidinal energies are reduced dramatically and increase physical and intellectual activities.**
- **Erickson Explain School age (Industry versus inferiority)**

- 
- **Mastery of social interaction facilitates development of the sense of industry and child's feeling of competence, which leads to positive sense of self.**
 - **If the child fails to achieve sense of industry, he will develop a sense of inferiority.**
 - **The child's energy is directed toward inventions and production.**
 - **Beginning to create, develop, and manipulate.**
 - **Developing sense of competence and perseverance.**



Parents and caregivers can assist school age children to develop psychosocially by:

- Recognizing success and providing praise.
- Guiding children to perform tasks.
- Guiding to complete the task.
- Teaching the child how to get along with peers by collaborating, compromising, cooperating and competing.



Health Assessment:

- Safety from accidents.
- Nutrition: balanced diet.
- Elimination: Enuresis.
- Rest and sleep 8 -12 hours.
- Activity / exercise.
- Social interaction
- Cognitive stimulation



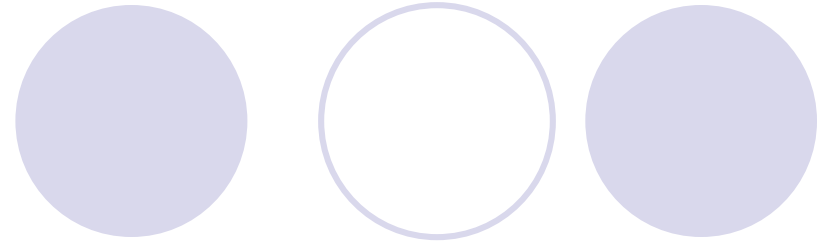
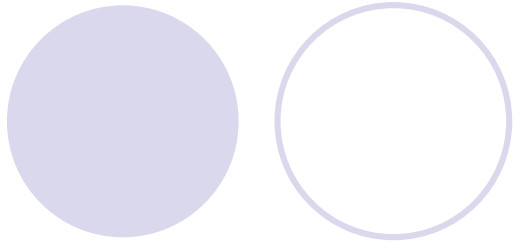
Common Health Problems:

- Accidents continue to be common in school aged children.
- Communicable disease: due to interactions with other children in school.
- Learning disability (LD) difficulty listening, reading, writing.
- Enuresis (bed wetting) usually at night.

Health protection

- Immunization
- Injury prevention





Health promotion

- **Exercise**
- **Sleeping patterns**
- **Nutritional requirement**
- **Dental care**

Selected health problems

- **Fears**
- **Dysfunction of bowel and bladder control**
- **Question related to sex**
- **School phobia**
- **Enuresis**
- **Appendicitis**
- **Accidents**
- **Communicable disease**
- **Learning disability**

Nursing Care for the School-Age Child in a Health Care Facility

- **Explain all procedures to children and their families**
- **Show equipment and material to be used**
- **Outline realistic expectations of procedures and treatments**
- **Answer children's questions truthfully**
- **Give children an opportunity to verbalize anxieties**
- **Respect desire for privacy**

HAVE A NICE DAY

