



# School Age

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# 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**

# School Age

- Height:
- The child gains about 5cm/year.
- Body proportion during this period: Both boys and girls **are long-legged.**
- 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:**  $90 \pm 15$  beats/min
- (75 to 105).
- **Respiration:**  $21 \pm 3$  C/min
- (18–24).
- **Blood Pressure:**  $100/60 \pm 16/10$ .

# Cognitive Development

- **At 7-11 years**, the child now is **in the concrete operational stage of cognitive development**. He is able to function on a higher level in his mental ability.
- Greater ability to concentrate and participate in self-initiating quiet activities that challenge cognitive skills, **such as** reading, playing computer and board games.
- Exploring and testing of their environment and ideas
- Asking many questions about how and why things are as they are
- Learning math, reading and writing skills
- Expanding vocabularies by about 5000 words per year

# Normal Development: Cognitive

	<b>Preoperational</b>	<b>Concrete Operations</b>	<b>Formal Operations</b>
<b>Age</b>	<b>2-7</b>	<b>7-11</b>	<b>&gt;12 (or never)</b>
Problem Solving and Reasoning	Concrete (based on past experience), trial and error, magical thinking	Based on rules of logic, planning	Abstract, flexible, rational, testing hypotheses
Ability to take perspective of another person	No	Yes	Yes
Morality	Objective (rules only)	Subjective (can be gray)	Laws are valid if they are just. "Question authority."
Ability to work with symbols (i.e. numbers)	Sorting, matching, ordering	Manipulating (i.e. add and subtract)	Abstract concepts (geometry, algebra)
Understanding that characteristics of object conserved despite looking different	No	Yes	Yes

# Emotional and Social Development

- Continues to be egocentric.
- **Erickson describe social development**  
(industry vs inferiority )
- Wants other children to play with him.
- Improves relationship with siblings.
- Respects parents and their role.
- Joins group (formal and informal).
- Engage in tasks in the real world.
- Taking more responsibility for their behavior

# 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 behaviour
- Stealing
- Enuresis:
- Encopresis
- Difficult in learning
- Lie or lying
- Aggressive behaviour
- Stealing
- Enuresis:

# Problems of school child

- 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)



# Common school accidents and injuries

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

# Guidance of school age

- School problems
- Sexual education (female)
- Accident prevention
- Behavioral problem
- Health maintenance



# School Age Children Care Giving Guidelines

- Support the child's involvement in learning and participating in school activities.
- Help the child to develop one or two special interests, such as collecting stamps or rocks, studying birds, playing an instrument, or getting involved in a sport.
- Help them develop one or two special interests such as collecting of something like stamps, rocks, or studying birds.

# School Age Children Care Giving Guidelines

- Encourage friendships and involvement in groups of children you know well.
- Provide ways for the child to learn responsibilities such as caring for pets.
- Encourage healthy eating habits and appropriate feelings about body image.

# Summary of Nursing Interventions

- Provide for privacy and modesty.
- Explain treatments and procedures clearly.
- Encourage continuation of school work.



# Summary of development Milestones

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

# QUESTIONS

