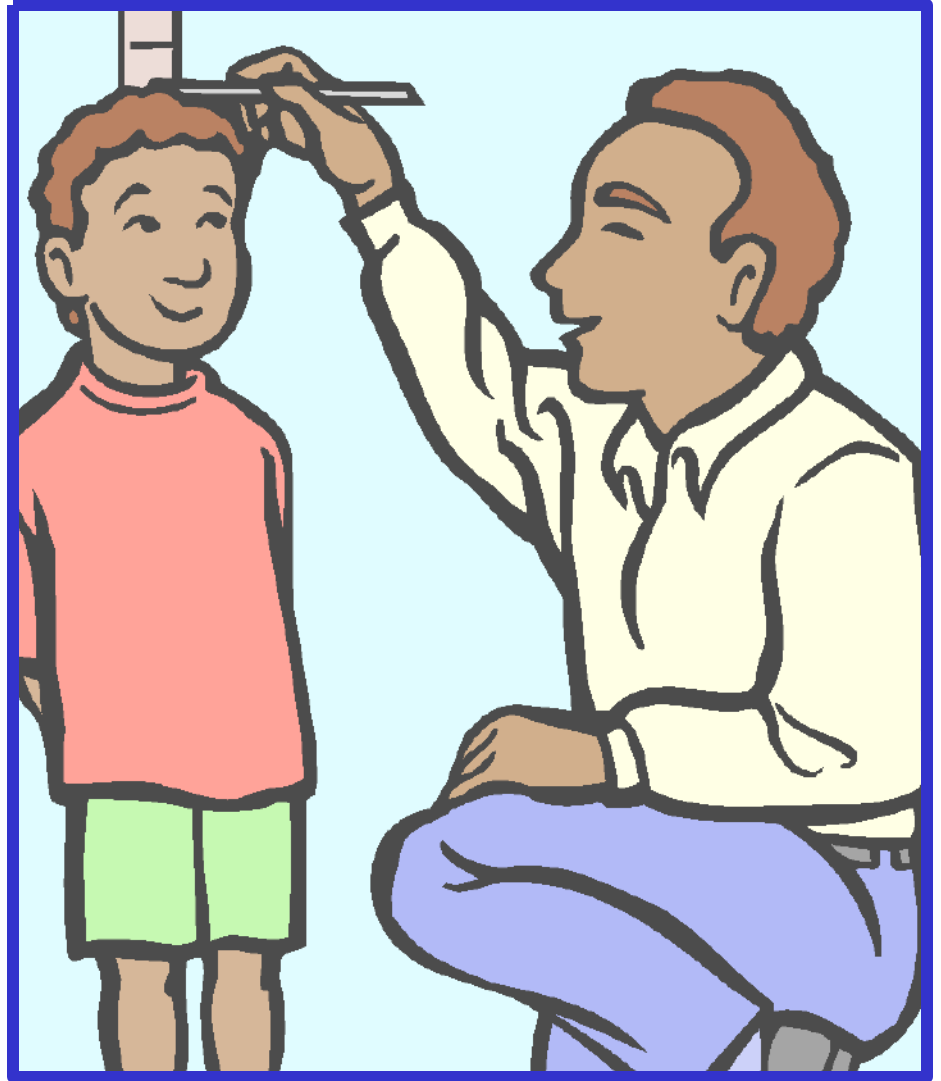


Human Development

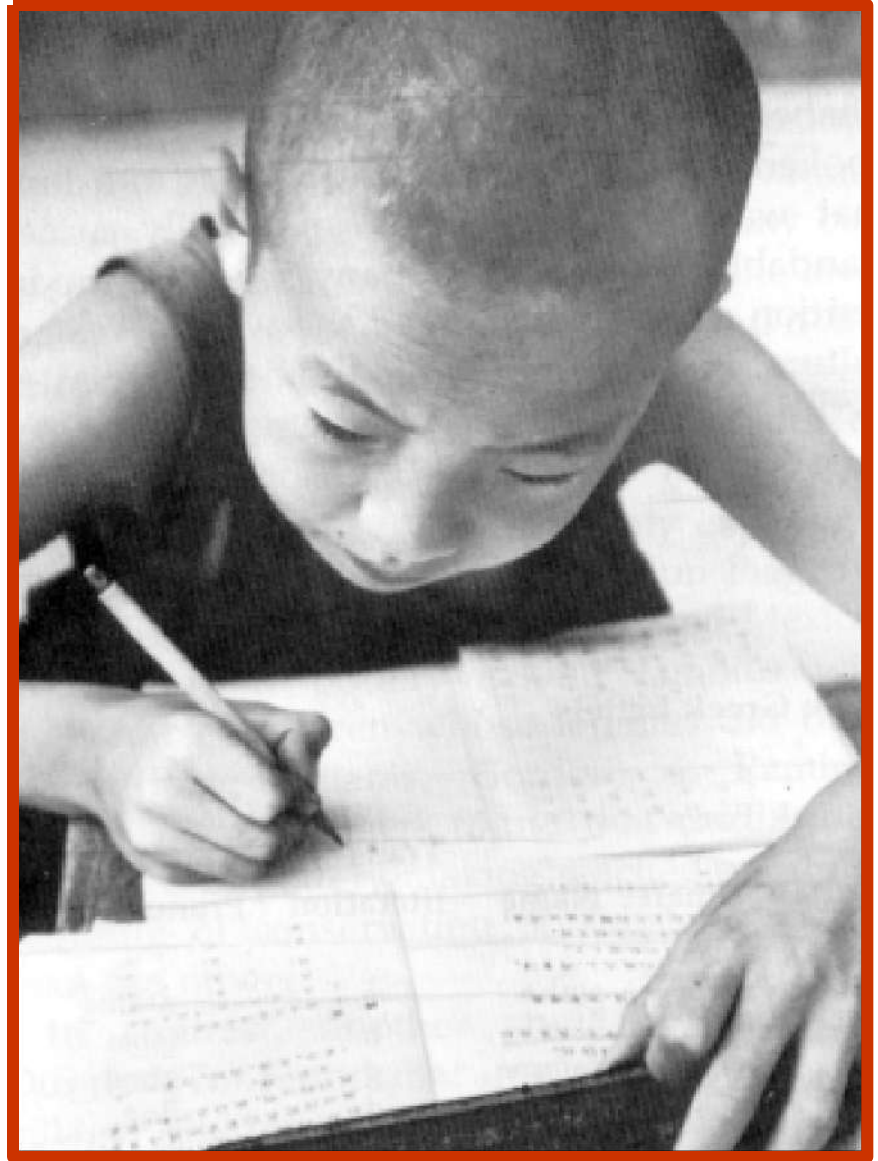


Growth:

generally refers to
changes in size



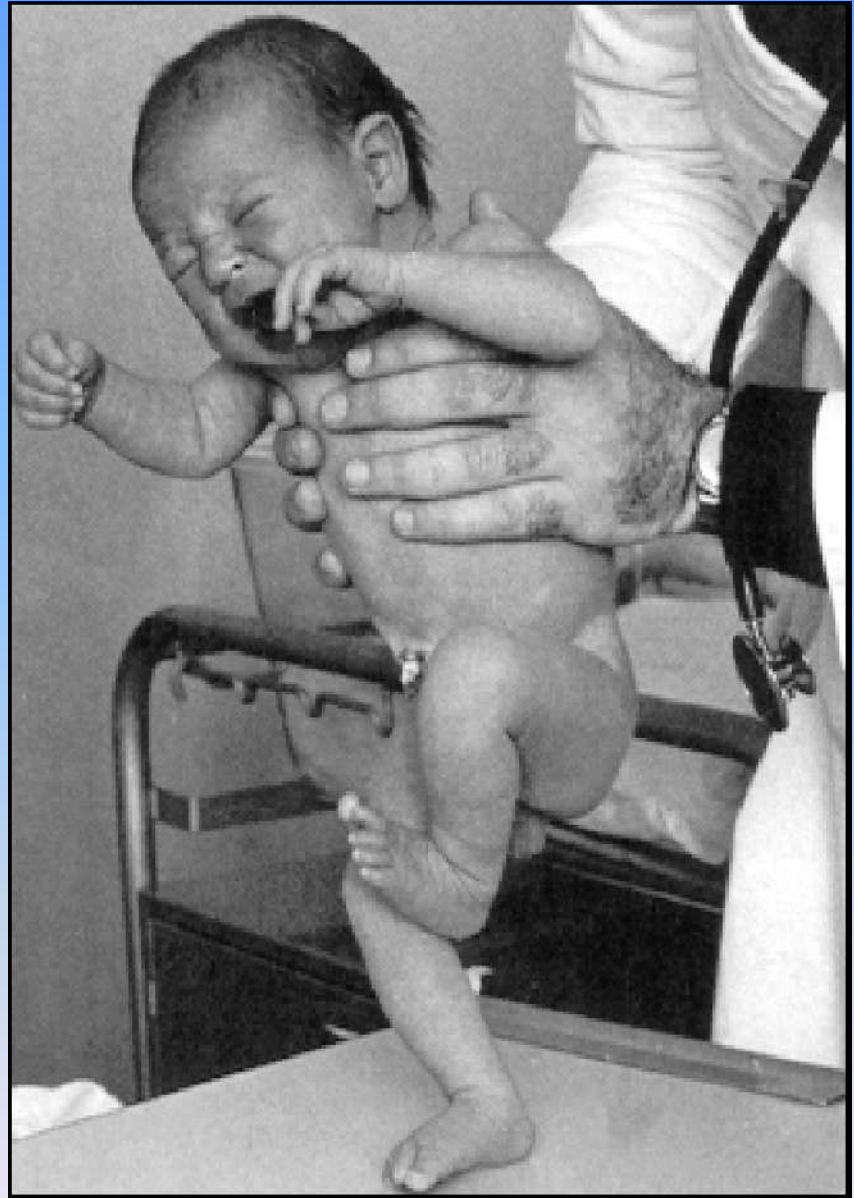
Development:
occurs through
maturation of
physical &
mental capacities
& learning



**Mental health workers need to
be familiar with each
developmental stage in order
to recognize maladaptive
behavior and provide quality
healthcare.**

Life Stages

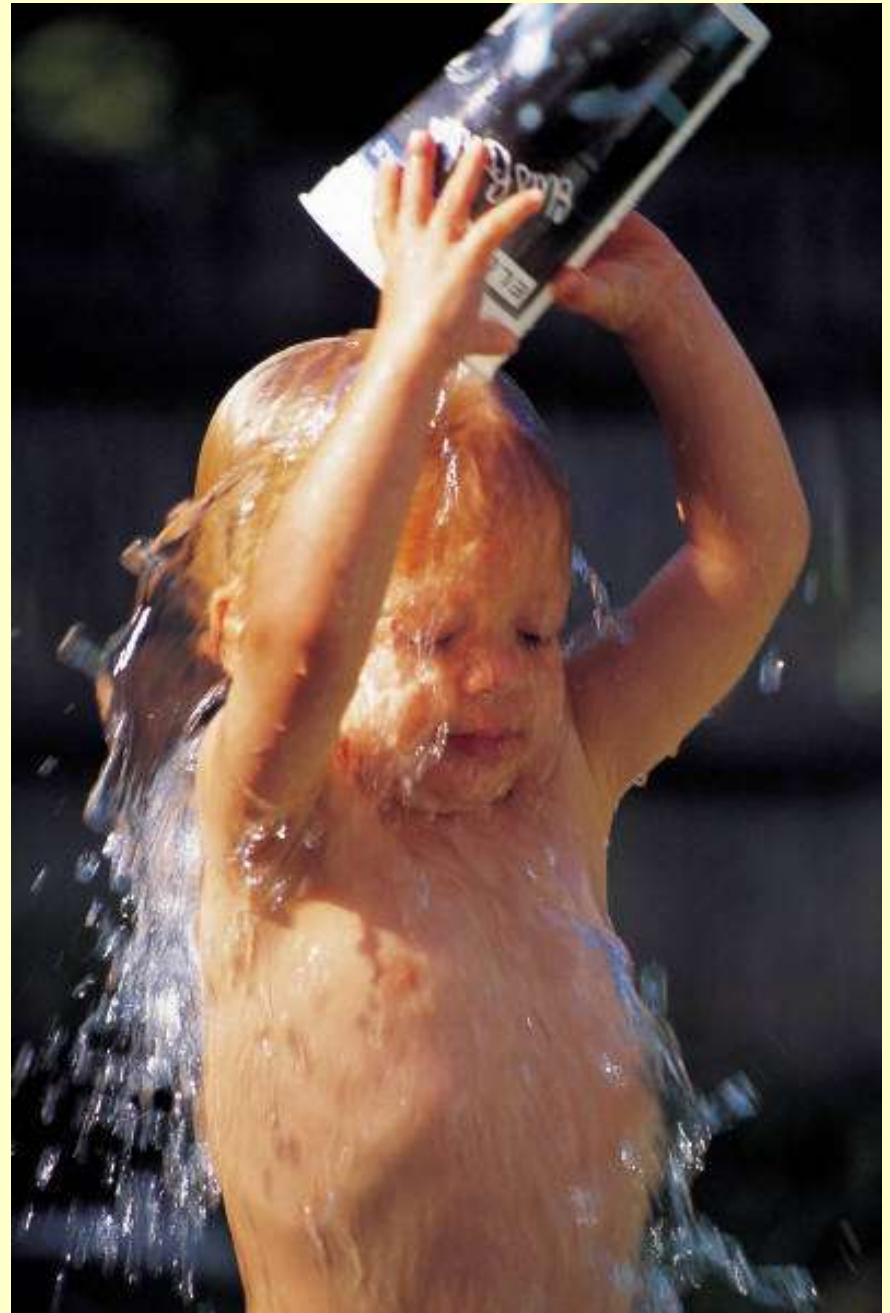
Infancy



- **language of newborn is the cry**
- **usually eats every 2 to 3 hours**
- **uncoordinated movements**
- **toothless**
- **poor vision (focusing range 8 to 12 inches)**
- **usually doubles weight by 9 months**
- **responds to human voice & touch**

Early Childhood

One-Year Old



- **change from plump baby to leaner more muscular toddler**
- **begins to walk & talk**
- **ability for passive language (better understanding of what's being said)**
- **tentative sense of independence**
- **determined explorer**

Two-Year Old



- **begins to communicate verbally (name, etc.)**
- **can usually speak in 3 to 4 word sentences**
- **famous for negative behavior**

“NO!” to everything!

temper tantrums

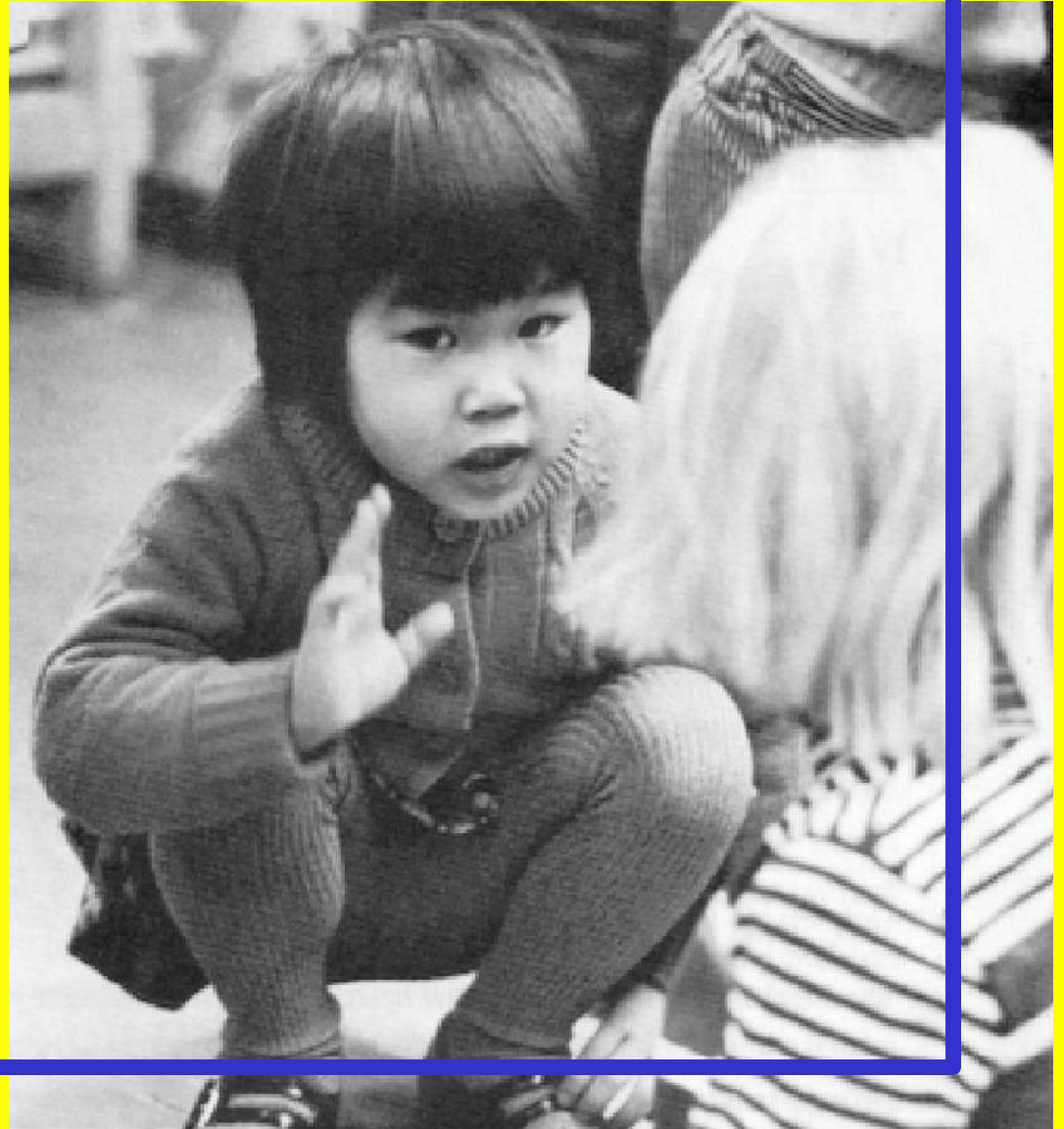
- **will play side by side other children, but does not actively play with them**
- **great imitators**

Three-Year Old



- **wants to be just like parents**
- **vocabulary and pronunciation continue to expand**
- **climbs stairs with alternating feet**
- **can briefly stand on one foot**

**Four-Year
Old**



- sentences are more complex; speaks well enough for strangers to understand**
- imagination is vivid; line between what is real & imaginary is often indistinct**
- develops fears (common fears: fear of dark, fear of animals, & fear of death)**

Five-Year Old



-can hop on one foot & skip

-can accurately copy figures

-may begin to read

-social with other children their age



Late Childhood: Preadolescence



- both large & small muscles well-developed
- developed complex motor skills
- from independent activities to same sex group activities
- acceptance by peers very important
- parental approval still important



Adolescence

- traumatic life stage for child & parent
- puberty occurs
- extremely concerned with appearance
- trying to establish self-identity
- confrontations with authority



Young Adult



- **physical development complete**
- **emotional maturation continues to develop**
- **usually learned to accept responsibility for actions & accept criticism**
- **usually knows how to profit from errors**
- **socially progress from age-related peer groups to people with similar interests**

Middle Adulthood



- **physical changes begin to occur:**

- **hair begins to thin & gray**

- **wrinkles appear**

- **hearing & vision decrease**

- **muscles lose tone**

- **main concerns: children, health, job security, aging parents, & fear of aging**

- **love & acceptance still take a major role**

Late Adulthood



- **fastest growing age bracket of society**
- **physical deterioration (brittle bones, poor coordination)**
- **some memory problems**
- **coping with retirement & forms of entertainment**
- **very concerned with health & finances**
- **significant number become depressed; suicide rate is high**

Individual Differences To Take Into Consideration

- Cultural & Subcultural differences
 - value systems, rites of passage, rituals
- Ethnic differences
 - skin tones, facial features, language
- Religious differences
- Physical differences
 - large/small, thin/fat, anomalies, disabilities
- Personalities
 - predisposition to be outgoing, shy, creative, etc.