

Play Years: Physical Growth

- Between 2 and 6 years of age, children grow almost 3 inches and gain 4.5 lbs. / year.
- By age 6, average child in developed countries weighs about 46 lbs. and measures 46”
- Generally boys are > muscular, < fat, slightly taller and heavier than girls throughout childhood.

- Because growth is slower during the preschool years, children need fewer calories per pound; consequently, their appetites are smaller, a fact that causes many parents concern.
- Iron-deficiency anemia (stemming from inadequate intake of quality meats, whole grains, eggs, and dark green vegetables) is the most prevalent nutritional problem. Characterized by chronic fatigue, anemia is 3 times more common among low-income children. [Joe Scruggs - No More Room for Broccoli](#)
- All SES kids eat too many sweets and fats, not enough fruits and vegetables.

Motor Development

- Fine motor skills (i.e., drawing, cutting, writing) Discuss drawing skills, hand choice and lateral dominance.
- Gross motor skills (i.e., running, climbing, throwing, catching, kicking)

History of Playgrounds

- Concrete Pipe Period (1940s & 50s)
- Jungle Gym Period (1950s)
- Maze Period (1960s)
- Novelty Period (1970s)
- Do-It-Yourself Period (1980s)
- Liability Period (1990s to Present)

Montessori Premises

- 1) Children learn by using all of their senses (i.e., sandpaper alphabet)
- 2) They have an inborn love of order.
- 3) Children prefer to choose their own activities, which they treat as work.
- 4) During certain “sensitive periods,” children are particularly ready to grasp specific intellectual concepts.

Child Maltreatment Terms

- Abuse – all actions that are deliberately harmful to a child’s well being. List types.
- Neglect – “inactions” – failures to act appropriately to meet a child’s basic needs.
- Meichenbaum ideas

Maltreating Families

- Vulnerable-to-crisis – Families experiencing unusual problems (i.e., divorce, loss of job). Constitute $\frac{1}{4}$ of maltreating families.
- Restorable – $\frac{1}{2}$ of maltreating families have the potential to provide adequate care but have many problems that impair parenting abilities.

- Supportable – 1/5 of families will never be able to function adequately and independently of social workers and therapists.
- Inadequate – 10% are so impaired by emotional problems or serious cognitive deficiencies that long-term foster care becomes a necessary option. Ideally, the children are placed in kinship care. A relative takes the child into their home and may even adopt the child.

Factors Associated with Maltreatment

- Excessive rigid or chaotic daily family routines and demands
- Abuse or neglect between other family members
- Socially isolated single parents
- 30-40% of children who were abused become child abusers themselves

How This Affects Professionals

- 1) Texas law dictates that any suspected maltreatment **MUST** be reported.
- 2) Healthcare, education, and helping professionals must protect themselves from accusations.
- 3) Have we gone far enough or have we gone too far? (i.e., Scouts, YMCA baseball)