



ST MARY'S
COLLEGE



Unit 3:

Human growth and development through the life stages

REVISION PACK

About this Unit:

This unit provides knowledge and understanding in relation to human growth and development through the life stages from conception to birth all the way through to late adulthood. You will look at changes and different experience individuals have throughout their lives, and how these affect them physically socially, emotionally and cognitively. You will explore theories of development that try to explain the factors that influence development and the role of the health and social care practitioner in supporting individuals through these events and changes. You will be required to apply knowledge and understanding in the following areas:

- stages of development from conception to birth
- potential effects on development of pre-conception experiences, pre-birth experiences and during birth experiences
- life stages: - infancy - childhood - adolescence - early, middle and late adulthood
- holistic development
- theoretical perspectives
- factors impacting on human growth and development
- transition and significant life events across life stages
- the role of care planning in relation to meeting individual needs and promoting well-being.

Key words you should know for this unit:

Start off by reading through these and spending more time looking over the ones you are unsure on.

Task: Each week get someone in your household to choose a different 7 key words to test you on. You need to write down the definition to the key word they give you. Tick it off under the 'Do I know this?' column when you can write the definition (or as close to it as you can) without looking. If you get it wrong, put a * next to it so you know to keep revising that one.

<u>Key word</u>	<u>Definition</u>	<u>Do I know this?</u>
Growth	A physical increase in size	
Development	The process of learning skills	
Pre-conception	The period of time before a woman gets pregnant	
Conception	This is when an egg is fertilised by a sperm and a baby is conceived	

Ovulation	Occurs when an egg is released from one of the women's ovaries and begins to travel down the fallopian tube	
Fertilisation	Takes place in the fallopian tube. The woman's egg meets the man's sperm and a baby is conceived.	
Zygote	The name of the cell formed by the joining of the sperm and the egg which develops into an embryo.	
Foetus	From 8 weeks after fertilisation until birth the embryo is called a foetus.	
Neonate	A newborn baby in the first 4 weeks after birth.	
Pre conception	The period of time before a woman gets pregnant.	
Pre birth	The period of time during pregnancy before the baby is born.	
Holistic development	Holistic development refers to how the person develops as a whole being since all aspects of development taking place at the same time and are linked. They all impact on another.	
Social development	Growth and relationships with others, it involves learning skills and attitudes that enable us to live with other members of the community comfortably.	
Emotional development	Development of expression and managing feelings, attachments and bonds with others, self-esteem and self-image	
Physical development	Development of the body, in size and in complex skills.	
Fine motor skills	Smaller movements of hands e.g. grasping something	
Gross motor skills	Larger movements of legs, arms, feet or whole body e.g. jumping	
Cognitive development	Development of the mind, includes learning to talk, understanding, memory, concentration, reasoning, problem solving, imagination, reading etc.	
Nature	The way you are born.	
Nurture	The way you are brought up and affected by your environment.	
Biological factors	Inherited characteristics passed through your genes/DNA from your parents, part of your nature.	
Environmental factors	Factors in your environment that impact your development and behaviour, part of the way you are nurtured.	
Transition	A change in your life e.g. starting school or developing a long-term illness	
Resilience	Resilience is a person ability to recover quickly from difficulties	
Key worker	An individual is assigned one person to liaise with.	
Care planning	An individual plan of needs, wishes, risks and type of care details	

Revision of work relating to Unit 3 Task 1 (P1, P2, P3, P4, D2, P5)

Make sure you know:

- The stages of development from conception to birth
- Examples of pre conception experiences and their impact on development
- Examples of pre birth experiences and their impact on development
- Examples of birth experiences and their impact on development
- The names and age ranges of the life stages
- The meaning of social, emotional, physical and cognitive development
- Examples of development at each life stage
- The meaning of nature and nurture
- Examples of biological factors that influence development
- Examples of environmental influences on development

Stages of development from conception to birth

TASK: Match up the definitions and identify the correct order of stages

Key Stage	Description
Foetus	Occurs when an egg is released from one of the women's ovaries and begins to travel down the fallopian tube
Zygote	Takes place in the fallopian tube. The woman's egg meets the mans sperm and a baby is conceived .
Neonate	The name of the cell formed by the joining of the sperm and the egg which develops into an embryo.
Ovulation	From 8 weeks after fertilisation until birth the embryo is called a foetus.
Fertilisation	This is the term used to describe a newborn baby in the first 4 weeks after birth.

Question: What is the maximum number of weeks of pregnancy?

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Potential effects on development of pre conception experiences

TASK: Answer the following questions

1. What is pre conception?
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2. Why is pre conception health important?
.....

3. What two things should women planning on becoming pregnant avoid and what are their effects on conception?

1.....

2.....

4. What two things should women planning on becoming pregnant do, and what are their effects on conception?

1.....

2.....

Potential effects on development of pre-birth experiences

TASK: fill in the gaps

<p><u>WORDBANK</u></p> <p>developing, screening, chemicals, premature, greater, foetal, heart, bacteria, before, mother, tests, advice, weight, withdrawal, tube, larger</p>
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Antenatal care

Antenatal care is care given the birth of a baby. The midwife or doctor providing antenatal care will

- Check the health of the and baby
- Give useful information to help the mother have a healthy pregnancy
- Discuss options and choices for care during pregnancy, labour and birth
- Answer any questions the mother may have

Antenatal classes are offered to give and support for mothers, they include things such as labouring and breastfeeding workshops.

Antenatal care includes at least two ultrasound scans to monitor how the baby is and check for any abnormalities. They also do tests to find out the likelihood of they baby having certain conditions such as downs syndrome. They provide blood to check for syphilis, HIV and hepatitis B. Finally, they also do screening for inherited blood disorders.

A mother's blood pressure will be checked, if it is high this may cause pre-eclampsia- this can be life threatening.

Alcohol

If a mother drinks alcohol whilst pregnant it can pass through the placenta to the baby, frequent drinking can result in alcohol syndrome (FAS). Alcohol damages important cells in the baby's body that are necessary for growth. Babies can have a small head and jaw, and limbs can be deformed. They are at risk of being born with learning disabilities, have problems with their organs and a weaker immune system.

Smoking

Smoking or passive smoking can increase the risk of pregnancy complications such as ectopic pregnancy, placental abruption, miscarriage, still birth and premature labour. When born babies can be much smaller and low birth is one of the main causes of illness and disability in babies. Cigarettes restrict the oxygen supply to the baby, so their heart has to beat harder. The from cigarettes pass through the blood stream to the foetus.

Drugs

Some medicines are not safe during pregnancy and can harm the baby. Also if mothers are drug addicts and take drugs whilst pregnant babies can be born with symptoms and long-term damage to thier health.

Diet

Some foods need to be avoided during pregnancy as they can cause illness or harm to the baby. Food to be avoided are partly cooked eggs, certain cheeses, raw meats and shellfish because they can all contain harmful..... that can cause miscarriage or still birth. Folic acid should still be taken to prevent higher risk of neural defects.

Complications during pregnancy

Gestational diabetes

If a mother’s blood sugar level is too high it can cause high blood sugar levels in the baby and the baby produces more insulin, this can make the baby grow than normal and cause birth difficulties. Gestational diabetes can also cause problems with the placenta, putting the baby at risk.

Pre-eclampsia

Pre- eclampsia can be dangerous for the mother and baby and can increase the risk of birth. It can also progress to a more dangerous condition called eclampsia this can cause fits and can result in the death of the mother and baby.

Potential effects on development of birth experiences

TASK: Match up the complications during labour for baby and mother

Birth injury	A baby is born before 37 weeks, will have a less developed immune system, need help feeding until it can suck and swallow, and may need help breathing if lungs are not developed.
Premature birth	The baby is bottom down rather than head down and are usually delivered by caesarean section.
Breech birth	This can cause the baby to become distressed and need to be delivered by emergency caesarean, if the supply is cut off for too long it may cause brain damage.
Lack of oxygen	This can be a physical result of the baby being born, they may have birth trauma if it is difficult for the baby to be born. Physical injuries may be bone fractures or nerve damage and for the mother tearing and severe bleeding and psychological distress. Also shoulder dystocia, when the baby's shoulder gets stuck in the mother pelvis during birth, this can squash the umbilical cord and will need assisted delivery.

The life stages of human development

TASK: write the life stage and age range into the timeline



Social, emotional, physical and cognitive developments

TASK: Match the definitions with the developments

Cognitive	Growth and relationships with others, it involves learning skills and attitudes that enable us to live with other members of the community comfortably.
Social	Development of the body, in size and in complex skills.
Emotional	Development of the mind, includes learning to talk, understanding, memory, concentration, reasoning, problem solving, imagination, reading etc.
Physical	Development of expression and managing feelings, attachments and bonds with others, self esteem and self image.

TASK: Identify the development area and the life stage of the examples of developments below

<u>Examples</u>	<u>Development area</u> (Social /Emotional/ Physical/Cognitive)	<u>Life stage</u>
Learns to use a cup and spoon, prefers to be with a familiar adult.		
Hormones begin to have affect and mood swings are common.		
Asks lots of questions and learns to read and write		
Major organs deteriorate and osteoporosis may develop.		
They become capable of reproduction and acne may develop		

Secondary socialization will begin, and children make best friends.		
New bonds are formed with their children responsibilities can cause stress.		
Abstract thinking develops so they can work out complex maths equations and think about their futures and how to achieve their goals.		
Thinking and response speed reduces, dementia may develop		
Become more independent from family, peer pressure is high.		
Begins to develop language and responds to commands.		
Loss of loved ones affects them and a decline in independence lowers self-esteem.		
Gains new knowledge and skills for employment.		
Learns to ride a bike and will have joined up handwriting.		
New friendships formed at work or with other parents.		
Begins to learn to control frustration, anger and jealousy and increase self-confidence.		
Reaches and grabs objects and learns to walk		
Experience helps people to make better judgements and decisions.		
Retirement provides more time to spend time with others.		
Forms attachments and temper tantrums occur		
Menopause occurs and hair may start to turn grey, wrinkles appear.		

Define holistic development:

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Nature versus Nurture

TASK: Circle true or false to the following statements.

- a) Nature cannot be changed TRUE/FALSE
- b) The ways people are nurtured can be changed TRUE/FALSE
- c) Biological factors are a part of nurture TRUE/FALSE
- d) Environmental factors are a part of nature TRUE/FALSE
- e) Inherited characteristics are a part of nurture TRUE/FALSE
- f) A person's genes are a part of nature TRUE/FALSE
- g) Education is factor of nature TRUE/FALSE
- h) Socio- economic is a factor of nurture TRUE/FALSE
- i) Both nature and nurture impact development TRUE/FALSE

TASK: Describe how socio-economic factors can affect development.

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Reasons for recognising and responding to concerns regarding individual's development

TASK: Unscramble the reasons below

- a) ot etem ylimaf ro srerac sdeen
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- b) ot ekta taconi
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- c) ot etrpmoo aelth dan
beweinllg.....
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- d) ot teme lauidividni endse
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Describe why a practitioner may respond to a child age 2.5 years that cannot walk

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Revision of work relating to Unit 3 Task 2 (P6, M1, D1)

Make sure you know:

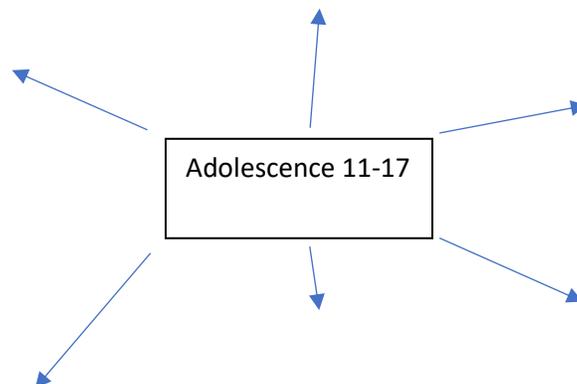
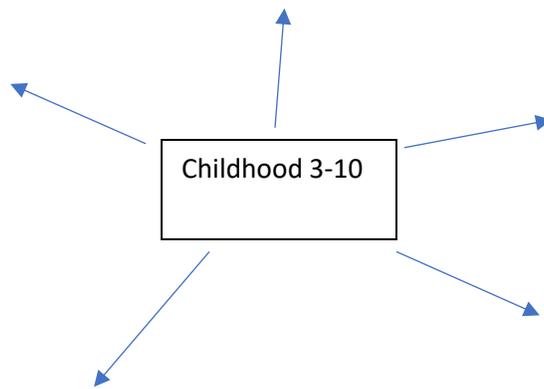
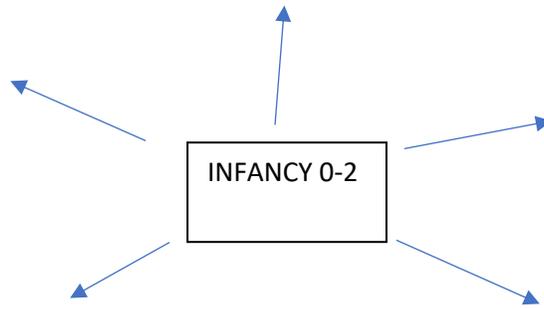
- The transitions and significant life events at each life stage
- Short and long term impacts of transitions
- The effects of transitions on emotions, relationships, independence health and resilience.
- The role of the health and social care practitioner in preparing and supporting individuals for a planned transition at each life stage

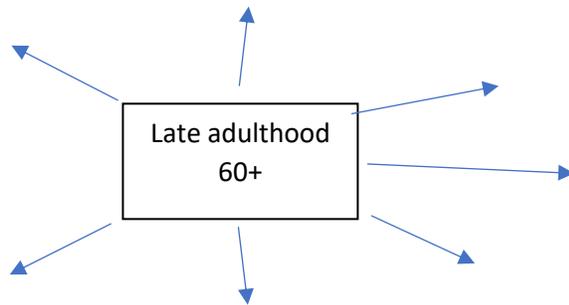
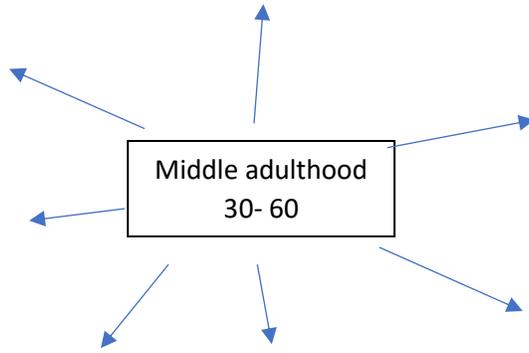
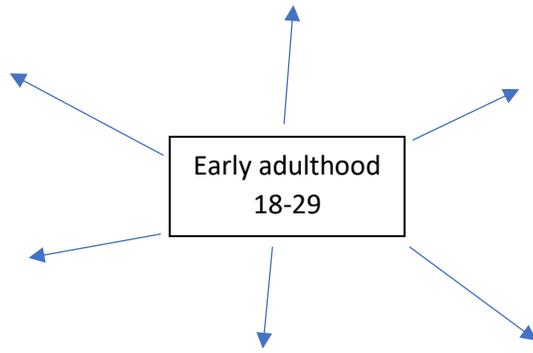
Transitions and significant life events across the life stages

TASK: Create mind maps of the mixed-up transitions and significant life events below in each life stage, some may appear twice as they are in more than one life stage.

separation, start nursery, family illness/disability, become a parent, buy a house, start school, first job, birth of a sibling, puberty, move house, being taken into care, weaning, transfer to secondary school, take exams, boyfriend/girlfriend, leave home, toilet training, move house, go to university, leave home, exams, get married, move into residential care,

bereavement, get married, birth of a sibling, become a parent,
menopause, loss of parents, divorce, learn to read, retirement, move to a
new house- downsize, driving test, age related medical conditions,
redundancy, change job, promotion.





Short and long term impacts of transitions. The effects of transitions on emotions, relationships, independence health and resilience.

Task: Fill in the gaps

WORDBANK

days, affected, years, loss, changes, recover, independence, school, positively, negatively, trust, long, redundancy, improve, mind, lives.

Short term impacts affect a person for a few or weeks.

Long-term impacts affect a person over several months or even

Emotional

Some transitions and significant life events will affect emotions and bring joy such the birth of a planned baby, whereas being diagnosed with a serious illness will be devastating and affect emotion A child spending time away from a parent can also have a negative impact on emotion and their attachment in the..... term. Bereavement can cause long and short term emotional grief.

Relationship changes

Relationships can bring a sense of belonging, love, security and happiness, but a negative experience that leads to divorce is likely to make an individual wary of starting a new relationship. They may lack and not want to get involved with anyone for a long time.

Friendships and professional relationships can all be by events. If a person is diagnosed with a serious long term illness they may have to give up their job and rely on their partner or family/ friends to help with daily task such as washing and dressing, this causes the person to become a carer and the relationship

Independence

Starting nursery, or a new job are generally approached with mixed emotions of nervousness of excitement. Children may feel more 'grown up' and have new away from parents. Younger children may take time to get used to independence away from parents.

Having treatment for an illness may result in a of independence short term or long term depending on the illness and they may have to rely on others.

Health

Treatments for serious illness can have very long term affects which can be positive and negative. Treatment may or remove an illness which is positive and can improve a person's state of as well as their health. However, the negative side of treatments can be nausea, hair loss, weight loss or gain, and treatments can be tiring and painful. Some treatments are for a short time and others can be for the rest of their, this can cause depression.

Resilience

Resilience is a person ability to quickly from difficulties. It is the process of adapting to a new situation that may not have been a person's choice. Events such as such as or relationship changes can affect a persons resilience.

TASK: Discuss the possible long and short term effects on yourself when your partner/parent is diagnosed with a long term illness in which you need to provide support.

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The role of the health and social care practitioner in preparing and supporting transitions.

Task: Match the role with the example

Role	Example
Key working	A social worker visits an individual to chat about potentially moving into a care home
Assessment of needs	A keyworker will advise other services to help and provide contact.
Discuss, explore, reassure	Carers will take time listen to an individual to get to know them and their wishes.
Positive relationships	A social worker will arrange a visit for an individual to look around a care home before a potential move.
Partnership working	Occupational therapists assess a person's home to make adaptations to suit their needs.
Access to services	A social worker will decide if a person is unable to live independently
Safeguard	An individual is assigned one person to liaise with.

Revision of work relating to Unit 3 Task 3 (P7, M2, M3)

Make sure you know:

- The purpose of care planning.
- How individual care planning meets holistic needs.
- The stages in the care plan.

The purpose of care planning

TASK: Unscramble the purposes of care planning

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The stages of the care planning cycle

TASK: find the stages of the care planning cycle in the word search and rite them in order.

A	B	C	F	J	D	A	N	J	O	L	V	Z
D	A	S	S	E	S	S	A	O	M	S	M	X
A	R	A	E	I	B	W	T	G	J	S	O	F
S	E	N	V	M	O	N	I	T	O	R	N	D
L	C	A	I	P	L	P	C	H	K	D	E	B
M	W	R	S	L	W	A	W	B	L	R	R	K
O	F	V	F	E	D	W	S	E	T	E	T	A
N	H	B	H	M	C	Q	C	N	A	V	U	S
Y	S	K	R	E	V	I	E	W	O	I	R	E
E	R	E	G	N	O	C	K	A	A	S	E	E
T	E	D	T	T	N	Q	G	R	P	E	D	S
O	V	C	H	O	L	U	P	E	W	S	P	S
R	Y	E	S	O	N	B	P	V	C	S	E	G
Z	E	R	I	L	R	J	L	S	D	Y	R	T
B	E	E	S	I	W	Z	U	B	A	A	S	H
P	H	V	T	R	G	A	Q	V	S	S	P	O

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

How care planning meets individual needs

TASK: Explain 2 ways care planning can meet an individual's needs, use an example to support your answer.

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