Helpful Hint

Review school-age development in a developmental psychology textbook.

Matching Key Terms

Match the term with the correct definition.

1. _______ caries
   a. Misalignment of the teeth
2. _______ conservation
   b. Ability to understand that certain properties of objects remain the same despite changes in appearance
3. _______ malocclusion
   c. Children who care for themselves after school
4. _______ menarche
   d. Onset of menstruation
5. _______ self-care children
   e. Tooth decay

Growth and Development for the School-Age Child

Answer as either true (T) or false (F).

1. _______ Throughout the school-age years, boys are consistently taller and heavier than girls.
2. _______ The onset of puberty is signaled by the adolescent growth spurt.
3. _______ Tonsil enlargement in the school-age child is considered an abnormal finding.
4. _______ All permanent teeth are in place by age 12 years.
5. _______ Menarche occurs later in females who are obese.

Fill in the blanks.

6. Why is active play important for school-age children?

7. Why are children more prone to dehydration than adults?

8. Reversibility allows children in the concrete operational stage to anticipate the results of their _____________.

9. Children understand the principle of conservation of ____________________ before they understand conservation of _____________________.

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10. Why is collecting stickers an appropriate activity for school-age children?

11. How do friendships change as school-age children mature?

12. Why do middle ear infections occur less frequently in school-age children than in younger children?

13. How do children develop a sense of industry?

14. How is the developmental task of industry related to self-esteem?

15. Why are rules important to school-age children?

Fill in the blanks.

16. Briefly describe why children obey rules in each of the following stages of moral development.
   a. Preconventional, stage 2:
   b. Conventional, stage 3:
   c. Conventional, stage 4:
17. For parents’ moral teaching to be effective, they must:
   a. __________________________ in accordance with their own values.
   b. be consistent in their __________________________ of what the child should do.
   c. be consistent in administering __________________________ and __________________________.

HEALTH PROMOTION FOR THE SCHOOL-AGE CHILD AND FAMILY

Fill in the blanks.

1. School-age children need how many servings of the following foods each day?
   a. _______ oz. of grains   d. _______ oz. of protein
   b. _______ cups of vegetables   e. _______ cups of dairy products
   c. _______ cups of fruits

2. A 6-year-old needs about _______ hours of sleep, whereas a 12-year-old needs _______ hours.

3. How can parents foster a sense of responsibility in their children?
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________

4. List three strategies parents can use to help their child succeed in school.
   a. ________________________________________________________________
   b. ________________________________________________________________
   c. ________________________________________________________________

5. How can nurses act as advocates for self-care children?
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________

6. What can parents do to prevent childhood obesity?
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________
   ____________________________________________________________________________
SUGGESTED LEARNING ACTIVITIES

1. Interview an elementary school teacher. Ask about the common stressors encountered by students in the teacher’s class. How does the teacher’s perception of student stressors compare with those identified in your textbook? What information does the teacher think school-age children need to help them cope more effectively with stress?

2. Choose one of the topics under “Sources of Stress in Children” in your textbook. Design a teaching plan focused on this topic and intended for a group of 8- to 10-year-old children. What makes this topic stressful? How can children in this age group cope with that stressor?

STUDENT LEARNING APPLICATIONS

Enhance your learning by discussing your answers with other students.

A 7-year-old girl missed a week of school because of nausea and vague abdominal pain on waking in the morning. She felt better after her siblings left for school each morning but had temper tantrums when her parents suggested she go to school in the afternoon. She had no symptoms over the weekend. On Monday morning, her symptoms returned, and her parents made an appointment with the pediatric nurse practitioner (PNP). After a thorough physical examination, the PNP made the tentative diagnosis of school refusal.

1. What in this scenario suggests school refusal?

2. What questions would you ask the child about her relationships with her parents, teachers, siblings, classmates, and friends to discover the “cause” of her school refusal?

3. The father asks, “What should we do if my daughter says she’s sick tomorrow?” What suggestions can the PNP give him?

4. Two days later, the father calls to say that his daughter told him that she thinks her math teacher “hates” her. How can the PNP help the family and child deal with this situation?

REVIEW QUESTIONS

Choose the correct answer.

1. The preadolescent growth spurt occurs
   a. earlier in boys than in girls.
   b. earlier in girls than in boys.
   c. at about the same time in boys and girls.

2. Sex education for the 9-year-old child should include information about
   a. anatomy and physiology.
   b. bodily functions.
   c. what to expect during puberty.
   d. all of the above.

3. Children at increased risk for having dental caries include those who
   a. wear braces.
   b. do not wear mouth protectors during sports activities.
   c. use smokeless tobacco.
   d. do any of the above.

4. Children in the intuitive thought stage
   a. form hypotheses.
   b. are able to reverse their thinking.
   c. classify objects into categories.
   d. exhibit egocentrism.

5. Parents should limit school-age children’s daily television viewing time to
   a. 1 hour.
   b. 2 hours.
   c. 3 hours.
   d. 4 hours.

6. An appropriate coach for a child’s basketball team
   a. has a win-at-all-costs philosophy.
   b. is courteous to children, referees, and other coaches.
   c. divides the children into teams based on age.
   d. demonstrates all of the above.

7. An example of an activity that develops fine motor skills in the school-age child is
   a. rollerblading.
   b. playing the guitar.
   c. playing tag.
   d. swimming.

8. An 8-year-old child typically
   a. problem solves through random guessing.
   b. comprehends historical time.
   c. understands conservation of mass.
   d. cannot appreciate another person’s point of view.
9. *Healthy People 2010* objectives for school-age children include which of the following?

a. Increase the proportion of children with disabilities who spend at least 40% of their time in regular education programs.

b. Reduce the proportion of children with mental health problems.

c. Increase the proportion of children older than 2 years who consume at least 30% of their calories from fat.

d. Increase the proportion of children who receive dental sealants on their molar teeth.

10. A child who does not successfully complete the developmental task of industry develops a sense of

a. shame and doubt.

b. guilt.

c. inferiority.

d. confusion.