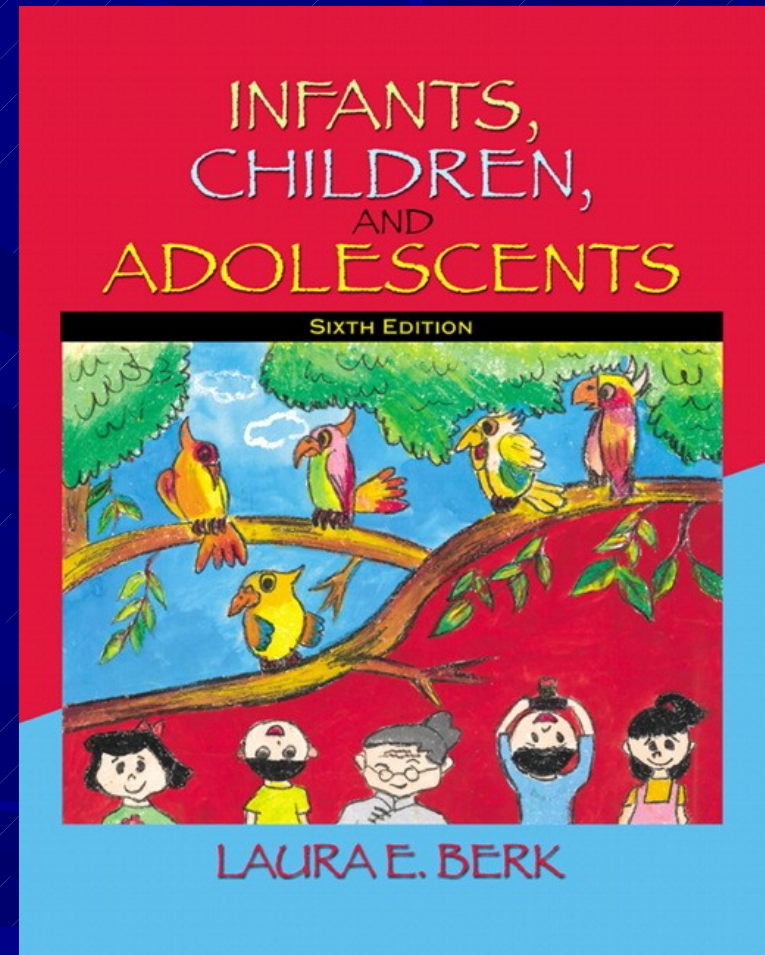


Chapter 11: Physical Development in Middle Childhood



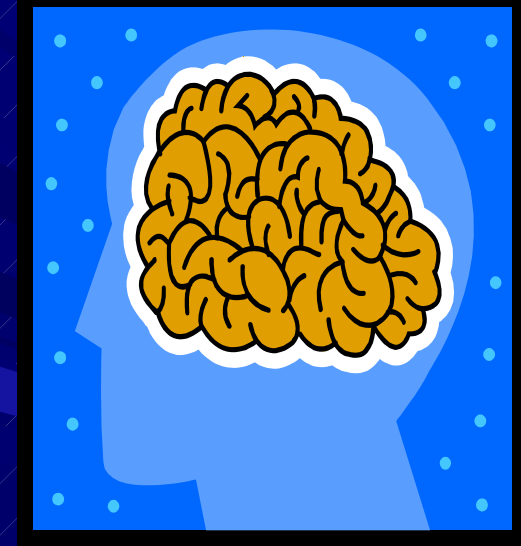
Body Growth in Middle Childhood

- Slow, regular pattern
- Girls shorter and lighter until about age 9
- Lower portion of body growing fastest
- Bones lengthen
- .All permanent teeth arrive



Brain Development in Middle Childhood

- Synaptic connections and myelination occur
- Children acquire complex abilities



Common Health Problems in Middle Childhood: Vision

- Vision – **Myopia (cultural and SES)**

- Near sighted

- Genetic

- Environmental

- Higher SES

- cultural

Trends point towards high SES backgrounds leading to more myopia



Common Health Problems in Middle Childhood:

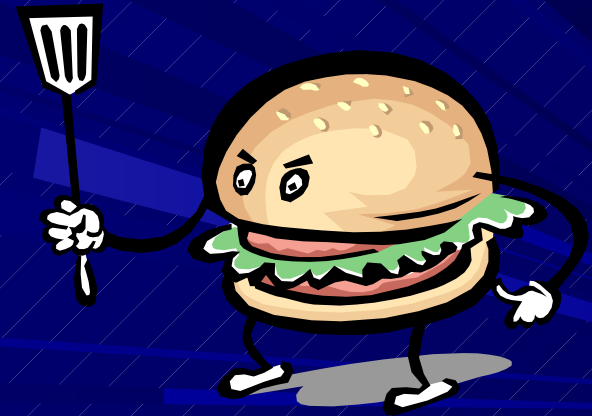
No diversity of food = **Malnutrition**

Does not mean poverty,
just refers to insufficient
nutrient requirements

- Small % eat as a family
Leads to
- ■ Better eating patterns evident
- Malnutrition is a problem in North America
- Many negative associations

Malnutrition in Middle Childhood

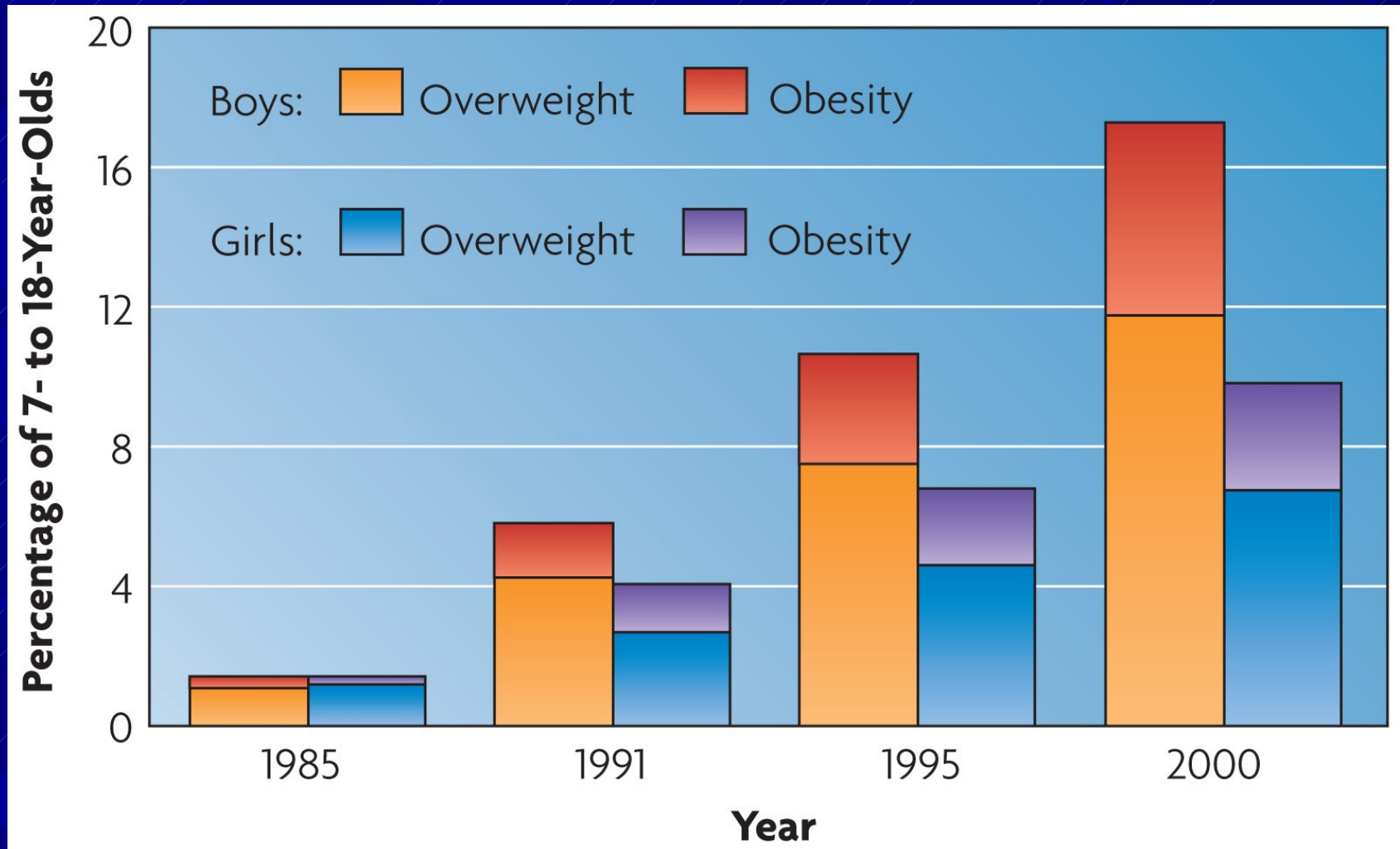
- Little focus on eating
- Fewer meals with family
- Too few fruits and vegetables
- Too many fried foods
and soft drinks
- Poverty and lack of
nutritional food



Common Health Problems in Middle Childhood: **Obesity**

- > 20% of recommended weight
- 20% of children in this age group are obese
- Genetic evidence
- SES When it is low there is a significant increase in obesity
- Eating habits/portion sizes
- 80% become obese adults if also obese in children
- Many health complications
- Social complications

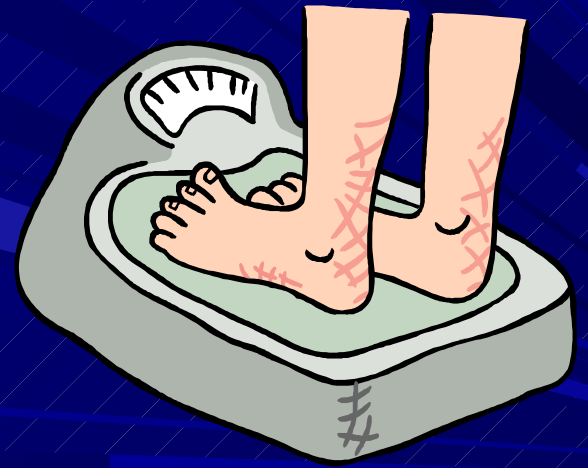
Increase in Obesity Among 7- to 18-Year Olds in China from 1985 to 2000



Causes of Obesity in Middle Childhood

- Overweight parents
- Early rapid growth or malnutrition
- Low SES
- Family eating habits
- **Response to food cues**
- Low physical activity
- Television

MORE AT RISK FOR:
Cardiac, Sleep Apnea, Diabetes,
Asthma



Do you eat when you are hungry
or just because of the presence
of food

Treating Obesity

- A family issue
- Cannot simply treat the child

Common Health Problems in Middle Childhood: **Bedwetting**

- Nocturnal Enuresis = bedwetting
- Muscular response not programmed to remain tight
- Hormonal imbalance leads to increased urine production overnight that is released
- Urine alarm

Illnesses in Middle Childhood



- More acute illnesses first two years of school
 - Exposure
 - Still developing immune system
- Chronic diseases - 15–20% of illnesses
 - Asthma
 - Severe illnesses (e.g., HIV)—2%

Most common illness

- Asthma
- School absences
- Genetic
- environmental

Unintentional Injury

- Risk is greater for boys = risk takers
- Overall rate higher at this age group
- Independently mobile
- Lack of parental supervision

more so then
infancy or
early childhood

Accidents in Middle Childhood

■ Most common types

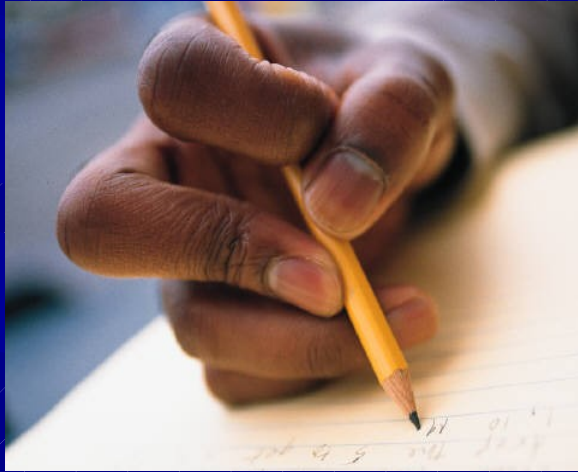
- Motor vehicle *hit by cars*
- Bicycle *not wearing helmet*
- Pedestrian *crossing the street or J-walking*

■ Prevention

- Teach safety *Police demonstrations at school*
- Model safe behavior
- Require helmets
- Watch high-risk children more



Motor Development in Middle Childhood



■ Gross Motor Skills Improvements

- Flexibility
- Balance
- Agility
- Force

■ Fine Motor Skills Gains

- Writing
- Drawing

Six-Year-Old's Drawing



Eight-Year-Old's Drawing



Ten-Year Old's Drawing



Individual Differences in Motor Skills

- Girls better at fine motor skills
- Boys better at gross motor skills
 - Physical reasons
 - Gender norm expectations



Physical Play Development in Middle Childhood

■ Child-Organized Games with Rules

– Develops cognitive,
physical and social skills

– Sports

- Has many potential
benefits

