

Middle and Late Childhood

Source: Papalia (2011), Saerbeck (2013)

Physical Development

- Girls retain somewhat more fatty tissue than boys
- Tooth decay remains one of the most common chronic untreated conditions
- Access to proper dental care is important for young children
- Recommended calories per day for schoolchildren 9 to 13 years of range from 1,400 to 2,600 depending on gender and activity level
- Sleep: average of 10 hrs a day
 - Factors that affect children's sleep:
 - ✓ Exposure to media screens
 - ✓ Physical inactivity
 - ✓ Secondhand smoke
 - ✓ Poor housing
 - ✓ Vandalism
 - ✓ Lack of parks and playgrounds
 - Persistent snoring, at least 3x a week, may indicate a child has sleep-disordered breathing, which is linked to behavioral and learning difficulties
- Faster and more efficient information processing and an increased ability to ignore distractions
- The overall volume of gray matter (linked with IQ) increases pre-puberty and declines post-puberty
 - Decline is due to loss in the density of gray matter
 - Gray matter volume peaks 1 to 2 years earlier in girls than boys
 - The loss in density of gray matter with age is balanced by another change - a steady increase in white matter
- Motor Skills continue to improve in middle childhood
 - Children play games during recess which usually involves socialization
 - Boys typically play physically (running), whereas girls loves games that involves verbal expression or counting out loud (jump rope, hopscotch)
 - Rough-And-Tumble Play - wrestling, kicking, tumbling, grappling, and chasing, accompanied by laughing and screaming

- 6-9 year olds need more flexible rules, shorter instruction time, and more free time to practice than older children
- Older children are able to process instruction and learn team strategies
- Body Image (how one believes one looks) becomes important early in middle childhood, especially for girls, which could lead to eating disorders during adolescence (may be influenced by playing unrealistic dolls such as Barbie)
- Causes of obesity:
 - ✓ Overweight parents or other relatives
 - ✓ Peer nutrition
 - ✓ Eating fast food
 - ✓ Sugar
 - ✓ Inactivity
- Acute Medical Conditions - occasional, short-term conditions, such as infections and warts
- Chronic Medical Conditions - physical, developmental, behavioral, or emotional conditions that persists 3 months or more such as asthma and diabetes
- Asthma - chronic, allergy-based respiratory disease characterized by sudden attacks of coughing, wheezing, and difficulty breathing
 - Caused by genetics, smoke exposure, low levels of vitamin D
- Diabetes - one of the most common diseases in school-aged children
 - Characterized by high levels of glucose in the blood as a result of defective insulin production, ineffective insulin action, or both
 - Type 1: result of an insulin deficiency that occurs when insulin-producing-cells in the pancreas are destroyed
 - Type 2: characterized by insulin resistance and used to be found mainly in overweight and older adults
- Hypertension - high blood pressure; children with hypertension are more likely to have learning disabilities and may have problems with executive functioning
- Accidental Injuries are the leading cause of accidental death among school-age US Children

Cognitive Development

Resources For Middle Childhood A Source

Kathleen Stassen Berger



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