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| **COMPONENT 1 HUMAN LIFESPAN DEVELOPMENT LA.A** | | | | | | |
| **Infancy**  **0-2 years** | **Physical** | **Intellectual** | | **Emotional** | | **Social** |
| Rapid physical growth – height and weight | Development of senses | | Bonds and attachments are formed | | Need strong interactions with adults and caregivers |
| Gross and fine motor skills development | Rapid development of language | | Need for love & affection | | Socialisation through family |
| Fine motor development requires coordination and precision | Development of thinking skills – memory and recall | | Need safety & security | | Engage in solitary play |
| Growth and development will vary | Watch, copy and learn through role models | | Need for routine and praise | |
| Development of key milestones - walking | Need for praise | |
| **Childhood**  **3-8 years** | **Physical** | **Intellectual** | | **Emotional** | | **Social** |
| Mastery of gross and fine motor skills | Increased curiosity | | Increased independence | | Social circle widens |
| Continued growth and development | Language fluency develops, building on vocabulary | | Wider range of relationships | | Close friendships are formed |
| Further development of milestones – can walk upstairs unaided | Strong grasp of memory and recall | | Continued development of attachments | | Socialisation process continues through family and also friends/carers |
| Riding a tricycle, riding a bike | Pre-school/school supports intellectual development | | Attachments support security and contentment | | Social play develops |
| Start to explain emotions | | Children learn to take turns |
| **Adolescence**  **9-18 years** | **Physical** | **Intellectual** | | **Emotional** | | **Social** |
| Increase of sex hormones | Abstract/logical thinking develops | | Hormonal changes influence mood swings | | Wider range of friendships, to include formal and informal relationships |
| Onset of puberty | Wider range of vocabulary | | Self-image and self-esteem concerns can develop | | Influential relationships  Peer pressure |
| Primary and secondary sexual characteristics | Develops morals/ideas | | Freedom to make own decisions | | Risk taking decisions |
| Menstruation starts, females become fertile | Educational experiences support learning | |  | | Close/intimate relationships develop |
| **Early adulthood**  **19-45 years** | **Physical** | **Intellectual** | | **Emotional** | | **Social** |
| Females at their most fertile, sexual maturity reached | High level problem solving – mastery of abstract and creative thinking | | Independent living and control over lives | | Intimate and long-lasting relationships formed – marriage, relationship break-ups |
| Peak of physical fitness, full height | Employment and careers become important | | Emotional wellbeing is based on attachment and security | | Parental responsibilities |
| Metabolic rate slows | May return to education | | Responsibilities | | Work pressures |
| Weight gain at later stages | Learn from experiences | | Need to feel secure | | Social/family gatherings |
| **Middle adulthood**  **46-65 years** | **Physical** | **Intellectual** | | **Emotional** | | **Social** |
| Peri-menopause 40’s | Continued ability to problem solve | | In control of lifestyle | | Time when children have left home, freedom |
| Menopause (50ish) | Continued ability to make logical decisions | | Feelings of contentment | | Time for travel and friends |
| Reduced mobility | Retirement at the later stages | | Retirement can affect self-esteem/self-image | | May have more time to socialise |
| Decline in senses such as eye sight and hearing |  | | Ageing process can affect self-image and self esteem | | The ageing process could hinder freedoms in the latter stages |
| Increased risk of falls, joint pain and age related conditions such as arthritis | Emotional wellbeing is based on attachment and security | |
| Reduction of skin elasticity |
| **Later adulthood**  **65+ years** | **Physical** | **Intellectual** | | **Emotional** | | **Social** |
| Ageing process becomes more rapid | Decline in cognitive ability | | May start to become dependent on others | | Bereavement – loss of a partner could result in loneliness and isolation |
| Decline in physical fitness, loss of mobility | Reduced reaction times | | Emotional wellbeing continues to be based on attachment and security and contentment | | Reduced social activities |
| Loss of muscle tone and further loss of skin elasticity | May experience loss of memory and recall | |  | | More rapid increase in aging process can hinder freedoms |
| Further decline in senses |
| **FACTORS AFFECTING GROWTH AND DEVELOPMENT** | | | | | | |
| **Physical Factors** | | | **Lifestyle Factors** | | **Emotional Factors** | |
| Inherited conditions – sickle cell disease, cystic fibrosis, muscular dystrophy, Marfan syndrome and Huntington’s disease | | | Nutrition | | Fear, anxiety, worry, upset, sadness, grief, bereavement | |
| Experience of illness and disease | | | Physical activity | |
| Smoking | | Happiness, contentment | |
| Mental health – anxiety, stress | | | Alcohol | |
| Physical ill health – cardiovascular disease, obesity, type 2 diabetes | | | Substance misuse | | Security | |
| Disabilities/sensory impairments | | | Attachment | |
| **Social Factors** | | | **Cultural Factors** | | **Environmental Factors** | |
| Supportive and unsupportive relationships | | | Religion, gender roles and expectations | | Housing, housing conditions, location | |
| Social inclusion/exclusion | | | Gender identity | |
| Sexual orientation | | Home environment – conflict, abuse and neglect | |
| Bullying | | | Community participation | |
| Discrimination | | | Race | | Exposure to pollution – air, noise, light | |
| **Economic Factors** | | | **Economic Factors** | | | |
| Employment situation | | | Financial resources – income, inheritance and savings | | | |