

**COMPONENT 1 HUMAN LIFESPAN DEVELOPMENT LA.A**

	<b>Physical</b>	<b>Intellectual</b>	<b>Emotional</b>	<b>Social</b>
<b>Infancy 0-2 years</b>	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	
<b>Childhood 3-8 years</b>	<b>Physical</b>	<b>Intellectual</b>	<b>Emotional</b>	<b>Social</b>
	Mastery of gross and fine motor skills	Increased curiosity	Increased independence	Forming friendships
	Continued growth and development	Language fluency develops, building on vocabulary	Wider range of relationships	Temper tantrums
	Further development of milestones – can walk upstairs unaided	Strong grasp of memory and recall	Continued development of attachments	Cooperation
	Riding a tricycle, riding a bike	Pre-school/school supports intellectual development	Attachments support security and contentment	Parallel/social play
			Start to explain emotions	Reliance on adults
<b>Adolescence 9-18 years</b>	<b>Physical</b>	<b>Intellectual</b>	<b>Emotional</b>	<b>Social</b>
	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	
<b>Early adulthood 19-45 years</b>	<b>Physical</b>	<b>Intellectual</b>	<b>Emotional</b>	<b>Social</b>
	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 +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 aging process could hinder freedoms in the latter stages
	Increased risk of falls, joint pain and age rated 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	
Mental health – anxiety, stress	Smoking	
Physical ill health – cardiovascular disease, obesity, type 2 diabetes	Alcohol	Happiness, contentment
Disabilities/sensory impairments	Substance misuse	Security
		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	
Bullying	Sexual orientation	Home environment – conflict, abuse and neglect
Discrimination	Community participation	Exposure to pollution – air, noise, light
	Race	
Economic Factors	Economic Factors	
Employment situation	Financial resources – income, inheritance and savings	