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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 relationshipsPeer 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 |