



Created Sexual: Male and Female

Topic 5

We Grow and Change

Love lights the lamp of human development.

Thomas Lickona

We Grow and Change
New babies seem very small and helpless. But they don't stay that way for long! You don't remember, but you were very busy during the first year of your life.

Age	In one year, most babies begin to:			
0 - 3 months	enjoy looking at faces	smile at people	play with their hands	lift their heads when on their stomachs
3 - 6 months	roll over	reach for objects	shake a rattle to hear the noise	eat some solid food
6 - 9 months	sit without help	crawl on their bellies	enjoy peek-a-boo	hit strangers from people they know
9 - 12 months	crawl on their hands and knees	walk with help	stand up without help	say their first word

You were also very busy growing. At the end of their first year, most babies weigh three times as much as they did when they were born, and are about half again as tall. Can you imagine how big you would be now if you had kept on growing at that rate?

By the time you were three, you would be about the size of a large man!

By the time you were six, you would be as tall as a full-grown giraffe!

But you didn't keep growing that quickly. You started to slow down after your first birthday.

This graph shows you the average height for girls and boys when they are two, four, six, and eight years old. Where do you fit?

Here are a few more changes since you were born:

- Teeth** — By the time you were a year old, you probably had six or eight teeth. Those first baby teeth are also the first ones you lose to make room for your permanent teeth.
- Feet** — You had chubby little feet when you were a baby. How big are your feet now?
- Physical skills** — Most babies begin to walk without help when they are about one year old. Just think what you have learned to do since then — hop, run, jump, skip, go up and down stairs, kick a ball, balance on one foot, and so much more.

From a tiny baby to who you are now may seem like a long time. You have changed and learned so much during those years. But there is still a lot more growing, changing, and learning to come.

Expectations

The students will:

- describe some basic features of growth and development between birth and childhood.
- recognize that they will continue to grow and develop.

Note to the Teacher

In the final topic of Theme Three, the students explore the amazing changes that take place in the first year of a newborn's life, and consider some of the other ways in which they have grown and developed since birth.

While growth and development in children does follow a generally predictable timetable, it is also true that each child has a unique pattern of development. It is important for the children to understand that their growth and development will not be exactly the same as others in the classroom. Although comparisons with classmates are normal, it is important that such comparisons do not assume too much importance. Biggest, fastest, smartest do not measure the value of the person, only a particular set of skills. This perspective is especially important in classrooms with children who have special needs. It is important to acknowledge and honour differences in people, reaffirming that each is created in the image and likeness of God.