Growth:

- Increase in the no. And size of cells is called growth.
- It is a physical maturation
- It can be measured.

Development:

- Increase in the functioning, Skills
- It is physiological maturation
- It cannot be measured

Growth and Development stages:

1. From Conception to 2'nd week: Fertilized ovum
2. From 2 weeks to 8' th week: Embryo
3. 9 weeks to till delivery: Fetus
4. From birth to 28 days: Neonate
5. 1 year: Infant
6. 1 - 3 year: Toddler
7. 3 - 6 year: Pre-School
8. 6 - 12 year: School going
9. 12 - 18 year: Adolescent

Teeth:

- At birth: no teeth are present, start at 6 months.
- जन्म के बाद पहला दांत - Lower central incisor at 6 months of age.
- First Molar teeth: at 6 year
- Milk teeth (Desiders): total No. 20
- Formula = \[
\frac{2102}{ICPM}\]
**Weight :-**

- Neonate **losses 10 %** of his birth weight, During first week after birth due to **immature kidney** and **meconium excretion**.
- The Neonate regain his birth weight within **7 - 10 days**.
- पहले 6 महीने में 30 gm प्रतिदिन weight बढ़ता है, 6 माह बाद से 1 year age तक 20 gm प्रतिदिन के हिसाब से बढ़ता है
- Birth Weight :- Normal :- 3 - 3.5 kg
  - 5 month = दोगुना बजन
  - 1 year = तीन गुना
  - 2 Year = चार गुना
  - 3 year = पाँच गुना

**Length :-**

- पहले 6 माह तक लम्बाई 2 से 2.5 cm हर माह के अनुसार बढ़ती हैं
- 6 माह बाद से 1 वर्ष तक - 1 - 1.5 /माह
- At Birth Length :- 45 - 50 cm
  - 3 month = 60 cm
  - 9 month = 70 cm
  - 1 year = 75 cm

★ **Head Circumference at Birth = 33 - 35 cm**

★ **Chest Circumference at Birth = 32 cm**

  Chest Circumference & Head Circumference 1 वर्ष की उम्र पर बराबर हो जाते हैं

★ **Mid upper arm Circumference at Birth = 11 - 12 cm**
## Developmental Milestones

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Smile</td>
<td>2 month</td>
</tr>
<tr>
<td>Head Holding</td>
<td>Up to the Horizontal line 6 weeks</td>
</tr>
<tr>
<td>Complete Head Holding</td>
<td>5 month</td>
</tr>
<tr>
<td>Sitting with Support</td>
<td>5 month</td>
</tr>
<tr>
<td>Sitting without Support</td>
<td>8 month</td>
</tr>
<tr>
<td>Stands with Support</td>
<td>9 month</td>
</tr>
<tr>
<td>Standing without Support</td>
<td>12 month</td>
</tr>
<tr>
<td>Walk with Support</td>
<td>12 month</td>
</tr>
<tr>
<td>Walk without Support</td>
<td>13 - 15 month</td>
</tr>
<tr>
<td>Can Run</td>
<td>18 month</td>
</tr>
<tr>
<td>Climb stairs</td>
<td>2 year</td>
</tr>
<tr>
<td>Riding tricycle</td>
<td>3 year</td>
</tr>
</tbody>
</table>

### Language

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Producing cooing sound</td>
<td>2 month</td>
</tr>
<tr>
<td>Laugh loudly</td>
<td>4 month</td>
</tr>
<tr>
<td>1 - 2 words with meaning</td>
<td>12 month</td>
</tr>
<tr>
<td>Simple sentence</td>
<td>2 year</td>
</tr>
</tbody>
</table>

---

**Anil Kantiwal Gudha**

**OM Nursing Academy**

WhatsApp No. 9694936335

E-mail- anu.kantiwal.gudha@gmail.com

Website- www.omnursingacademy.weebly.com

Facebook- www.facebook.com/ani.kantiwal.gudha

YouTube - www.youtube.com/user/anil555k