

Chapter 13 Physical Development from Four to Six

Section 13.1 Growth and Development from Four to Six

 **Note Taking**

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> • practice makes perfect • timetable for skill development 	<p>GROWTH FROM FOUR TO SIX</p> <ul style="list-style-type: none"> • Children from ages four to six are always improving their physical skills. <p>DEVELOPMENT FROM FOUR TO SIX</p> <ul style="list-style-type: none"> • Gross and fine motor skills improve during this time period.
<p style="text-align: center;">Summary</p> <p>An average child's posture, body shape, and body size change from ages four to six.</p>	

Chapter 13 Physical Development from Four to Six

Section 13.2 Caring for Children from Four to Six



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> • MyPyramid • dressing and choosing clothes • sleep needs • safety concerns 	<p>HEALTH AND WELLNESS</p> <ul style="list-style-type: none"> • Good nutrition is essential for children ages four to six. <p>SELF-CARE SKILLS</p> <ul style="list-style-type: none"> • There are many ways four- to six-year-olds can help care for themselves. <p>SLEEPING AND TOILETING</p> <ul style="list-style-type: none"> • Caregivers need to set an appropriate bedtime. <p>OUTDOOR SAFETY</p> <ul style="list-style-type: none"> • Children ages four to six spend much of their time playing outside.
<p>Summary</p> <p>The eating habits children establish influence the eating habits and health they experience as adults.</p>	

Chapter 16 Physical Development from Seven to Twelve

Section 16.1 Growth and Development from Seven to Twelve



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

<p style="text-align: center;">Cues</p> <ul style="list-style-type: none"> • physical changes • muscle strength 	<p style="text-align: center;">Note Taking</p> <p>GROWTH FROM SEVEN TO TWELVE</p> <ul style="list-style-type: none"> • Children's bodies begin to take on the physical characteristics of adulthood. <p>MOTOR SKILLS</p> <ul style="list-style-type: none"> • From ages seven to twelve, motor skills improve rapidly.
<p>Summary</p> <p>From the ages of seven to twelve, children go through a period of profound physical change.</p>	

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Chapter 16 Physical Development from Seven to Twelve

Section 16.2 Caring for Children from Seven to Twelve



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none">• Dietary Guidelines for Americans • physical fitness	<p>NUTRITION</p> <ul style="list-style-type: none">• Dietary Guidelines for Americans presents a comprehensive plan for incorporating nutritious food and physical activity into daily life. <p>PHYSICAL HEALTH AND WELLNESS</p> <ul style="list-style-type: none">• Being physically active can greatly increase overall health.
<p>Summary</p> <p>During middle childhood and the preteen years, children experience tremendous physical and emotional growth.</p>	