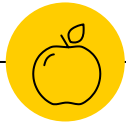


*McGill Nursing & Montreal City Mission Presents:*

# **Child Health; Development & Nutrition**



November 9th, 6-7pm



Montreal City  
**Mission**  
communautaire de Montréal



*Ontario*



*Alberta*

# Hello!

*We are Rachel & Elise...*

...and we are 4th year Nursing Students at McGill!



## What to Expect this Evening...

1. **Get to Know You**  
*Poll*
2. **Childhood Development**  
*with Rachel*
3. **Childhood Nutrition**  
*with Elise*
4. **Questions!**

**Questions? Feel free to Un-mute or type your questions in the Chat!**

Cameras may remain **on** or **off**; whichever you prefer. While we are presenting, we ask that you remain muted! Thank you

1.

# Get-to-Know You Poll

Tell us about yourself!

2.

# Childhood Development

*Reaching milestones with your child*





## Overview of **Topics**

- **Physical, Cognitive, Social & Emotional** Developmental Stages
  - **Toddlerhood:** 0 – 2 years 
  - **Early Childhood:** 2 – 6 years 
  - **Middle Childhood:** 6 – 11 years 
  - **Adolescence:** 11 – 18 years 
- **How to Promote Development**
- Addressing **Challenges** to Reaching Milestones

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# Development throughout Toddlerhood

(0 - 2 years old)

*And what you can do to promote it*

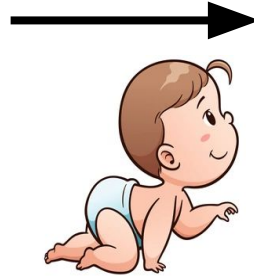


# Physical Development

in **Toddlerhood**

## Birth – 6 Months

- Rapid Growth
- Normalize sleep schedule
- Develops five senses
- Gross motor skills
  - Holds head up
  - Rolls over
  - Grasps objects



## 7 – 12 Months

- Sleep schedule very similar to an adult's
- Gross motor skills
  - Sits alone
  - Crawls
  - Walks
  - More accurate grasping





# Physical Development

in **Toddlerhood**

## 13 – 18 Months

- Continues rapid growth
  - Slightly slower than first year
- Gross motor skills
  - More coordinated walking
  - More coordinated playing with smaller objects



## 19 – 24 Months

- Gross motor skills
  - Walks up stairs
  - Very coordinated with small objects

---

## *What you can do to* **Promote Physical Development**

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- ***Nutrition***
  - Breastfeed until two years old
  - Introduce food at 6 months old
- ***Various environments*** for play
- ***Toys*** ranging in size and shape
- ***“Tummy time”***



# Cognitive Development

## in Toddlerhood

---

- Brain is most “plastic” in first few years of life
- Gradual, progressive growth (not spurts)
- Learning methods:
  - Classical conditioning
  - Operant conditioning
  - Habituation
  - Imitation



# Cognitive Development

in **Toddlerhood**

## Birth – 6 Months

- Repeats actions to get same results
- Knows out of sight objects still exist
- Recognizes objects seen before
- Shifts attention between two topics
- Categorizes objects based on physical features
- Language:
  - Coos
  - Babbles



## 7 – 12 Months

- Goal-directed behaviour
- Finds hidden objects
- Solves current problems using previous solutions
- Language:
  - Pat-a-cake
  - Babbles sound similar to words
  - First word (~12 months)



# Cognitive Development

in **Toddlerhood**

## 13 – 18 Months

- Finds hidden objects by looking in multiple places
- Imitates other's actions
- Longer attention span
- Understands pictures represent real things
- Language:
  - 50 word vocabulary



## 19 – 24 Months

- Comes up with solutions to simple problems suddenly
- Make-believe
- Categorizes objects based on function
- Language:
  - 200 – 250 word vocabulary

---

*What you can do to*  
**Promote Cognitive Development**

---

- *Play* with your child
- *Speak* and *sing* to your child using exaggerated sentences
- *Read* to your child
- Expose your child to *different environments* and people
- *Positive reinforcement*



# Social Development

in **Toddlerhood**

## Birth – 6 Months

- Imitates expressions when face-to-face with caregiver
- Smiles and laughs
- Recognizes mother's facial features



## 7 – 12 Months

- Strong connection with caregiver
- Understands wider variety of facial expressions:
  - Happiness
  - Surprise
  - Fear
  - Anger
- Regulates emotions



# Social Development

in **Toddlerhood**

## 13 - 18 Months

- Follows simple instructions
- Recognizes themselves in a mirror
- Plays alone with toys



## 19 - 24 Months

- Classifies themselves and others based on sex, age, physical qualities
- Develops self-control
- Chooses toys based on gender stereotypes





# Emotional Development

in **Toddlerhood**

## Birth – 6 Months

- Attraction to pleasant stimuli
- Withdrawal to unpleasant stimuli
- Facial expressions have emotional meaning behind them



## 7 – 12 Months

- Increased smile/laughter frequency and intensity
- Increased anger/fear frequency and intensity
- Develops more anxiety away from caregiver or with strangers



# Emotional Development

in **Toddlerhood**

## 13 – 18 Months

- Realizes their own other people's emotions can differ from their own
- Needs reassurance with fears



## 19 – 24 Months

- Develops self conscious emotions
  - Guilt
  - Shame
  - Embarrassment
  - Fear
- Can describe feelings
- Starts showing empathy
- Handles absences from caregivers better

*What you can do to*

## **Promote Social and Emotional Development**

- Make *exaggerated facial expressions* to your child
- *Respond promptly and consistently* to child's needs and interactions
- Show *physical affection*
- Engage in *face-to-face* interactions
- *Sing* to child
- Pay attention to when child is responsive to stimuli

## ? Time to test your knowledge!

Poll: What is/are the best ways to promote **cognitive development** in children from birth to 2 years old?

- a) Speak to children quickly
- b) Keep them in the same environment so they get used to it
- c) Play matching games with them
- d) Sing to them using exaggerated words
- e) Both c and d

---

# Development throughout Early Childhood

(2 - 6 years old)

*And what you can do to promote it*



# Physical Development

in **Early Childhood**

- Height and weight continue to increase
  - Rate of growth continues to decrease
- Gross motor skills
  - Walk with more balance → running → skipping
  - Jumps
  - Throws/catches balls
  - Dress themselves
- Fine motor skills
  - Tie shoes
  - Use utensils: spoon → fork → knife → scissors
  - Drawing: scribbles → drawing pictures → writing letters + numbers
- Starts to lose baby teeth



---

*What you can do to*  
**Promote Physical Development**

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- Nutrition: same nutrients as adults, *smaller portions*
- *Play spaces* and *equipment* for running, jumping, throwing
- *Fun > Technique*
- *Step-by-step* instructions for new actions



# Cognitive Development

in **Early Childhood**

- More complex make-belief (2 - 4 yrs) → magical beliefs decline (5 - 6 yrs)
- Counting (up to 10)
- Understands models and drawing symbolize real world
- Understands cause and effect situations
- Working memory
- Categorizes objects based on status
- Realizes thinking occurs inside their head
- Plans tasks (5 - 6 yrs)
- Talks to self during tasks
- Understands other perspectives differ from their own







# Cognitive Development

## in Early Childhood

- Language:
  - 2 years:
    - Speaks in simple sentences
    - Uses non-verbal cues to understand word meanings
  - 5 – 6 years:
    - Understands link between letters and sound
    - Begins to spell
    - ~ 10 000 word vocabulary



# *What you can do to* **Promote Cognitive Development**

- ***Interactive reading***
- ***Simplify*** tasks
- Enrollment in ***school***
  - Enhances numerical understanding, writing/reading, problem-solving, memory
- ***Repeat*** questions and responses
- ***Follow child's lead*** in conversation
- ***Limit screen time***
  - Educational > entertainment
- Use ***exploration*** to correct actions or phrases



# Social Development

in **Early Childhood**

- Gender stereotype beliefs increase
- Describes self using emotional and physical characteristics
- Plays alongside other children
  - Occasionally works *with* other children
- Develops moral rules and behaviours





# Emotional Development

in **Early Childhood**

- Understands characteristics of basic emotions
- Develops self-esteem
  - Making friends
  - Accomplishing tasks
  - Learning new things
- Better emotional self-regulation
- More frequent self-conscious emotions
- Physical aggression increases (especially in boys)



*What you can do to*

## Promote Social and Emotional Development

- ***Encouraging play*** with children of similar ages
- Emphasize ***effects of behaviours*** on others
- ***Set rules*** with child and be consistent with them
- ***Praise*** your child for good behaviour
- Introduce toys of either gender
- ***Authoritative*** child-raising ***style***

## ? Time to test your knowledge!

Poll: What is/are the best ways to promote **physical development** in children ages 2 - 6 years old?

- a) Focus on enjoyment when trying new activities
- b) Make sure they are using proper technique when trying new things
- c) Give the same nutrients and quantities as adults get for meals
- d) Prevent them from running around so they don't get hurt

---

# Development throughout Middle Childhood

(6 - 11 years old)

*And what you can do to promote it*



# Physical Development

in Middle Childhood

- Continued growth, slower rate
  - Growth spurts
- Adult teeth replace baby teeth
- Gross motor skills
  - More legible writing
  - More organized drawing
  - Coordinated running, jumping, catching
  - Kicks and dribbles a ball





---

## *What you can do to* **Promote Physical Development**

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- Introduce *sports and activities*
  - Do not force participation
  - **1 hr** of enjoyed *physical activity* per day
  - **Enjoyment > achievement**
  - Focus on teamwork and improvement
- Model healthy habits
- **9 - 12 hrs of sleep** per night



# Cognitive Development

in **Middle Childhood**

- Processes information quicker
- Uses multiple memory strategies
- Plans and completes multi-step tasks
- Complete more complex math problems
- Improved spatial awareness
- Increased variety and organization of general knowledge

$$6 \div 2 = 3$$





# Cognitive Development

in **Middle Childhood**

- Language
  - More accurate word definitions
  - Conventional reading > word recognition
  - Stories are more organized and detailed
  - Subtle expressions (eg sarcasm, irony)
  - Understands dual meaning



---

*What you can do to*  
**Promote Cognitive Development**

- Focus on *effort* and *confidence* in tasks
- Praise *behaviour* > *qualities*
- Promote *collaborative work* with peers
- *Step-by-step* problem-solving
  - Child leads



# Social Development

in Middle Childhood

- Shares with others
- Enjoys playing with others more than playing alone
- Friends become very important
- Starts to mix friends of different genders
- Enjoys being part of groups (eg boy or girl scouts)
- Understands self in terms of personality and social comparisons
- More selective with friends





# Emotional Development

in **Middle Childhood**

- High but realistic self-esteem
- Empathy increases and applied to more general situations
- Physical aggression decreases
- Problem-centered and emotional-centered regulation
- Understands socially acceptable ways to display negative emotion
- Understands real meaning behind contradicting expressions and circumstances
- Increased awareness on gender stereotypes



*What you can do to*

## **Promote Social and Emotional Development**

- ***Monitor decisions*** and outcomes
- Explain how ***personality traits are changeable***
  - Better resolvment of arguments with peers
- Encourage ***interactions with diverse groups*** of people
- ***Take turns reading*** with child
- Encourage ***respect***
  - Demonstration, setting limits, praising
- Teach ***patience***
  - Practice sharing, wait to give reward, acknowledge difficulty

## ? Time to test your knowledge!

Poll: What is/are the best ways to promote **social development** for children ages 6 - 11 years old?

- a) Read to your child while they listen
- b) Encourage new interactions with diverse groups of people
- c) Change punishments up depending on the situation
- d) Have children guide decision-making and monitor the outcome
- e) Both b) and d)



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# Development throughout Adolescence

(11 - 18 years old)

*And what you can do to promote it*



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## *What you can do to* **Promote Physical Development**

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- Talk to child about *bodily and sexual changes*
  - Assess readiness to talk
- Serve *healthy, well-balanced meals*
  - Canada's food guide
  - Eating meals as a family
- Encourage participation in *individual or team sports*
- **8 - 10 hrs** of sleep



# Cognitive Development

in Adolescence

- Understands scientific processes
  - Hypothesis, evidence
- Becomes more critical of themselves
- Better decision-making



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*What you can do to*  
**Promote Cognitive Development**

- *Communicate* with child's *teachers*
- Remain *involved* with their *schooling*
- Continue to *regulate screen time* (phones, tablets, TVs)
- Continue to emphasize *effort over achievement*



# Social Development

in Adolescence

- Becomes more self-conscious
- Becomes interested in romantic relationships
- More “clique-y” friendships
- Number of friends decreases
- Describes self using moral, physical and social features
- Understands moral problems and how to solve them





# Emotional Development

in Adolescence

- Moodiness
- Tenser relationship with parent
  - Spends more time with peers than parents



*What you can do to*

## **Promote Social and Emotional Development**

- Discuss social and romantic *relationships*
- Discuss “*uncomfortable subjects*”
  - Safe sex, alcohol, peer pressure
- ***Allow autonomy*** in exploring social roles but discuss *firm guidelines*
  - Avoid convincing or controlling
- ***Quality > quantity*** of time spent with child
- Get to ***know your child’s friends***
- ***Respect*** your child’s *opinions*
- Pay attention to ***mental health*** cues
  - Eating/sleeping habits, involvement with school, socializing



## ? Time to test your knowledge!

Poll: What is/are the best ways to promote **physical development** for children ages 11-18 years old?

- a) Avoid talking about pubertal changes to prevent awkward moments with your child
- b) Ensure they are getting 12 - 14 hrs of sleep
- c) Serve well-balanced meals based on Canada's food guide and together when possible
- d) Avoid putting your child into group physical activities since they are probably too mature for them anyways

---

# What if my child isn't reaching milestones?

*Steps to take and resources*



# What you can do

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- Regular screening with family doctor
- Discuss concerns with family doctor
  - Earlier intervention = better
- Continue to stimulate child
- Contact others with similar experiences (online, support groups, phone apps, etc)
  - Link: <https://amiquebec.org/family-support/>



## What if you don't have a family doctor?

*Register for waiting list on Quebec Family Doctor Finder*

- Requirements
  - 14+ yrs (can register a younger person)
  - Not have a family doctor currently
  - Have a valid Health Insurance Card
  - Live in Quebec with Quebec address on file
- Link:  
[https://www4.prod.ramq.gouv.qc.ca/GRL/LM\\_GuichAccesMdFamCitoy/en](https://www4.prod.ramq.gouv.qc.ca/GRL/LM_GuichAccesMdFamCitoy/en)



## While you wait...

- Contact Your Local CLSC
  - How to get a health insurance card
  - How to assess development in your child
  - Steps to take if your child is experiencing developmental delays
  - Consults with professionals
- Find my CLSC:  
<https://santemontreal.qc.ca/en/public/montreals-institutions-at-a-glance/clscs/>



# Resources

*To track development*



[https://www.cdc.gov/ncbddd/actearly/pdf/parents\\_pdfs/milestonemomentseng508.pdf](https://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/milestonemomentseng508.pdf)



## CDC's Milestone Tracker 4+

Centers For Disease Control and Prevention

Designed for iPhone

★★★★★ 4.1 • 96 Ratings

Free

[View in Mac App Store ↗](#)

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# Check-in

Questions?

3.

# Childhood Nutrition

*Does an apple a day keep the doctor away?*







## Overview of **Topics**

- Your **role** in feeding your household
- Canada's **Food Guide**
- Childhood nutritional **guidelines** & food **labels**
- Common **challenges** to healthy eating



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# Poll

Tell me more about yourself!

- Who does the **cooking** at home?
- Who does the **grocery shopping** at home?

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# Your Role...

*... in feeding your  
household*

And what that means for you



## Food at Home

- ◉ Develop family food **skills**
- ◉ Create healthy food **environment**
- ◉ Make healthy food **interesting**
- ◉ Shaping eating **habits & behaviours**

... but what does this all mean?



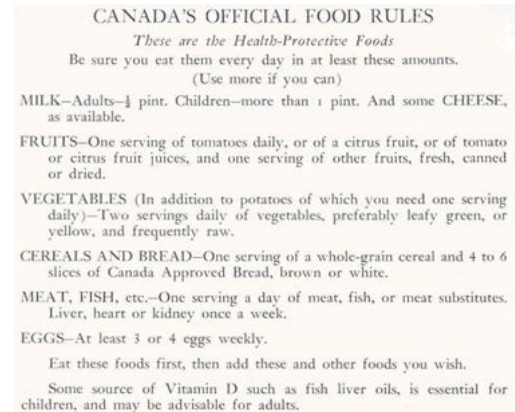
## Food at Home

- Food **skills**
  - How to cook, assess food, follow recipe
- Food **environment**
  - What food is available at home
- Make healthy food **interesting**
  - Interest = Healthy > Junk Food
- **Habits & behaviours**
  - Life skills & habits that carry to adulthood

# Canada's Food Guide *First introduced in 1942!*



But it looks a little different now





Have plenty of  
vegetables and fruits

Eat protein foods



Make water  
your drink  
of choice



Choose  
whole grain  
foods

## Rule of Halves and Quarters

$\frac{1}{2}$  vegetables & fruit

$\frac{1}{4}$  protein

$\frac{1}{4}$  whole grains

## تناولوا مجموعة متنوعة من الأطعمة الصحية يومياً

تناولوا الكثير  
من الخضار  
والفاكهة

تناولوا  
الأطعمة الغنية  
بالبروتينات

اجعلوا الماء  
مشروبكم  
المفضل

اخترنا الأطعمة  
التي تحتوي على  
حبوب كاملة

Mangez des légumes  
et des fruits en  
abondance

Consommez des  
aliments protéinés

Faites de l'eau  
votre boisson  
de choix

Choisissez  
des aliments à  
grains entiers





## What else might I need to know?

### Drinks



### Snacks



### Family Meals





## Eating Together

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# Check-in

Any questions so far?

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# Nutrition by

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# Age

## *Infants to Teens*

And what to expect in between



# Stages of Development



**Infants**  
AGES 0-1



**Toddlers**  
AGES 1-3



**Preschoolers**  
AGES 3-5



**School-Aged**  
AGES 6-12



**Teens**  
AGES 13-18

*But first: what is a Calorie?*



## Infants

Ages 0 - 1 year old

### Tips

Do:

- Hunger cues
- Supervision

Don't:

- Round & solid
- Caffeine
- Honey

### Young Infants

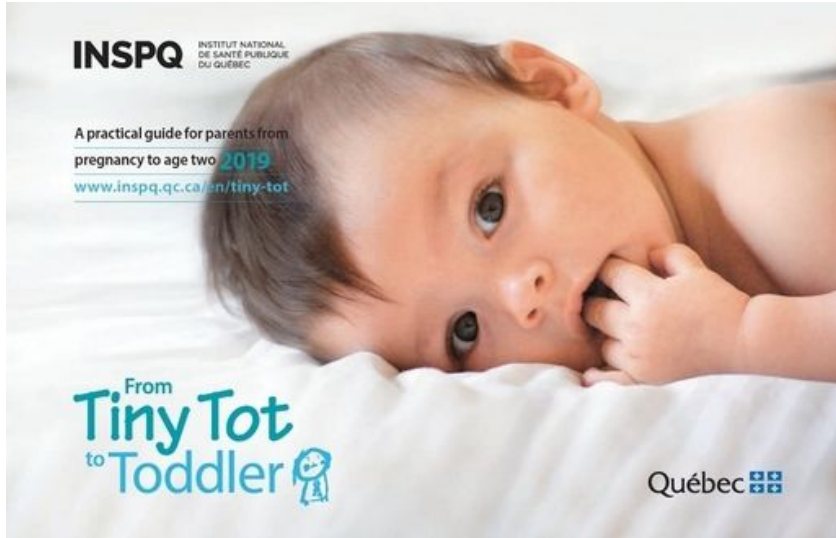
*0 - 6 months old*

- Breastfeeding
- Vit D supplement

### Older Infants

*6 - 12 months old*

- Introduce solids
- Foods that can be eaten with hands
- Cow's milk: wait until 9-12 months
- Soy milk: wait until 2 years



## ***From Tiny Tot to Toddler***

Guide from the Government of Quebec regarding pregnancy, delivery and the first two years of your child's life



## Toddlers

Ages 1 - 3 years old

**Caloric Requirement:** 1200-1800 cal/day

### You might start seeing...

- Picky eating
- 'Ritual' eating

### Common Challenges

Deficiencies in;

- Iron
- Vitamin C
- Vitamin A

### What to do?

- Short & simple
- Avoid food as a reward/punishment
- Limit sweets
- Incorporate nutrient-rich foods





## Preschoolers

Ages 3 - 5 years old

**Caloric Requirement:** 1600 cal/day

### You might start seeing...

- Rushing through meals
- Interest in cooking

### What to do?

- Snacks
- Start to involve in the kitchen



## School-Aged Children

Ages 8 - 12 years old

**Caloric Requirement:** 2400 cal/day

### You might start seeing...

- Skipping breakfast
- Mirroring
- Mealtime independence

### What to do?

- Prep ahead
- Mealtime routine
- Talk about healthy food choices



## Teenagers

Ages 13 - 18 years old

**Caloric Requirement:** Varies

### You might start seeing...

- Growth spurts
- Snacking

### Common Challenges

Deficiencies in;

- Protein
- Calcium
- Iron
- Vitamin B
- Vitamin D

Challenges with eating  
& changing body

### What to do?

- Incorporate nutrient-rich foods
- Healthy snacks
- Give them independence
- Watch for signs of eating disorder

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# Check-in

How are we doing?

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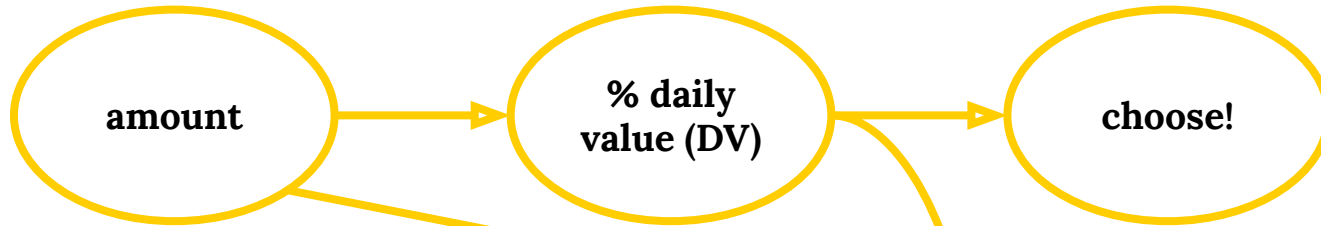


# Food Labels

What's in your food?



# How to Read Food Labels



**5% DV** or less = A **LITTLE BIT** of a nutrient

**15% DV** or more = A **LOT** of a nutrient



## Which is the healthier choice?

### Product 1

Nutrition Facts	
Per burger (85 g)	
Amount	% Daily Value
<b>Calories</b> 210	
<b>Fat</b> 18 g	<b>28 %</b>
Saturated 7 g	<b>38 %</b>
+ Trans 0.5 g	
<b>Cholesterol</b> 55 mg	
<b>Sodium</b> 330 mg	<b>14 %</b>
<b>Carbohydrate</b> 1 g	<b>1 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 12 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 10 %

### Product 2

Nutrition Facts	
Per burger (85 g)	
Amount	% Daily Value
<b>Calories</b> 123	
<b>Fat</b> 7 g	<b>17 %</b>
Saturated 3 g	<b>17 %</b>
+ Trans 0.5 g	
<b>Cholesterol</b> 33 mg	
<b>Sodium</b> 200 mg	<b>8 %</b>
<b>Carbohydrate</b> 1 g	<b>1 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 14 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 12 %

1. Amount
1. % Daily Value (DV)
2. Choose!

Cast your vote in the  
**poll!**



## Let's break it down

### Product 1

Nutrition Facts	
Per burger (85 g)	
Amount	% Daily Value
Calories: 210	
Fat 18 g	28 %
Saturated 7 g	38 %
+ Trans 0.5 g	
Cholesterol 55 mg	
Sodium 330 mg	14 %
Carbohydrate 1 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 12 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 10 %

### Product 2

Nutrition Facts	
Per burger (85 g)	
Amount	% Daily Value
Calories: 123	
Fat 7 g	17 %
Saturated 3 g	17 %
+ Trans 0.5 g	
Cholesterol 33 mg	
Sodium 200 mg	8 %
Carbohydrate 1 g	1 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 14 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 12 %

### Product 1

calories: 210

fat: 28%

saturated/trans  
38%

sodium: 14%

iron: 10%

### Product 2

calories: 123

fat: 17%

saturated/trans  
17%

sodium: 8%

iron: 12%





## So which one is healthier?

It depends on what you're looking for!

Generally; **Product 2** is healthier if you are looking to have

- Lower calorie
- Lower fat
- Lower sodium

Product 1	<b>Product 2</b>
calories: <b>210</b>	calories: <b>123</b>
fat: <b>28%</b>	fat: <b>17%</b>
saturated/trans <b>38%</b>	saturated/trans <b>17%</b>
sodium: <b>14%</b>	sodium: <b>8%</b>
iron: <b>10%</b>	iron: <b>12%</b>

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# Challenges...

*... to healthy eating*

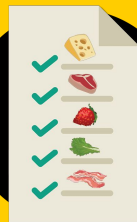
And some ways to overcome them



# Why does it feel hard to eat healthy?

MONEY

no name®



TIME



---

4.

**Questions?**



# Thank you for your time!

*One last thing before  
you go...*



Please fill out our survey!





## Extra Resources

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Canada's Food Guide: <https://food-guide.canada.ca/en/>

Tiny Tots to Toddlers:

<https://www.inspq.qc.ca/en/tiny-tot/consult-the-guide>



**END OF  
PRESENTATION**