

# Physical Development

# Growth in Middle Childhood

## Physical Growth and Sensory Development

- Growth slow and steady
- Nearsightedness (myopia) rises during middle childhood, more of a problem in developed countries.
- Damage from malnutrition accumulates by middle childhood
- Sensitive period tends to be second trimester through age 3; malnutrition that begins after this period does not seem to lead to cognitive deficits

# Growth in Middle Childhood Nutrition and Malnutrition

- Developed affluent countries tend to have over nutrition problems.
  - Overweight—BMI over 18
  - Obesity—BMI over 21
- Increase in obesity due to diet (fast food, soft drinks), television viewing, and genetics
- Obesity can lead to social and physical consequences for children