

Physical Development

Bodily Growth

- About 6 months of age solid food could become part of diet
- Differences between developed and developing countries start to appear with those in developing countries get less protein and lagging in growth
 - $\frac{1}{4}$ of children worldwide have diets deficient in protein
 - Iodine deficiency (which impacts cognitive dev.) in $\frac{1}{3}$ of children worldwide
 - Iron deficiency can make toddlers tired and irritable

Want child to stay on the curve she started out on —don't want to “fall off the curve.”

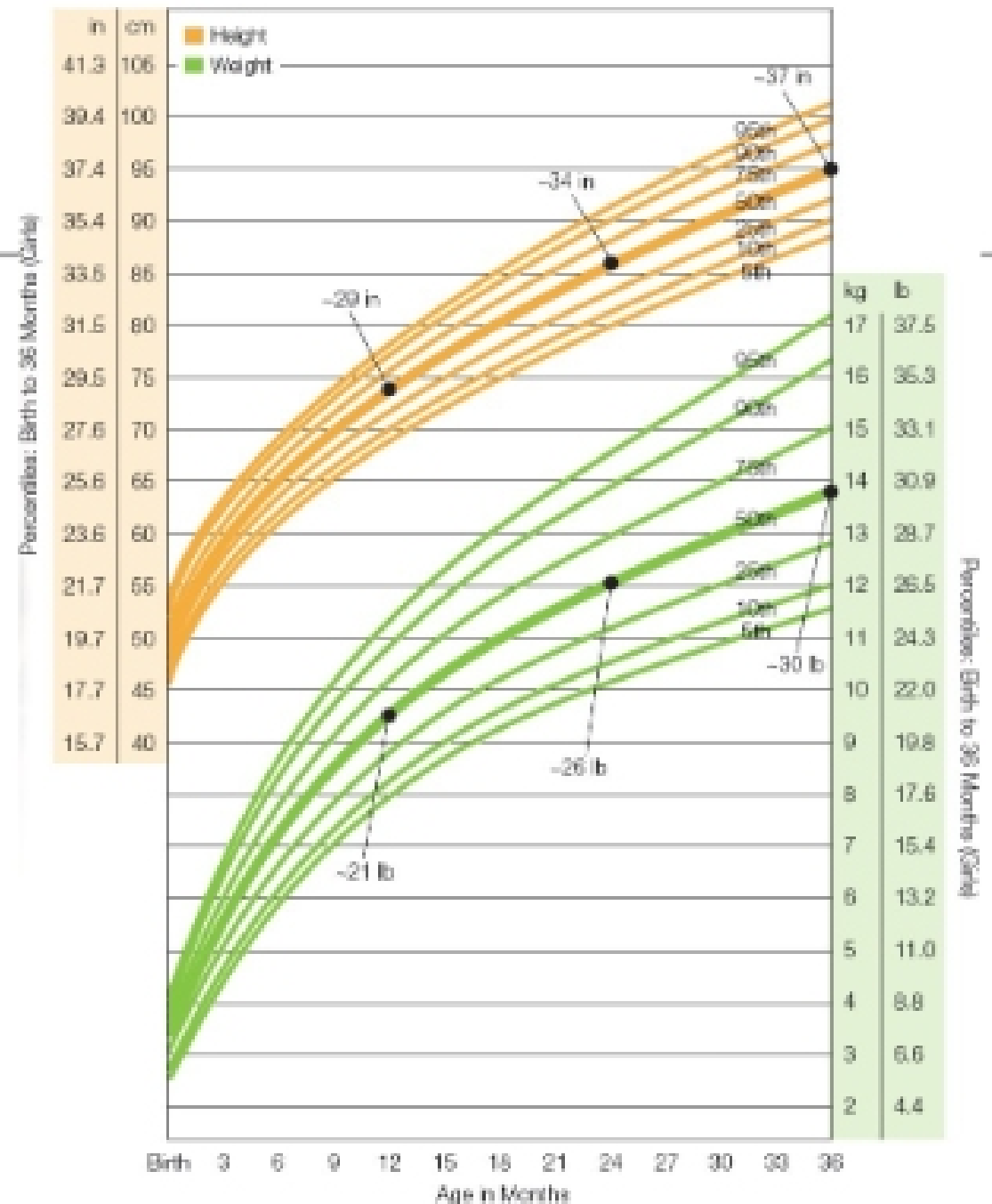


Figure 5.1 Growth Chart for American Girls From Birth Through Age 3 Growth slows from infancy to toddlerhood but remains rapid. Source: Based on National Center for Health Statistics