

Development through life stages of an individual essay sample

[Health & Medicine](#), [Pregnancy](#)



She was fed physically by her parents or carers who made choices for them. As she grew she chose her own choice of food. She needed a lot of sleep to keep her awake in the day time and to keep her from being tired when she played. She needed shelter, warmth and security from her parents or responsible adults as she was too young to look after herself. She might have suffered from the common cold, chicken pox, Fever and things like that but nothing serious. She started going nursery and learnt how to write, count and make new friends. She learnt things by miming, playing with toys and with friends, bright colors, cartoons and Educational Programmes. She depended on her parents, and teachers. She liked going school and also did well at school and she also had a happy childhood. Children's social needs can be met at playgroups and schools as they begin to learn how to share, play and establish friendships.

She depended on her parents and teachers. She wouldn't have liked school on her first day because she was probably nervous and didn't want to be separated from her parents and family so she might have cried a lot in this situation. As she was young at the time she wouldn't have liked being shouted at so she automatically started crying. She chose her friends at this point of stage. She was fairly independent and confident. As a child she was most likely unable to communicate through words clearly, so showed her emotions through crying and laughing. As she was too young to believe in what their parents believe. Some young children might be influenced by cultural upbringing or from values that have been taught in the family.

Adolescence

She had food and water to keep her healthy and also had a good amount of sleep. She did a lot of exercise often to keep her fit, strong and healthy. Changed in her hormones had occurred which is known as puberty. She attended high school. She also did her GCSE's and went on to further education. She also learnt through selective and divided attention and better memory. Problem solving skills also improved. She was able to think in a logical way and use sound judgement. She started developing different relationships and showed affection towards the opposite sex. She showed love towards her parents and family. Mood problems such as depression or anxiety may have affected because of her puberty. As an adolescent she may have spent less time with her parents and more with friends. She may have longed for freedom and started to detach herself from her family. She began to depend on herself more and learn responsibility. At this point of her life she may have explored her own beliefs.

Adult

She had food and water to keep her healthy and also needed a good amount of sleep. She also had exercise to keep her fit and strong. At this stage all her body's internal organs and body systems have reached maturity and was at peak functioning in terms of strength and efficiency. She relied on herself to feed and live on. This would be because she has a job of their own so she is able to provide for themselves and their families. Women get pregnant at this stage and have a family. Having a baby would be big responsibility because she depends on herself for everything so this will mature the person

mentally and physically. For women to get pregnant it has to be the right time in their monthly cycle. This would have happened when two people, it has to be a male and a female have intercourse and the sperm and the egg gets fertile and produce a foetus, this would later on will develop ligaments and become a baby.

When she was a little bit older she might have went through menopause this would when there periods stop for a length of time. This would not happen all of a sudden, it would bring on by the lack of levels of the female hormone oestrogen. She tends to get irregular periods and normally gain weight these are the common symptoms in menopause. For her to have had a healthy pregnancy she would have had ate all the vitamins and ate the correct portions of food and the healthy foods that were needed for her foetus to grow and form properly. At this point of stage she got married to her childhood sweetheart and settled down with him. This is when she understands the importance of life. She met new people and made new friends. She loves her family and understands the importance of her family.

Final Stages of Life

Physical needs for the elderly are that she will need warmth because her body would start deteriorating so she will need more warmth. She will most importantly need shelter. The elderly people are most likely to be in a retirement or a residential care home. She will need lots of sleep because her body needs to function properly so to do this would she need to have as much sleep as possible. Their physical appearance and organs inside are not how she uses is because her bones starts to weaken, her hair becomes weak

and grey, her blood starts to get a lot thinner, her immune system weakens, making it easy for them to catch colds, viruses and flu's. Her teeth start falling out. Sadly she'll start losing her sight and hearing. Intellectual needs for the retired are that she should keep their brain active by doing stuff like puzzles, Sudoku, going bingo with others in the home, start taking up hobbies like start knitting and swimming or looking after grand kids and walking just to keep them active. For Margaret to have being healthy she would have eaten the correct foods and she would need to be looked after because she needs to be cared for and still have the sense of independence even though she will have not had the same responsibilities as when she was younger.