

Milestones

Childhood is the period during which a person is a child. It ends with **puberty** – the onset of sexual maturity. **Infant** is another word for a young child; **infancy** is the period from birth until about five years of age.

The **milestones** in a child's **development** and the ages at which they usually occur are:

- **sitting** – by 9 months
- **crawling** – by 12 months
- **First words** – by 18 months
- Walking – by 18 months
- Talking – (two-word sentences) – by 3 years.

Common infectious diseases

Disease	Common Name
morbilli / rubeola	measles
rubella	German measles
varicella	chickenpox
Infectious parotitis	mumps
pertussis	whooping cough
acute laryngotracheitis	croup
scarlatina	Scarlet fever
Rheumatic fever	Rheumatic fever
tetanus	lockjaw
poliomyelitis	polio

Coeliac disease

A medical student has made some language notes while reading her textbook.

Coeliac disease is a disease of the small intestine caused by **sensitivity to** gluten. It can present at any age but in infancy it appears after **weaning** on to cereals containing gluten. The **clinical features** include diarrhoea, **malabsorption** and **failure to thrive**. There may be signs of **malnutrition** and there may be some abdominal **distention**. There is **delayed growth** and **delayed puberty**, leading to short **stature** in adulthood.

sensitivity to = having a negative reaction to
weaning = changing the diet from milk only to solid foods
clinical features = the symptoms and signs of a disease
malabsorption = poor absorption
malnutrition = poor diet (nutrition)
 adjective = **malnourished**
thrive = grow strongly
distension = swelling
delayed = later than expected
failure = when something that is expected does not happen
stature = size, especially height

Complete the table with words from the above text.

Verb	Noun (s)	Adjective (s)
delay		
develop		
distend		distended
fail		
nourish		

- 1 Babies with the fetal alcohol syndrome may present with _____ to thrive.
- 2 Abdominal _____ may be due to an enlarged liver.
- 3 Small amounts of alcohol in pregnancy can affect fetal _____.
- 4 Mortality from measles can be reduced by better _____.
- 5 _____ in one or more of the milestones may be the first sign of disease.

Complete the sentences.

- 1 After sitting, babies learn to _____ and then to walk.
- 2 A child who has started eating solid food has been _____.
- 3 Someone who is not very tall is said to be of short _____.
- 4 The stages in a child's development are known as the _____.
- 5 A child who is beginning to develop sexually has reached _____.

Write the common English name for each disease, using your medical knowledge.

- 1 enlarged parotid glands
- 2 difficulty opening the mouth
- 3 rash and enlarged posterior occipital nodes
- 4 paroxysmal cough with vomiting
- 5 papules and vesicles, first on trunk
- 6 cough and cold followed by rash
- 7 sore throat and rash
- 8 swollen joints and a heart murmur
- 9 fever followed by muscle weakness
- 10 cough with stridor

Express your idea.

What are the main childhood illnesses in your country? What are the clinical features of those illnesses?