Human development from the initial period of intrauterine life to the fullness of adult maturation requires the formation and the maintenance of conditions that promote known developmental processes at each period of the life cycle. Developmental self-care requisites are associated with human developmental processes and with conditions and events occurring during various stages of the life cycle and events that can adversely affect development. Developmental self-care requisites can be categorized as: (a) Maturational or (b) Situational.

A. **Maturational**

Conditions that promote progress toward higher stages of organization/maturation. The bringing about and maintenance of living conditions that support life processes and promote the processes of physical, cognitive and emotional development including growth and maturation.

1. Environment: physical setting, people, economic and social components.
2. Age.
3. Education.
4. Present knowledge, skills and attitudes and ability to acquire knowledge and skills appropriate to the following developmental stages:
   
a. Intrauterine stages of life and the process of birth:
      (1) Nutrition
      (2) Smoking, drinking, drugs
      (3) Prenatal care
      (4) Childbirth classes

b. Neonatal stage of life:
   (1) Term, premature, post term
   (2) SGA, AGA, LGA

c. Infancy (see pediatrics textbook for norms).

d. Childhood, adolescence, entry into adulthood, adulthood (Erik Erickson).

e. Pregnancy:
   (1) Planned, unplanned
   (2) Wanted, unwanted
   (3) Age
   (4) Single parent
   (5) Prenatal care
   (6) Ability to care for child