

COURSE: 7065	Parenting and Child Development			UNIT: B	Child Development and Guidance
ESSENTIAL STANDARD:	4.00	B2	18%	Understand development and care of the infant from birth through twelve months.	
OBJECTIVE:	4.01	B2	4%	Understand physical development and care of the infant.	

**ESSENTIAL QUESTION:**

- How does one care for an infant's physical development during the first 12 months?

**UNPACKED CONTENT**

**Physical development includes growth in size and weight, as well as the increasing ability to control and coordinate body movements. Never in a person's lifetime will there be more rapid growth and physical changes than during infancy.**

- **Patterns of physical development**
  - Head to foot – babies develop control of head and neck muscles first, then control of muscles move down baby and end with control of legs and feet
  - Near to far – development begins at the trunk of the body and moves outward to hands and feet
  - Simple to complex – large muscle development takes place first leading to more fine muscle and complex abilities later
- **Categories of growth and development during the first year**
  - Weight gain is one of the best signs of good health
    - Most babies lose about 10 percent of their birth weight in the first five days of life
    - Afterward, they gain weight rapidly
    - Gain 1 to 2 pounds per month in the first six months
    - Gain 1 pound per month in the next six months
    - Average weight of a one-year-old is 20 to 22 pounds
  - Length instead of height because they are measured lying down
    - Average baby is 20 inches long at birth
    - Boys are slightly longer than girls
    - Average baby at one year is 30 inches long
  - Body shape category
    - Hold themselves in a tightly secured position with fists clenched
    - Skinny arms and legs, large abdomen
    - Navel cord usually falls off in three weeks
    - Body straightens out during the first six months
  - Proportion
    - Proportion relates to the size relationship between different parts of the body
    - Baby's head and abdomen are large, and the legs and arms are short and small
    - Skull has fontanelles

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<b>UNPACKED CONTENT</b>				
<ul style="list-style-type: none"> <li>▪ Vision – improves rapidly during the first year <ul style="list-style-type: none"> <li>◦ Vision is blurry at birth but within a week or so, infant is aware of surroundings</li> <li>◦ By one month, infant can focus on objects as faraway as 3 feet</li> <li>◦ By six months, eyesight reaches the sharpness of adult vision Child sees two-dimensionally first and then develops depth perception</li> </ul> </li> <li>▪ Hearing – develops before birth <ul style="list-style-type: none"> <li>◦ Can tell the direction of sound</li> <li>◦ Language develops with hearing spoken words</li> </ul> </li> <li>▪ Touch– baby relies on the touch of others to teach them about the environment <ul style="list-style-type: none"> <li>◦ Baby relies on touch for exploration</li> <li>◦ Touch becomes a more important sense for learning as year progresses</li> </ul> </li> <li>▪ Smell and taste– develop after birth <ul style="list-style-type: none"> <li>◦ Within ten days they can distinguish their mother from any other person by smell</li> <li>◦ Two-week old babies can taste the difference between water, sour, sugar, and salt, and milk</li> </ul> </li> <li>▪ Voice– shrill but softens as lungs mature <ul style="list-style-type: none"> <li>◦ Change in the voice results from physical growth of the throat muscles, tongue, lips, teeth, and vocal cords</li> <li>◦ Change in tongue and in the shape and proportion of the inside of the mouth” during the first months of life leads to speech development</li> </ul> </li> <li>▪ Motor skills – at birth babies have little control over their muscles <ul style="list-style-type: none"> <li>◦ Gross motor skills involve use of large muscles such as arms and legs</li> <li>◦ Fine motor skills involve use of small muscles such as hands and fingers</li> <li>◦ Touch becomes a more important sense for learning as year progresses</li> <li>◦ Milestones of gross and fine motor skills occur</li> </ul> </li> <li>▪ Reflexes– at birth babies have an automatic set of reflexes to help them survive <ul style="list-style-type: none"> <li>◦ Grasp: makes a fist over object placed in hand</li> <li>◦ Rooting: when cheek is stroked, baby turns toward the side stroked with open mouth</li> <li>◦ Startle: when baby’s position changes quickly or a loud noise occurs baby throws head back, arms out and arches back</li> <li>◦ Babinski reflex occurs when baby’s foot is stroked and the toes fan out and foot twists in</li> <li>◦ Sucking occurs when something is put in a baby’s mouth</li> </ul> </li> </ul> <ul style="list-style-type: none"> <li>• <b>Influences on physical development</b> <ul style="list-style-type: none"> <li>▪ Heredity provides a unique combination of genes from parents.</li> <li>▪ Eating foods that contain the essential nutrients the body needs to grow and develop is key to a child’s lifelong health.</li> <li>▪ Staying healthy is closely related to eating well and having energy to be active.</li> <li>▪ An important key to development is experiences.</li> <li>▪ A stimulating environment in which the baby has a wide variety of things to see, taste, smell, hear, and touch enhances development</li> </ul> </li> </ul>				

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<b>UNPACKED CONTENT</b>				
<p><b>Infant physical care</b></p> <ul style="list-style-type: none"> <li>▪ Handling – head/neck support</li> <li>▪ Feeding – breastfeeding vs. bottle feeding, burping, introduction of solid foods and food allergies</li> <li>▪ Teeth – teething and care</li> <li>▪ Bathing – sponge bath and tub bath</li> <li>▪ Dressing – comfort, climate appropriate</li> <li>▪ Diapering – disposable and cloth diapers; changing steps</li> <li>▪ Sleeping – routines and proper position</li> <li>▪ Medical care – wellness checkups</li> <li>▪ SIDS – Sudden Infant Death Syndrome</li> </ul>				