

CHAPTER 7

SECTION 1

INFANT GROWTH AND DEVELOPMENT

THIS SECTION...

- Describes the three patterns that a baby's physical development follows.
- Explains the effects that heredity, nutrition, health, experiences, and environment have on an infant's growth and development.
- Describes how a typical baby grows in one year
- Classifies the different movements a baby makes as reflexes, gross motor skills, or fine motor skills.

PATTERNS OF DEVELOPMENT

- Growth and development are different.
- ***Growth*** refers to changes in size, weight, length. ***Development*** refers to increases and changes in physical, emotional, social, or intellectual skills.
- Three basic patterns of physical development of infants are: head to foot, near to far, and simple to complex.

PATTERNS OF DEVELOPMENT

Head to foot

- Begins long before birth.
- Starts during the prenatal stage when the head takes the lead in development.
- As the baby gets older, control over the whole body increases.
- Control over the head starts first then downward (neck, arms, hands, legs)



PATTERNS (CONTINUED)

Near to Far

- Development starts close to the trunk of the body and moves outward. For example, babies move or wave their arms before gaining control to point fingers or move the hands.



PATTERNS (CONTINUED)

Simple to complex

- Large muscle groups are developed (legs, arms, neck, arms, and torso – trunk of the body).
- They begin controlling the head, rolling, reaching, crawling, and walking.



INFLUENCES ON GROWTH AND DEVELOPMENT

- Both heredity and environment play big roles in baby's growth and development.
- **Heredity** (nurture) – physical makeup of traits from parents; **nature** includes influences such as nutrition, amount of stimulation, health, and relationships.
- During the first year, infants are expected to gain certain skills and abilities, these are called **developmental milestones**.

INFLUENCES ON GROWTH AND DEVELOPMENT

- **Heredity**
- **Nutrition** – affects bone strength, brain development, and height. Baby is at risk if proper nutrition is absent.
- **Health** – is linked to other factors that influence growth and development. A healthy baby has more stimulating brain experiences.

INFLUENCES ON GROWTH AND DEVELOPMENT

- **Experiences:** Brain development impacts all areas of development, is linked to quantity and variety of experiences a child has. Failure to achieve normal brain development at this stage can have lifelong effects.

INFLUENCES ON GROWTH AND DEVELOPMENT

- **Stimulating environment** is one that has a variety of things to see, taste, smell, hear and touch. All they experience is stored in the brain.
- Environments lacking stimulation can result in fewer or weaker connections in the brain and delayed or slowed development in other areas. For example, if a child lacks the exposure to language during the first few months of life, there will be fewer connections in the brain, so language development can be delayed.

What are the Two Types of Motor skills?

1. Gross (large) motor skills.
 - Involves large muscles of the body such as those of the legs and shoulders. Gross motor is associated with running, jumping.
2. Fine (small) motor skills.
 - Involve the smaller muscles of the body such as the fingers.
 - Require small precise movements such as writing, using scissors

RECALL

1. Three patterns of development are..
2. What's the difference between growth and development?
3. Identify and explain at least two influences on development.
4. Give an example of a fine motor skill.
5. Give an example of gross motor skill.

ASSIGNMENTS

SECTION 7-1 Tracking Infant Development

- Notes
- Tracking Children's Development (activity sheet)
- Article on how to stimulate brain development in babies.

7-1 continued

Read page 219

- On paper provided, use the computer, magazines to locate at least 5 pictures or activities each that develop gross and fine motor skills, glue to paper and include how they are used to enhance each skill.

ASSIGNMENTS

SECTION 7-2 Promoting Health

- Locate article on Shaken Baby Syndrome. What is it? How is the baby affected, etc. This must be typed.

Read pages 235 – 236

- Write notes on “Introducing Solid Foods” and Self-feeding

7-2 continued

- Use the internet, magazines to locate at least 5 examples of foods to feed babies, and 5 examples of what not to feed babies (explain why) based on page 236

Read pages 238 – 239: “Choosing Clothing”

- Outline each sections using bullets.
- Locate at least 7 pictures of appropriate and inappropriate clothing for babies. Explain what makes them appropriate or not.

ASSIGNMENTS

SECTION 7-3 Keeping an Infant Safe and Well

- Locate pictures of diapering needs
- Locate items that can be used to treat cradle cap.
- Locate pictures of bathing needs of infants.

QUESTIONS?

