

## **Chapter 7 Physical Development of Infants**

### **Section 7.1 Infant Growth and Development**

- 1.** Growth refers to changes in size; development refers to increases or changes in physical, emotional, social, or intellectual skills.
- 2.** Head to foot means that babies first develop some control of head movement and then control of muscles moves down the body. Near to far means development starts near the trunk of the body and moves outward. Simple to complex means babies first develop the large muscle groups. As they strengthen and gain control over these muscles, they learn to do increasingly complex tasks.
- 3.** Answers will vary but should mention that the health and environment can play a big role in his acquisition of new skills as well as the opportunity to express and practice the skills.
- 4.** Answers will vary, but Gina should be concerned. Since babies typically triple their birth weights in the first year, her baby should weigh about 21 pounds. Gina should consult a doctor.

### **Section 7.2 Caring for an Infant**

- 1.** Answers may vary. One example is giving a warm bath, reading a story, and gently rocking the baby to sleep.
- 2.** Signs of food allergy in a baby may include excessive fussiness, vomiting almost all food after a feeding, or eight or more watery stools a day.
- 3.** Answers can include any three of the following: whether the garment is comfortable, allows room for growth, is easy to put on and take off, or is durable.
- 4.** Posters may vary depending on the specific type of malnutrition you focus on. General symptoms include fatigue, dizziness, weight loss, and decreased immune response.
- 5.** Directories will vary depending on the organizations in your community that provide for the nutritional and clothing needs of young children. You may list organizations such as the Salvation Army or Women, Infants, and Children (WIC).

### **Section 7.3 Infant Health and Wellness**

- 1.** A wet sponge is applied to the baby's skin during a sponge bath. A baby sits in water during a tub bath.
- 2.** Growth and development will be tracked, the baby will be thoroughly examined and measured, and the doctor will respond to parents' questions and concerns.
- 3.** Lists will vary. Some examples include rocking, walking with the baby, using a stroller, distracting with toys, rubbing the baby's back, singing, or playing music.
- 4.** Methods will vary depending on the country you choose. You should describe the method step-by-step and demonstrate it for the class.