Section 7–1: Infant Growth and Development

1. Do the terms “growth” and “development” mean the same thing? Explain. 

2. Give an example of each of the following patterns of development.
   A. Head to toe: 
   B. Near to far: 
   C. Simple to complex: 

3. What are developmental milestones, and why are they useful? 

4. Will inherited talents always emerge in children? Why or why not? 

5. Why is proper nutrition essential for an infant? 

(Continued on next page)
6. How does good health influence an infant's development?

A healthy baby is more likely to eat well and have energy to be active. Activity provides varied experiences that stimulate the brain and aid in muscle development.

7. Is it the quantity or variety of experiences a child has that impacts brain development?

Both

8. What makes a place a stimulating environment for a baby?

A variety of things for a baby to see, taste, smell, hear, and touch

9. Use the Figure on page 198, to determine whether each of the following statements is True or False.

A. At one year of age, boys are typically longer than girls. False

B. At birth, boys and girls typically weigh about the same. True

C. Between the ages of 3 months and 12 months, girls typically weigh less than boys. True

10. Using your understanding of averages, explain when parents should become concerned if their baby is above or below average in weight according to growth charts.

Few babies are exactly average; most will be above or below. Unless a baby is significantly overweight or underweight, it's more important to watch for a steady pattern of growth.

11. Describe how the development of depth perception impacts a baby's interaction with the world.

Depth perception allows babies to track people's movements and reach for objects by judging how far away they are.

12. Classify each of the following movements as a reflex, gross motor skill, or fine motor skill.

A. Rolling over: Gross motor skill

B. Drinking from a cup: Fine motor skill

C. Sucking: Reflex

D. Crawling: Gross motor skill

E. Grabbing a finger placed in the baby's hand: Reflex

F. Picking up food with the thumb and forefinger: Fine motor skill

13. At about what age do babies usually take their first steps alone?

12 months

14. Why is the development of hand-eye coordination important?

This is an essential skill for many tasks in life. Infants use it to pick up and move objects they see.
Section 7–2: Caring for an Infant

15. What special precaution must be taken when picking up or holding a newborn? 

16. What causes shaken baby syndrome? What are its possible consequences? 

17. A month-old baby will not stop crying. The parent is starting to feel angry and is afraid of losing control. What would you recommend? 

18. Why should you remove stuffed toys from the crib when putting the baby to bed? 

19. How should you position a baby in bed to help prevent sudden infant death syndrome (SIDS)? 

20. Ten minutes after Josh and Cheri put their baby Nathan to bed, he is still crying. Nathan is ten days old. What should they do? 

21. Give two examples of foods that usually work well as a baby’s first solid foods. 

22. Why do experts discourage giving babies fruit juice during their first six months?
23. Describe three advantages of breast-feeding. 

Any three:
1. Contains all the nutrients a baby needs.
2. Contains antibodies that help fight off germs.
3. Contains no germs and is easy to digest.
4. Fewer infections and allergies compared to formula-fed babies.

24. What are two possible reasons for using formula? 

Any two:
1. Father can participate in feeding.
2. Some mothers are not physically able to breast-feed.
3. May be more practical for mother’s work schedule.
4. Made to meet babies' nutritional needs.

25. How much should an infant be allowed to eat? 

As much as the baby wants. Healthy babies usually eat only the amount they need.

26. When a baby begins to self-feed, some foods should be avoided because they may cause choking. Give three examples of such foods. 

Any three:
1. Raw vegetables
2. Hot dogs
3. Nuts
4. Peanut butter
5. Whole grapes
6. Candy
7. Chips
8. Pretzels
9. Popcorn

27. Why is it necessary to burp the baby during a feeding? 

Babies often swallow air as they drink. To feel comfortable, the baby needs to be burped to expel the air. Otherwise, the baby may spit up, become irritable, or have gas.

28. What is weaning? About when are babies ready to wean? 

The transition from the bottle or breast to a cup. Babies are usually ready sometime around their first birthday.

29. When the baby is ready for solid foods, new foods should be introduced at least four days apart. Why? 

A bad reaction to certain foods is not unusual. By introducing new foods at least four days apart, it is easier to figure out which food is causing the reaction.

30. What condition could result if a baby does not receive enough of the right types of foods? 

Malnutrition

31. About how warmly should you dress a baby compared to an adult? 

About one more layer of clothing than an adult would wear.

32. Give two characteristics you would look for when buying clothes for babies. 

Examples will vary, but may include:
1. Clothes made of stretchy knit fabrics.
2. Padded knees for crawling babies.
3. Features to allow for growth.
4. Clothes that make dressing easier.
Section 7–3: Infant Health and Wellness

33. When babies reach the age of two or three months, about how often should you bathe them?

34. What are the symptoms of cradle cap?

35. How can you treat diaper rash?

36. Briefly summarize the steps involved in changing a diaper.

37. At about what age do babies begin teething?

38. Give three signs that a baby may be teething.

39. How can you reduce a baby’s risk of injury from falling?

40. How do immunizations work to protect against disease?
Infant Growth and Development

Tracking Infant Development

Directions: For each motor skill described below, identify the average age at which the skill is first developed. Write the appropriate age from the box below in the blank in front of each skill description. Then answer the question.

<table>
<thead>
<tr>
<th>Months</th>
<th>Motor Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 month</td>
<td>1. Sits up steadily.</td>
</tr>
<tr>
<td>2 weeks</td>
<td>2. Holds head up steadily.</td>
</tr>
<tr>
<td>3–4 months</td>
<td>3. Turns head in direction of sounds.</td>
</tr>
<tr>
<td>5–6 months</td>
<td>4. Lifts head when placed on stomach.</td>
</tr>
<tr>
<td>7–8 months</td>
<td>5. May walk alone.</td>
</tr>
<tr>
<td>9–10 months</td>
<td>6. Rolls from tummy to back.</td>
</tr>
<tr>
<td>11–12 months</td>
<td>7. Puts objects in containers.</td>
</tr>
<tr>
<td>12 months</td>
<td>8. Passes a block from one hand to the other.</td>
</tr>
<tr>
<td>13 months</td>
<td>9. Watches the movement of objects close by.</td>
</tr>
<tr>
<td>14 months</td>
<td>10. Picks up small objects using thumb and forefinger.</td>
</tr>
<tr>
<td>15 months</td>
<td>11. Rolls over both ways.</td>
</tr>
<tr>
<td>16 months</td>
<td>12. Puts objects into and takes them out of containers.</td>
</tr>
<tr>
<td>17 months</td>
<td>13. Crawls well on hands and knees.</td>
</tr>
<tr>
<td>18 months</td>
<td>14. Rocks on stomach while kicking legs and making swimming motions with arms.</td>
</tr>
<tr>
<td>19 months</td>
<td>15. Stands with assistance.</td>
</tr>
</tbody>
</table>

16. Based on your responses, what is one of the first motor skills that infants acquire? ________________
Caring for an Infant

Promoting Infant Health

Directions: Read the following descriptions of parents’ care. If the action described promotes health, write Yes in the space to the left of the description. If the action does not promote health, write No in the space and explain why.

1. Each night, Joni follows the same bedtime routine. She holds her son and rocks in a rocking chair while reading him a story. Then she places him in the crib on his stomach and pats his back gently.

2. Mariana laughed at what her friend said. “No, I don’t find breast-feeding to be embarrassing or difficult. It’s easier than dealing with bottles. We’re doing fine.”

3. Josh was frustrated. His daughter wouldn’t stop crying. The more he tried to calm her, the more tense her body felt in his arms. Shaking her, he shouted, “You’ve got to stop!”

4. After his baby had fed for a while, Miguel took the bottle away and put it on the table. “You can have more in a minute, baby,” he said. “First, though, Daddy needs to burp you.”

5. Jonathan cradled his daughter close, supporting her head and body as he fed her a bottle of formula. She did not finish the entire bottle. Jonathan put the bottle in the refrigerator to give her in the next feeding.

6. Brooke put her son into his crib at bedtime. “Here’s your bottle, Connor. If you get hungry, you can have some.” Then she put the nipple of the bottle into Connor’s mouth.
### Directions: Complete the chart by answering the questions in the spaces provided.

<table>
<thead>
<tr>
<th>Bathing</th>
<th>Diapering</th>
<th>Safety</th>
</tr>
</thead>
<tbody>
<tr>
<td>Until the navel heals, how should a baby be bathed?</td>
<td>About how many times each day does a very young baby need a diaper change?</td>
<td>Why is it important to keep all small objects off of floors?</td>
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<tr>
<td>When is it safe to begin bathing the baby in a full-size tub?</td>
<td>How can you recognize diaper rash?</td>
<td>How can you reduce a baby’s risk of poisoning?</td>
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<tr>
<td>Beginning at age two to three months, about how often should babies have baths?</td>
<td>Which is more effective at keeping babies dry: cloth or disposable diapers?</td>
<td>Why should stuffed animals be kept out a baby’s crib?</td>
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<tr>
<td>How should you test the temperature of a baby’s bath water?</td>
<td>What should you do after removing a soiled diaper and before putting on a fresh diaper?</td>
<td>At what temperature should a water heater be set to avoid burning a baby?</td>
</tr>
</tbody>
</table>

(Continued on next page)