Physical Development of Infants

Study Guide

Directions: Answer the following questions as you read the chapter. They will help you focus on the main points. Later, you can use this guide to review and study the chapter information.

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?


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6. How does good health influence an infant’s development?

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

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

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.
   B. At birth, boys and girls typically weigh about the same.
   C. Between the ages of 3 months and 12 months, girls typically weigh less than boys.

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.

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

12. Classify each of the following movements as a reflex, gross motor skill, or fine motor skill.
   A. Rolling over:
   B. Drinking from a cup:
   C. Sucking:
   D. Crawling:
   E. Grabbing a finger placed in the baby’s hand:
   F. Picking up food with the thumb and forefinger:

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

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

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Section 7-2: Caring for an Infant

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

By what age can they hold up their head without support?

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

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

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

FOR INFANT NUTRITION, SEE STEPS TO INFANT FEEDING

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? _____________________
BREASTFEEDING VS. BOTTLE

Why is burping necessary? Why should new foods be introduced at least 4 days apart?

Why is rice cereal the first “solid” food?

About when are babies ready to wean? What foods should be avoided when a baby begins self-feeding to avoid choking?

(Change from bottle or breast to cup)

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