

PLAYER TIPS

UNIT 7: PHYSICAL DEVELOPMENT OF INFANTS

Physical Growth in the First Year Chapter 8 pg 213

- 1 A newborn is called a _____ from birth to one month old.
2. An baby is called an _____ from one month until one year of age.

Maturation of Organs pg 214

3. A) _____ grows faster than any other tissue in the child's body.
B) Muscles increase in size through activity and _____.
C) Digestive system remains _____.
D) Lungs have increased capacity as child's breathing rate _____.
E) Heart is immature, but becomes _____.
F) Skeletal system is framework of the body, including cartilage, _____, and teeth.
G) Length and _____ change quickly during the first year.
H) Rate of growth is timing of overall _____ and should be consistent.
I) Body proportions or relative size of body parts like _____ head is $\frac{1}{4}$ of total length and adult head is $\frac{1}{8}$ of total height.

4. Mother's malnutrition is called _____.
5. Failure to _____ can be caused by abuse or neglect of baby if not held, touched or talked to.
6. Bones lengthen during infancy, and _____ and fusing occurs.
7. Baby has _____ bones at birth and adult has 206 bones.
8. Teeth begin to form _____.
9. Around six months of age, _____ (nonpermanent) teeth may begin to appear.
10. Ossification is the hardening of _____ caused by the depositing of the minerals calcium and phosphorus.

Reflexes pg 217

11. _____ reflex helps newborns search for food by turning their heads and moving their mouths in response to touch on the cheek or mouth.
12. _____ or grasping reflex is replaced around 4 months with voluntary grasping.
13. _____ reflex is when newborn's toes fan out if the outside of the sole is stroked from heel to toe. Reflex ends about one year of age.
14. _____ or startle reflex consists of 2 movements when newborns fling out arms and legs out and then pull them back again when they are startled.
15. _____ reflex is when babies' feet touch a solid surface, alternating steps are taken as in walking. This reflex disappears in 3 or 4 months.

NOTES:

PLAYER TIPS

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Motor Development pg 217

16. Motor development is the use and control of muscles that _____ body movements.
17. Gross-motor skills is the use and control of the _____ muscles (trunk, arms, and legs).
18. Fine-motor skills is the use and control of the _____ muscles (fingers and hands).
19. Cephalocaudal development is the development that begins with the _____ and moves down toward the feet.
20. Head and neck control is most complete at _____ months of age.
21. Trunk control is sitting without support at _____ months of age.
22. Leg control like crawling, creeping, standing, cruising, and _____.
23. Proximodistal development begins in the _____ of the body and moves out toward the feet and hands.
24. Hand manipulation is using the hand, fingers, and thumbs to swipe at, _____, and manipulate objects.
25. Developmental Milestones are physical, _____ and social-emotional tasks many children learn to accomplish by a certain age.
26. *At what age can children roll from stomach to back?* _____ months
27. *At what age do children have reflexive movements?* _____ months
28. *At what age can children pull themselves up using people or furniture for support?* _____

Breast-Feeding pg 225

29. Breast-feeding provides the opportunity for _____.
30. Breast-feeding best meets nutritional needs during first _____ months of life.
31. Breast-feeding recommended for the first _____ months by the American Academy of Pediatrics
32. Breast-feeding passes mother's _____ to baby.
33. Breast-feeding satisfies need for _____ and promotes good facial development.

Formula Feeding pg 226

34. Formula feeding substitutes for _____ milk.
35. Formula feeding is found to be _____ sound for developing infants.
36. Formula must be _____ prepared.
36. Formula feeding has _____ and disadvantages compared to breast-feeding.
37. Formula is available in _____, liquid concentrate or ready-to-feed forms.

NOTES:

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Feeding During Infancy pg 227

38. _____ rids the baby's body of air swallowed during feeding.
39. Feeding schedules vary from infant to infant. Newborns typically nurse every _____ hours.
40. _____ is the gradual process of taking infants off the breast or bottle.

Starting Solid Food pg 228

41. _____ are semiliquid, mushy foods for infants like vegetables, fruits and cereals.
42. Infants can have solids beginning around _____ months of age.
43. _____ is a condition in which a baby has intense abdominal pain and cries inconsolably.

Food Choking Hazards for Infants pg 228

- A) Rounded, _____ foods B) Thick-skinned fruits, such as raw _____
- C) _____ foods D) _____ candy E) _____ and peanut butter F) Cherries with _____
- G) Hot _____ sliced in rounds H) meats with _____ I) pretzels J) soft, _____ foods
- K) _____ and whole kernel cooked corn

Clothing for Infants pg 232

44. Parents need to keep several things in mind when shopping for clothing:
- A) Comfortable B) _____ to take on and off C) Suitable for _____ temperature
- D) _____ (flame-resistant, loose weave, lack strings) E) _____ features

Caring for Baby Clothes pg 233 Parents should do the following:

45. Read labels and _____ before cleaning clothes.
46. Follow the _____ on the clothes.
47. _____ stains before washing.
48. _____ tears before washing.
49. _____ babies' and children's clothing more often than other clothes.

Bathing Newborns pg 234 and Diapering

50. Newborns should be _____ *bathed*. In a sponge bath, parents use a washcloth or sponge _____ to wash the baby's body.
51. Once infants' _____ and circumcision wounds have healed, they can receive *tub baths*.
52. A small tub can be filled with _____ inches of water.
53. Diapers can be _____ or disposable.
54. Caregivers should wash hands and surfaces thoroughly to prevent the spread of _____.
55. Newborns need 12 to _____ hours of sleep a day.
56. Between 6 and 12 months of age, infants need 14 to _____ hours.
57. Sudden Infant Death Syndrome (SIDS) is the medically _____ death of a baby.

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