

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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(Continued on next page)

Physical Development of Infants

Chapter 7 continued

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?

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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(Continued on next page)

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? _____

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(Continued on next page)

Physical Development of Infants

Chapter 7 continued

23. Describe three advantages of breast-feeding. _____

24. What are two possible reasons for using formula? _____

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

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

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

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

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

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

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

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

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

SECTION 7-1

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.

Ages		
1 month	5-6 months	9-10 months
2 months	7-8 months	11-12 months
3-4 months		

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

16. Based on your responses, what is one of the first motor skills that infants acquire? _____

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(Continued on next page)

Caring for an Infant

SECTION 7-2

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 bed-time 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.

_____ **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!"

_____ **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.

_____ **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."

_____ **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."

_____ **6.** Brooke put her son into his crib at bed-time. "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.

Keeping an Infant Safe and Well

Directions: Complete the chart by answering the questions in the spaces provided.

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