Physical Development During the First Year

Study Guide

Directions. As you read the chapter, answer the following questions. Later, you can use this guide to study the information in the chapter.

Section 8-1: Growth and Development of Infants

1. Give an example of each of the following patterns of development.

   A. Head to toe: ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

   B. Near to far: __________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

   C. Simple to complex: ________________________________________________

   ____________________________________________________________

   ____________________________________________________________

2. Indicate whether the one-year-olds with the following heights and weights are average, above average, or below average.

   A. 20 pounds, 4 ounces. (9.2 kg) _________________________________________

   B. 32 inches (81.3 cm) ________________________________________________

   C. 18 pounds, 8 ounces (8.4 kg) _______________________________________

   D. 23 pounds (10.4 kg) _______________________________________________

   E. 27 inches (68.6 cm) _______________________________________________

3. Distinguish between growth and development. ____________________________

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

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4. Explain each of the following changes in a baby’s sight that takes place in the first year.

A. Focus: ________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________

B. Depth perception: ______________________________________________________

_______________________________________________________________________

_______________________________________________________________________

C. Hand-eye coordination: _________________________________________________

_______________________________________________________________________

_______________________________________________________________________

5. Why is babies’ focus on their mouths potentially dangerous? ______________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________

6. What symptoms may indicate that a baby is cutting teeth? ____________________

_______________________________________________________________________

_______________________________________________________________________

7. Define motor skills and give two examples. _________________________________

_______________________________________________________________________

_______________________________________________________________________

8. If a child can’t walk by the first birthday, does this indicate a problem? Why or why not? ______________________________________________________________________

_______________________________________________________________________

_______________________________________________________________________

Section 8-2: The Developing Brain

9. What functions of the body do the following areas of the brain control?

A. Cortex: ________________________________________________________________

_______________________________________________________________________

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8. Cerebellum: ________________________

C. Pituitary gland: ________________________

10. Explain the role of neurotransmitters in communicating between neurons. ________________________

11. Much learning comes from repetition. How does the development of connections in the brain explain why? ________________________

12. What role does myelin play in the timing of children’s learning? ________________________

13. Choose one of the “rules to build a brain by.” Explain what it means and give an example of how a caregiver can help a child by putting this rule in practice. ________________________

Section 8-3: Handling and Feeding Infants

14. What is shaken baby syndrome? What causes it? ________________________

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15. How often do newborns eat? Which babies tend to feed more often—those who are breastfed or those fed by bottle?

16. Where can a mother who breastfeeds go for advice?

17. Explain the guidelines for bottle-feeding for each of the following areas.
   A. Holding the baby:
   
   B. Warming the bottle:
   
   C. Cleaning bottles and nipples:

18. Why is it necessary to burp the baby when it is feeding?

19. About when do babies begin to eat solid food? About when are they ready for weaning?

20. About when are babies ready to start feeding themselves? What is the experience like?

21. What four nutritional needs do infants have?
Section 8-4: Other Infant Care Skills

22. What must occur before a baby can have a tub bath? About when does that occur?

23. What part of the body should the caregiver use to test the temperature of bath water? Why? How should the water feel?

24. How warmly do babies need to dress?

25. What guidelines about size should parents follow in buying clothes for babies? Why?

26. Briefly describe how to change a diaper.

27. Why should cloth diapers be laundered in hot water?

28. How can you treat diaper rash?

29. How do a baby's sleep patterns change in a year?

30. Why is it helpful to follow the same sleep routine every night?