

Physical Development of Infants

CHAPTER 7

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?

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

9. Use the growth chart on page 214, 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: Infant Care Skills

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 won't 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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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. _____

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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?
