

DEVELOPMENT DURING THE FIRST YEAR OF LIFE--KEY

1. Healthy babies gain **1-2** pounds per month during the first six months and about **1** pound(s) the last half of the first year.
2. The average height by one year is about **30** inches.
3. Compared to adult proportions, a baby's head and abdomen are **LARGE**, the legs and arms are **SMALL**.
4. What are three signs to look for in an infant to determine if he/she has a hearing problem?
 - a. **NOT STARTLED BY A SHARP CLAP**
 - b. **NEVER TURNS TOWARD SOUNDS**
 - c. **NOT AWAKENED BY LOUD NOISES**
5. What are two symptoms of teething?
ANY OF THE FOLLOWING: CRANKY, RESTLESS AND WAKEFUL, MAY REFUSE FOOD AND DROOL EXCESSIVELY
6. Which teeth come in first?
THE BOTTOM, FRONT TWO
7. Physical development proceeds from (please include an example of each):
 - a. **HEAD TO FOOT--FIRST BABIES LEARN TO LIFT THEIR HEADS (CEPHALO-CAUDAL)**
 - b. **NEAR TO FAR--BABIES ARE ABLE TO SCOOT THEIR ENTIRE BODY TO AN OBJECT, WAVE AT IT, GRAB AT IT, PICK IT UP (PROXIMAL-DISTAL)**
 - c. **SIMPLE TO COMPLEX--FROM BEING FED TO EATING WITH THEIR OWN HANDS**
8. What are motor skills?
MOTOR SKILLS ARE ABILITIES THAT DEPEND ON THE USE AND CONTROL OF MUSCLES.
9. What type of motor skills are related to the large muscles of the body? Please give an example.
GROSS MOTOR SKILLS ARE LARGE MUSCLE CONTROL SUCH AS CRAWLING OR WALKING.

10. What are the skills related to the small muscles of hands and fingers called?
Please give an example.
FINE MOTOR SKILLS RELATE TO THE USE OF SMALL MUSCLE CONTROL SUCH AS WRITING, COLORING, OR EATING.
11. What is it called when a child has the ability to move from one place to another?
LOCOMOTION
12. What term describes the ability to use hands and fingers to hold and grasp objects?
MANIPULATION
13. When handling a newborn, what is important to remember?
NECK MUSCLES ARE NOT DEVELOPED, THE HEAD MUST BE SUPPORTED.
14. Why will a baby cry?
WANTS TO BE HELD, HAS A SOILED DIAPER, IS ILL, IS HUNGRY
15. What are some ways to comfort a baby?
ANY APPROPRIATE ANSWER
16. What is a newborn's eyes and vision like?
A BABY'S STARES SEEM BLANK AND UNCOMPREHENDING. THEIR EYES BLINK SEPARATELY OR LOOK IN DIFFERENT DIRECTIONS. THERE ARE NO TEARS AT FIRST.
17. When does the sense of smell develop?
DURING THE FIRST FEW DAYS OF LIFE, INFANTS BECOME SENSITIVE TO ODORS.
18. What is the danger of shaking a baby younger than two years old?
CREATES A HIGH RISK OF SEVERE BLEEDING IN THE BRAIN
19. What is as important to the baby as food?
CUDDLING, BODY CONTACT, AND SOFT WORDS THAT GO WITH FEEDING
20. When should strained foods be added to the baby's diet?
BETWEEN THE FOURTH AND SIXTH MONTH
21. What is the problem with propping a bottle for the baby to drink?
IT CAUSES MILK TO GUSH INTO THE MOUTH. THIS LEADS TO DIGESTIVE PROBLEMS AND EAR INFECTIONS. IT ALSO PROVIDES A CONSTANT SOURCE OF MILK IN THE MOUTH, WHICH CAN BEGIN TOOTH DECAY.

22. When do babies begin to eat with their fingers?
EIGHT TO TEN MONTHS
23. Which babies are more likely to be overfed: bottlefed or breastfed?
Why?
**BOTTLEFED BABIES ARE MORE LIKELY TO BE OVERFED
BECAUSE THE PARENTS ARE TEMPTED TO URGE THE BABY TO
TAKE ANY FORMULA THAT IS LEFT IN THE BOTTLE.**
24. Do infants need to worry about low-fat diets or cholesterol? **NO**
25. The best way to learn to walk is **BAREFOOT**.
26. What does the term cruising mean?
THE INFANT STANDS AND WALKS ALONG FURNITURE.
27. Young babies should be placed on their **SIDE** or **BACK** to sleep.
28. What is SIDS?
SUDDEN INFANT DEATH SYNDROME OR CRIB DEATH