

Skills for Living

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Chapter 10

Meeting Children's Developmental Needs

- In this chapter, you will learn



Topic 10-1

The First Year

- In this topic, you will learn about the changing needs of infants as they grow and develop during the first year of life, as well as
 - ❖ **Newborn babies**
 - ❖ **Infants**

The First Year

Objectives for Topic 10-1

After studying this topic, you will be able to

- describe the characteristics and basic needs of newborns
- summarize the physical, emotional, social, and intellectual development of infants

Topic 10-1 Terms

- ❖ pediatrician
- ❖ newborn
- ❖ sudden infant death syndrome (SIDS)
- ❖ infant

Newborn Babies

- A *pediatrician* is a doctor specializing in the care and development of children
- A *newborn* is a baby in the first month of life



Characteristics of Newborns

- Weight of about 7 ½ pounds
- Length of 20-21 inches
- Red or wrinkled skin
- Misshapen head
- Flattened nose
- Bowed legs
- Bulging abdomen
- Short neck
- Sloping shoulders
- Narrow chests

Care of Newborns

■ Feeding

- ❖ Breast milk or formula provides needed nutrients

■ Sleep

- ❖ Infants need to sleep 18 to 20 hours a day
 - *Sudden infant death syndrome (SIDS)* is the sudden death of an apparently healthy baby during sleep

Care of Newborns

■ Bathing

- ❖ sponge baths before navel heals
- ❖ tub baths in just a few inches of water

■ Clothes

- ❖ soft, flame-retardant fabrics
- ❖ loose fitting
- ❖ temperature-appropriate

■ Diapers

- ❖ cloth or disposable
- ❖ about 10 changes daily

Infants

- *Infants* are babies up to 12 months old
- Every child develops at his or her own rate



Early Brain Development

- Experiences soon after birth affect much of the brain's development
- Interaction with caregivers in the first two years is critical
- Emotional interaction is necessary for intellectual development

Physical Growth of Infants



- In the first year, most infants will
 - ❖ triple in weight
 - ❖ grow 1½ times their length at birth
 - ❖ learn to control muscle movements
 - ❖ roll over
 - ❖ crawl
 - ❖ sit alone
 - ❖ stand and walk

Emotional and Social Growth of Infants

- Newborns respond to human contact
- Range of emotions expands through the first year
- At one year, infants can recognize others' emotions
- Newborns recognize parents' voices
- Infants begin to recognize familiar faces
- At one year, infants socialize with adults

Intellectual Growth of Infants

- Newborns show intellectual development through their senses
- Throughout the first year, infants
 - ❖ show signs of memory
 - ❖ begin to understand concepts
 - ❖ learn by playing with toys
 - ❖ develop language skills

Summary for Topic 10-1

- Parents must learn how to care for their newborns during the first year of life
- As infants grow physically, emotionally, socially, and intellectually, parents will enjoy watching for signs of development