**PHYSICAL DEVELOPMENT OF**

**AN INFANT STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_\_**

**Age**

1. Newborns: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. Infants: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Sequence of Normal Physical Development**

1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
6. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
7. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Crawling**

1. Babies might skip the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, but studies have linked crawling to the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* necessary for reading and other cognitive skills.
2. Provide *\_\_\_\_\_\_\_\_\_\_\_\_*that get a child down on the ground to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* during play.

**Neck and Eye Development**

1. Since the neck muscle is *\_\_\_\_\_\_\_\_\_\_*, place *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* under their neck to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*their head and neck.
2. A *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* above the baby’s head will develop the infant’s *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*

**Height and Weight**

1. By the end of their first year, the infant has:
	1. Tripled their *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. Increased their length by *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Nutrition**

1. If the baby cries, don’t immediately *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Tears don’t mean *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and you don’t want them associating *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.*
3. Never *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* a bottle of milk.

**Warming a Bottle**

1. It creates dangerous *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* in the liquid that will *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Run the bottle under *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* until the milk is *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Set the bottle in a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* on the stove and heat to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
4. Check the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* by shaking a few drops onto your *\_\_\_\_\_\_\_\_\_\_*.

**Bottle Feeding**

1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* a bottle up in the baby’s mouth causes milk to *\_\_\_\_\_\_\_\_* into their *\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. The baby could develop *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, digestive problems, and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. The baby will also miss out on the important *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
4. Throw away *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* that have been sitting in the fridge for over *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
5. Bottle fed babies are at risk for *\_\_\_\_\_\_\_\_\_\_\_\_\_* because the caregiver may urge the baby to *\_\_\_\_\_\_\_\_\_\_\_\_\_* left in the bottle, even if the child is *\_\_\_\_*.

**Solid Foods**

1. At around *\_\_\_\_\_\_\_\_\_\_\_\_* of age, the infant is able to digest *\_\_\_\_\_\_\_\_\_\_\_\_*.
2. The infant has control over the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* so it won’t spend the majority of feeding time thrusting out its *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Introduce *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* at a time to be able to identify *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*to food.

**Introducing Solid Foods**

1. First: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	1. Rice, barley or oats
	2. Wait on the *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* (common allergen for many babies)
2. Second: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,* yellow/orange varieties
	1. Sweet potatoes and carrots
	2. Greens (peas and beans) have a slightly stronger flavor
3. Third: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	1. Mashed bananas, baby applesauce, peaches, pears
4. 7 Months: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	1. Poultry first
	2. Beef second
5. 7 Months: *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	1. Yogurt, cottage cheese, egg yolks
6. It is important to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* for feeding infants.
7. Some doctors recommend waiting to feed infants baby cereal because so many can develop *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* or allergies. Instead, they start babies on *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.

**Foods to Avoid the First Year**

1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
6. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
7. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
8. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
9. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* (wait until they are 2 years old)

**Baby Food Jars**

1. Never feed a baby *\_\_\_\_\_\_\_\_\_\_\_\_\_*from the baby *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. *\_\_\_\_\_\_\_\_\_\_\_\_* from the baby’s saliva *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* in the baby food.
3. It begins to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* the food and causes it to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* bacteria can grow quickly and lead to *\_\_\_\_\_\_\_\_\_\_*.
5. Pour the food out into a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Self-Feeding**

1. Children begin self-feeding at around *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
2. Guidelines for self-feeding safely include:
	1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*pieces
	2. Easy to *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	3. Nothing that must be *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	4. Small *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* at a time
	5. Watch them *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**Follow MyPlate Guidelines**

1. Give *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*/portions
2. Use their *\_\_\_\_\_\_\_\_\_\_\_\_* as a guide for their *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Help children to enjoy *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
4. *\_\_\_\_\_\_\_\_\_\_\_\_\_* salty, sweet and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* foods.
5. Provide enough *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* for rapid growth
6. Provide foods rich in *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* such as protein, *\_\_\_\_\_\_\_\_\_\_*, calcium, B-vitamins, *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, D-vitamins.
7. Foods that are *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
8. Adequate amount of *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	1. Mostly *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
	2. Can also provide *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*