

5:4a Infants

What are the developmental traits of infants?

Developmental traits are milestones that most children under one achieve. If a child does not master this skill exactly during this time period it does not usually indicate any problems. Problems can be identified if infants are not developing and fail to thrive.

What is a normal infant?

The average baby is ___ pounds at birth and ___ inches long. Most babies triple their weight and double their height in the first year. Infants cannot hold their heads up, roll over, or are able to hold onto objects when first born.

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By the age of 3 months, children are holding up their heads, rolling over, and following objects with their eyes, and at six months, are grasping at objects and can hold a rattle. All objects will travel to an infant's mouth. It is very important to keep small and unsanitary objects out of an infants reach.



5:4c Infants



What do infants eat?

Babies are not born with natural immunity to disease. The first source of immunity is in a substance called colostrums, found in breast milk. Most mothers have little trouble breastfeeding their child. It is sanitary, always the correct temperature, and easy to transport. Infants should not be fed solid food of any type before 4 months old, unless directed by a physician. Early feeding can result in the later development of food allergies. If infants are not breast-fed, an infant formula should be purchased. Some infants are allergic to the lactose based formulas and need specialized soy formulas.

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What is normal physical development for an infant?

During the first year of life, infants grow physically on the inside and outside. They learn to hold their heads up, grasp for an object, gain the ability to digest a wider and wider variety of ground up foods, roll over, scoot, pull themselves up, and some take a few steps. Infants do not have the ability to control their bodily functions. Infants can be killed or permanently damaged from shaking or disturbing their spinal cord and neck area. Children should never be “shaken” in fun or in anger.

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Parents make frequent visits to the pediatrician to check development and begin immunizations. Any concerns about development should be discussed with the pediatrician or nurse.



5:4f Infants

How can I interact with an infant?

Infants must learn to trust their caregivers; only then can they learn to love. Play gently, peek-a-boo, read a picture book, play with large blocks, listen and sing to music, read rhythms. Just because they can't talk to you doesn't mean they aren't watching and learning.








5:4g Infants

What are infants learning?

Infants are learning about the relationship of them to others, trust and love, making sounds, learning about, some may say several words.

Special concerns:

-  Safety from choking
-  Rolling off changing tables
-  SIDS, Sudden Infant Death Syndrome
-  Shaking a baby
-  Correct use of car seats