HELPFUL HINT

Review infant development in a developmental psychology textbook.

MATCHING KEY TERMS

Match the term with the correct definition.

1. ______ asphyxiation
   a. Benchmarks of development that indicate that the child is developing normally
2. ______ critical milestones
   b. Inability to see another person’s point of view
3. ______ developmental milestones
   c. Emotional foundation on which a healthy personality is built
4. ______ egocentrism
   d. Use of the index finger and thumb to pick up objects
5. ______ mistrust
   e. State of suffocation that severely compromises oxygen delivery
6. ______ object permanence
   f. Realization that things continue to exist when out of sight
7. ______ parent-infant attachment
   g. Distress experienced when infant is separated from caregivers or meets unfamiliar persons
8. ______ pincer grasp
   h. Negative resolution of Erikson’s first developmental task
9. ______ sensorimotor stage
   i. Developmental benchmarks that, if not reached, necessitate a full developmental assessment
10. ______ stranger anxiety
    j. Piaget’s first stage of cognitive development
11. ______ trust
    k. Sense of connection between parent and infant

GROWTH AND DEVELOPMENT OF THE INFANT

Next to each activity, write the age at which the behavior generally first appears.

Age Choices

1–2 months  3 months  4–5 months  6–7 months  8–9 months  12 months

1. Begins to obey simple commands __________________________
2. Crying becomes differentiated __________________________
3. Sits alone __________________________
4. Smiles in response to others __________________________
5. Birth weight doubles __________________________
6. Cruises around the furniture __________________________
7. Begins to demonstrate stranger anxiety __________________________
8. Is alert for 1½ to 2 hours __________________________
9. Behavior is mostly reflexive __________________________
10. Can breathe when nose is obstructed __________________________
11. Pincer grasp develops ____________________________________________
12. Birth weight triples ____________________________________________
13. Turns from abdomen to back ______________________________________
14. Has beginning sense of object permanence __________________________

Fill in the blanks.
15. Infants are vulnerable to respiratory infections because of ___________ and ___________.
16. During infancy the heart rate ___________________________ while the blood pressure ___________________________.
17. __________________________________ transmits additional IgA protection to the infant.
18. At what age does the ability to digest and absorb fats reach adult levels? ___________________________.
19. Because infants’ renal systems are immature, they are at risk for ___________________________.

Match each substage of Piaget’s sensorimotor stage with its description.
21. ______ primary circular reactions b. Begins to have sense of object permanence.
22. ______ secondary circular reactions c. Activities become less reflexive and more controlled.
23. ______ coordination of secondary schemata d. Behavior is dominated by reflexes.

Answer as either true (T) or false (F).
24. ______ Depth perception is present at birth.
25. ______ Lack of eye muscle control at 2 months requires evaluation.
26. ______ All newborns should be screened for hearing problems.
27. ______ By 10 months, an infant should respond to his or her name.
28. ______ An infant’s social smile is a communication tool.
29. ______ Vocalization is a reflexive activity.
30. ______ Infant’s expressive language is more advanced than receptive language.
31. Briefly describe how an infant develops a sense of suspicion and mistrust.
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

32. How is the parent-infant attachment strengthened?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

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33. Why does stranger anxiety begin at about 6 to 7 months?

HEALTH PROMOTION FOR THE INFANT AND FAMILY

Fill in the blanks.
1. Transplacental passive immunity lasts approximately ________________ months.
2. Infant formula lacks the ________________ properties and easy ________________ of breast milk.
3. Give three examples of mothers who should not breastfeed their infants.
   a. _______________________________________________________
   b. _______________________________________________________
   c. _______________________________________________________
4. What is weaning?
   ______________________________________________________________________________________
5. Describe how to introduce solid foods into an infant’s diet.
   ______________________________________________________________________________________
   ______________________________________________________________________________________
   ______________________________________________________________________________________
Answer as either true (T) or false (F).
6. _____ Infants typically have 12 teeth by their first birthday.
7. _____ Baby aspirin is the drug of choice for alleviating teething discomfort.
8. _____ Parents can use a washcloth and a tiny bit of toothpaste to clean their infant’s teeth.
9. _____ Bottle mouth caries are preventable.
10. _____ Botulism is associated with infant intake of honey.
11. List four recommendations from the American Academy of Pediatrics for preventing SIDS.
    a. ______________________________________________________________________________________
    b. ______________________________________________________________________________________
    c. ______________________________________________________________________________________
    d. ______________________________________________________________________________________
Fill in the blanks.
12. When riding in a car, infants weighing less than 20 pounds should be placed in the back seat in a ________________ facing car safety seat.
13. Sunscreen should be applied to an infant’s skin starting at age ________________.
14. Temperature settings on hot water heaters should be no higher than ________________ degrees F.
15. Gates at the top and bottom of stairs should be in place when the child starts to ____________________.

16. List four foods that pose an asphyxiation risk.
   a. ____________________
   b. ____________________
   c. ____________________
   d. ____________________

17. List four suggestions that may help parents reduce their infants’ irritability.
   a. ____________________
   b. ____________________
   c. ____________________
   d. ____________________

18. Why should parents consult a health care professional before giving their infant chamomile tea for colic?
   __________________________________________________________
   __________________________________________________________

SUGGESTED LEARNING ACTIVITIES

1. Design a safety booklet for parents of infants.

2. Perform a developmental assessment on an infant. Assess fine and gross motor skills, language patterns, and psychosocial interactions. Based on your knowledge of infant growth and development, determine whether the infant is functioning at the expected level.

STUDENT LEARNING APPLICATIONS

Enhance your learning by discussing your answers with other students.

An 8-month-old infant is being hospitalized for 2 weeks to receive intravenous antibiotic therapy.

1. What can the nurse do to facilitate parent-infant attachment during this period?

2. How can the nurse deal with the infant’s stranger anxiety?

3. What can the hospital staff do to facilitate the development of trust in the infant?

REVIEW QUESTIONS

Choose the correct answer.

1. According to Piaget, an infant who intentionally shakes a rattle to hear the sound is in what substage?
   a. Reflexive
   b. Primary circular reactions
   c. Secondary circular reactions
   d. Coordination of secondary schemata

2. An 11-month-old infant enjoys picking up pieces of banana one by one with the thumb and index finger and throwing them on the floor. This is an example of
   a. egocentrism.
   b. pincer grasp.
   c. oral activity.
   d. reflexive activity.
3. An infant should turn her eyes and head toward a sound coming from behind her at
   a. birth.
   b. 4 months of age.
   c. 6 months of age.
   d. 10 months of age.

4. An infant will develop a sense of mistrust if he is
   a. adopted.
   b. hospitalized after birth.
   c. consistently ignored.
   d. sent to day care before 2 months of age.

5. Parent-infant attachment
   a. is critical for survival.
   b. is essential for normal development.
   c. involves the infant as an active participant in the process.
   d. is all of the above.

6. The parents of a 3-month-old infant with colic explain that because their daughter does not sleep through the night, they feel very frustrated. The nurse’s first action is to
   a. provide information about normal sleep-wake cycles in a 3-month-old infant.
   b. suggest that they practice relaxation techniques.
   c. assure them that they are not bad parents.
   d. demonstrate how to soothe the infant.

7. Which of the following statements suggests that the parent needs more information about infant nutrition?
   a. “I’ll change from breast milk to whole milk at about 6 months.”
   b. “I’ll introduce soft foods at about 5 months.”
   c. “I’ll add new foods one at a time.”
   d. “I’ll introduce drinking from a cup gradually.”

8. An appropriate “finger food” for an 11-month-old infant is
   a. Cheerios.
   b. lollipops.
   c. popcorn.
   d. raisins

9. Which of the following statements about immunity and immunizations is true?
   a. Breastfed infants do not need immunizations until they are weaned.
   b. Infants are prone to infectious diseases because of immature immune systems.
   c. Transplacental passive immunity lasts through the first year of life.
   d. Immunizations offer the infant total protection against infectious diseases.

10. Which of the following infants is at risk for developing lead toxicity?
    a. A 10-month-old whose mother crafts stained glass
    b. An 8-month-old living in a recently constructed house
    c. A 9-month-old who plays with toys that are made in the United States
    d. A 6-month-old whose 9-month-old cousin has lead toxicity