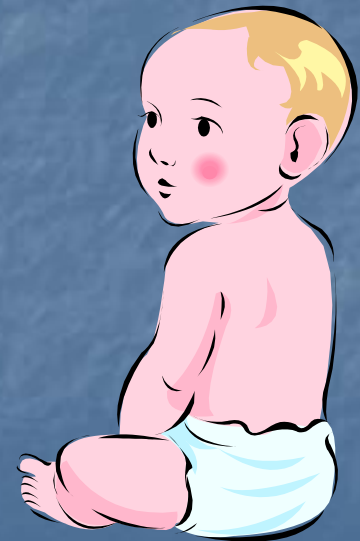


# Stages of Development

The First Year



# Each Child is Unique



- Rates of growth in first year may vary
  - Birth length increases by 1 ½ times
  - Birth weight triples
- Milestones are celebrated by parents and used by childcare workers
- Development is an orderly process
  - Follows the same sequence for all children
- Failure to thrive – term doctors use when growth slows considerably

# Developmental Sequence

## Head to foot (Cephalo-caudal)

- Control hands before feet
- Gets teeth before he walks

## Center to Extremities (Proximal distal)

- Moves whole body, then arms, then hands & feet

## Simple to complex

- Lifts head, sits up, crawl, creep, walk, run

# Four Areas of Development

## Physical development

- Gross motor skills – use of large muscles
- Fine motor skills – use of small muscles

## Intellectual development

- Cognitive development – mental processes through which we think, learn, and communicate

## Emotional development

- involves understanding and responding to our surroundings

## Social development

Understanding others and learning how to interact

# Skeletal System

- Made up of Bones and teeth
- Skeletal Growth- refers to changes in length/weight/ and appearance of teeth
- 3 Changes occur in the 1<sup>st</sup> year to bones
  - 1<sup>st</sup> length of bones increase
  - 2<sup>nd</sup> Ossification occurs (hardening of cartilage and muscle tissue into bone)
  - 3<sup>rd</sup> Number of bones increase

# What does the First Year look like?

## ■ *First Month*

- Turns head to clear nose for breathing
- Keeps hands fisted or slightly open
- Few expressions when awake



# *Second month*

- Holds head up while on tummy
- Holds objects with hand (reflexive)
- Smiles and coos



## ■ *Third month*

- Lifts chest with arm support
- Can be propped to sit up
- Turns head to sounds
- Eye muscles develop for focusing





# *Fourth month*

- Reaches for objects
- Rolls from side to side or to back
- Babbles and laughs
- Clasps fingers and hands in play



# *Fifth month*

- Rolls from front to back
- May sit supported
- Understands own name
- Can grasp an object that is handed to her



## ■ *Sixth month*

- Transfer toy from one hand to next
- Crawls – (army crawl) on tummy
- Sits with little support
- Should be eating solids by now

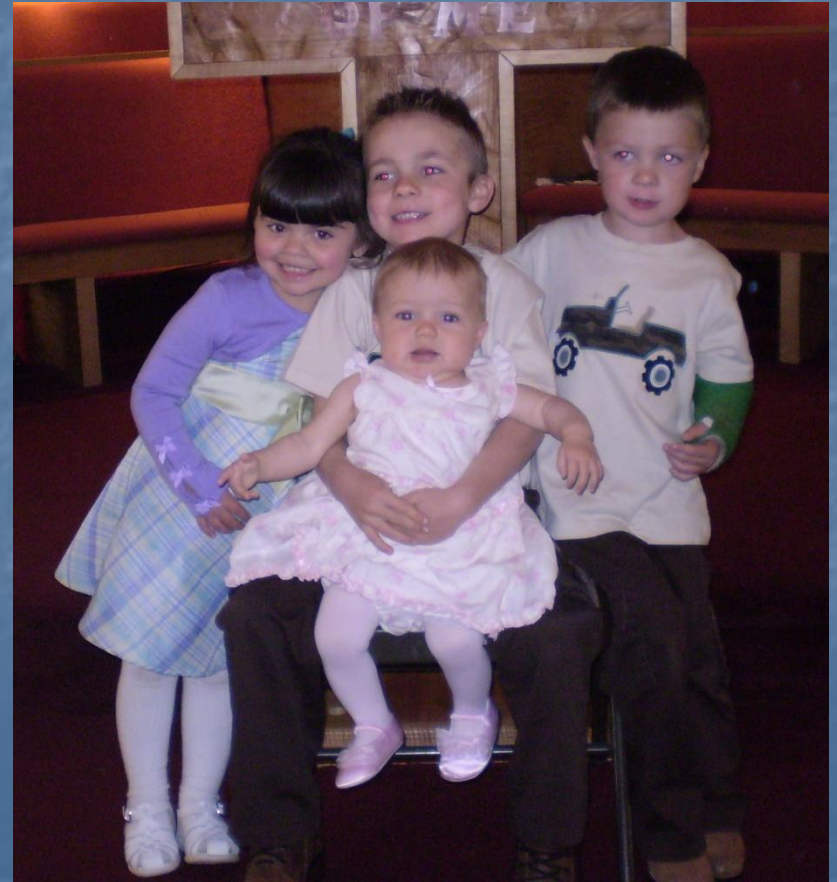


# *Seventh month*

- Pushes up on hands and knees
- Sits alone
- True eye color is established
- Puts feet in mouth
- Plays "Pat-a-Cake"

# *Eighth month*

- Creeps with tummy off the floor using knees
- Stands leaning against something
- Mimics sounds
- Waves "bye-bye"
- Understands "no"



## ■ *Ninth month*

- May crawl up stairs
- Feeds self (pincer grasp)
- May understand and respond to some words
- May pull self up to stand
- Says "mama", "dada"



# *Tenth month*

- Stands w/ little support
- May begin “cruising”
- Repeats some words
- Object permanence “hide and seek”



# *Eleventh month*

- Stands alone – squats and stoops
- Mimics some words
- May walk when led
- Dances or bounces to music





# *Twelfth month*

- *Walks unsteadily*
- *Points with finger*
- *Focuses on distant objects*
- *Says a few real words*



# Review

## ■ Body Proportions

- Infants have a large head, long trunk and extended abdomen
  - Poor balance due to center of gravity (head)
- By one year the body grows larger in proportion to the head

## Rate of Development

- Affected by heredity, environment, nutrition, illness, activity