The Infant and Family: Growth and Development, Caring, Communication, Health Promotion, Wellness and Illness, Teaching and Learning, and Consumer Education

Lecture Objectives:
1. Identify the major biologic, psychosocial, cognitive, and social developments during the first year of life.
2. Relate parent-child attachment, separation anxiety, and stranger fear to developmental achievements during infancy.
3. Formulate a plan of anticipatory guidance for parents regarding common parental concerns during infancy.
4. Differentiate immunization requirements during infancy.
5. List general contraindications and precautions for immunizations.

Lecture Objectives (cont.)
6. Explain feeding recommendation for infants.
7. List measures that can be used to alleviate colic.
8. Identify nursing care needs of the failure-to-thrive child and parent.
9. Discuss nursing care needs of the family who has lost a child from sudden infant death syndrome.
10. Formulate a plan of anticipatory guidance for parents regarding injury prevention based on the infant’s developmental achievements.
11. Describe the recommended schedule of immunization administration for well children.
Reading Assignment:


Promoting Optimum Growth and Development

- Biologic development
- Proportional changes
  - 5 to 7 ounces weight gain per week
  - Double birth weight by age 6 months
  - Triple birth weight by age 1 year
  - Height increases by 1 inch per month x 6 months
  - Growth in “spurts” rather than gradual pattern

Maturation of Systems

- Respiratory
- Immunologic system
- Cardiovascular
- Hematopoietic changes
- Digestive processes
- Thermoregulation
- Renal function
- Sensory
Fine Motor Development

- Grasping object—ages 2 to 3 months
- Transfer object between hands—age 7 months
- Pincer grasp age—10 months
- Remove objects from container—11 months
- Build tower of two blocks—12 months

Gross Motor Development

- Head control
- Rolling over—ages 5 to 6 months
- Sit alone—7 months
- Move from prone to sitting position—10 months

Locomotion

- Cephalocaudal direction of development
- Crawling age—6 to 7 months
- Creeping age—9 months
- Walk with assistance—11 months
- Walk alone—12 months
Psychosocial Development

- Sense of trust - Erikson
  - Erikson’s phase 1 (birth to 1 year)
    - Birth-4 months
    - 5-12 months

Cognitive Development

- Piaget
- Sensorimotor phase
  - Birth to 1 month—reflex stage
  - 1 to 4 months—primary circular reactions
  - 4 to 8 months—secondary circular reactions
  - Imitation
  - Play
  - Affect

Development of Body Image

- Concept of object permanence
- By end of first year, recognize that they are distinct from parents
Social Development

- Attachment
- Reactive attachment disorder (RAD)
- Separation anxiety
- Stranger anxiety
- Play as major socializing agent

Language Development

- Crying is first verbal communication
- Vocalizations
- 3 to 5 words with meaning by age 1 year

Temperament

- Revised Infant Temperament Questionnaire
- Childrearing practices related to temperament
Concerns R/T Growth and Development

- Separation and stranger fear
- Alternative child care arrangements
- Limit setting and discipline
- Thumb-sucking and use of a pacifier
- Teething
- Infant shoes

Promoting Optimum Health during Infancy

- Nutrition—breast milk is first choice only for first 6 months of life
- Introduction of solid foods
  - Introduce foods at intervals of 4 to 7 days to allow for identification of food allergies
- Weaning from breast or bottle

Sleep and Activity

- “Back to Sleep” campaign
- Sleep problems
- Sleeping arrangements
- Cultural considerations
- Concept of “graduated extinction”
Dental Health

- Toothbrushing
- Fluoride supplements

Immunizations

- Recommendations provided by:
  - Advisory Committee on Immunization Practices (ACIP) Centers for Disease Control and Prevention (CDC)
  - Committee on Infectious Diseases of the American Academy of Pediatrics (AAP)

Immunizations (cont.)

- Current recommendations:
  - www.cdc.gov/nip (National Immunization Program from the CDC)
  - www.aap.org
  - AAP Report of the Committee on Infectious Diseases (“The Red Book”)
  - CDC Morbidity and Mortality Weekly Report (MMWR)
  - www.brightfutures.org
  - www.immunize.org
Immunizations (cont.)

- Hepatitis B
- Hepatitis A
- Diptheria
- Tetanus
- Pertussis
- Polio
- Measles
- Mumps
- Rubella
- Pneumococcal

Vaccine reactions
Contraindications/precautions
Administration
- Vaccine Adverse Event Reporting System
- Vaccine Information Statements (VIS)

Injury Prevention

- Aspiration of foreign objects
- Suffocation
- Motor vehicle injuries
- Falls
- Poisoning
- Burns
- Drowning
- Bodily injury
Feeding Difficulties
- Regurgitation and “spitting up”
- Reflux/GERD
- Colic
- Failure to thrive
  - Organic FTT
  - Nonorganic FTT

Disorders of Unknown Etiology
- Sudden infant death syndrome (SIDS)
- Apparent life-threatening events (ALTEs)
- “Back to Sleep” campaign
- Risk factors for SIDS
  - Maternal smoking, poor PNC, low maternal age, prematurity

Apnea of Infancy
- Pathologic apnea in infants >37 weeks’ gestation
- Clinical presentation of ALTE
- Therapeutic management
  - Theophylline/caffeine
  - Home apnea monitors
  - Family support
  - CPR training