

Teaching Guide

A Child Grows The First Year

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Overview

How does an infant change and grow in the first 365 days of life? *A Child Grows: The First Year* explains that we cannot predict when Tommy will crawl or roll over, but the order in which these landmarks happen is predictable.

Objectives

Upon viewing A Child Grows: The First Year viewers will:

- See how an infant goes from being a helpless dependent being to an increasingly independent toddler.
- See that all babies develop muscles from the head down.
- Observe large motor milestones.
- See examples of how fine motor skills develop.
- Learn how depth perception is necessary for reaching and touching.
- See examples of the interconnection between sensory development and motor skills.
- Learn how communications develop through listening and testing out sounds.
- Learn how cognitive skills grows, including following directions and beginning to understand the concept of object permanence.
- See how babies refine their developmental skills.

Discussion Questions

1. What are developmental milestones? *(A series of specific skills that a child of a certain age should master. Predictions are based on averages. Each child reaches these milestones at slightly different times. But the ORDER in which they take place IS very predictable. Premature babies may reach their milestones later.)*

Physical Development

2. Describe a typical baby's weight gain during the first year.

(In the first four months, babies gain as much as two pounds each month. Most double their birth weight by six months, and triple it by the first birthday.)

3. When does adult eye color show up? *(Around the sixth month. At birth, Caucasian babies typically have gray-blue eyes. During the next six months, blue and gray eyes lighten and become a clearer color. Eyes destined to turn brown, green, or hazel darken. Non-Caucasian babies usually have brown eyes, which stay brown, but may also darken over time.)*

4. When does teething usually begin? *(Around the sixth month. Two bottom front teeth, (the central incisors) usually appear first. Then about one month later the two lower incisors come in. The first molars come in next, followed by the canine or eye teeth.)*

5. Identify some infant reflexes. *(Crying, sucking, and gripping are reflexes. Babies are born with a strong grasping reflex whereby their little fingers close tightly around any object that comes into contact with the center of their palms. These automatic movements activate and build up the muscles of the hand. But they are merely reflexes, not purposeful, and begin to disappear as the infant gains increasingly fine motor control.*

6. How does muscles development progress? *(From the head down.)*

7. What are motor skills? *(The ability to use muscles. Gross motor skills control large muscles and fine motor skills control small muscles.)*

8. Name some gross motor milestones. *(Rolling over, sitting up, standing.)*

9. Why isn't crawling a developmental milestone? *(All babies do not crawl.)*

10. Discuss standing. *(The landmark of standing comes after sitting or crawling. Standing requires control of back and hip muscles as well as legs. Of course, standing usually starts with the help of whatever crutch is most convenient. Babies seem to have a strong urge to become upright. Walking is a matter of coordinating muscle strength, balance, and temperament.)*

11. What did the video explain about the age of walking? *(About half walk by their first birthday. Some walk at nine months; others not until 16. A child who walks early is not necessarily a better learner or more athletic.)*

12. Why will a three-month-old swipe at and miss an object? *(Their depth perception and small muscle control is not sufficiently developed.)*

13. Describe how a child learns to grasp. *(By five months most babies can look at an object and grab it. Once in her grasp, she can pass it from hand to hand. During the fourth to the eight months, a child will rake small pieces and grab them with finger and palm; Around nine months, infants use the pincer grasp, grasping a small item between the thumb and forefinger.)*

14. Describe a newborn's vision. *(They have peripheral vision. They are nearsighted, but can't focus clearly beyond ten inches. Their color vision will mature around four months.)*
15. Describe a newborn's hearing. *(Infants hear well and may turn toward familiar voices within one month.)*
16. Discuss a baby's sense of smell. *(An infant can recognize the smell of his mother's milk, so the sense of smell plays a key role in a baby's early emotional development. It helps him forge bonds with parents and other caregivers essential for his survival. He prefers sweet smells and avoids bitter or acidic smells. This internal radar helps direct him at feeding times and warns him away from substances that could harm him.)*
17. Discuss the infant's sense of taste. *(Newborns can discern many different flavors, but they care only for the taste of sweet. By four months they prefer the taste of salty solutions over pure water.)*
18. Discuss the development of speech.
19. What significance does the game peek-a-boo have?
(Peek-a-boo stimulates developing memory. A baby stores the image of the disappearing parent momentarily in his memory and when the parent reappears he delights that the image he sees is actually like the accurate representation he stored.)
20. What does the term "sensorimotor" mean? *(Sensory and motor development feed off one another so much that child psychologists combine the two words into "sensorimotor.")*
21. Give an example of how one action can require many cognitive, sensory, and motor skills. *(Grasping an object requires sensory, motor, and cognitive skills. By two months infants will begin to swipe at objects, but learning the complicated skill of estimating the distance between hands and objects takes more time. What we consider the simple task of touching an object in space requires a complex set of skills and considerable mental processing.)*
22. Discuss mirror play during the first year. *(Self recognition develops gradually during the first year. At the end of the first year a baby probably still does not know that the person in the mirror who smiles when they smile is themselves.)*

Answers to Quiz

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|-------------|--------------|-------------|-------------|
| 1. A | 2. B | 3. B | 4. C |
| 5. B | 6. B | 7. C | 8. A |
| 9. B | 10. A | | |

Quiz on A Child Grows

1. _____ is a developmental benchmark halfway between birth and walking.
A. Sitting unsupported B. Rolling over C. Standing
2. Most babies _____ their weight by their first birthday.
A. Double B. Triple C. Quadruple
3. The first tooth emerges around _____ months.
A. Two B. Six C. Nine
4. _____ is a reflex.
A. Sleeping B. Sitting C. Sucking
5. Infants develop muscles control in what order? _____
A. Alternating between head and feet B. From head down C. From the toes to the head
6. Crawling is a developmental milestone. _____
A. True B. False
7. Top level reaching means _____
A. Put fingers in own mouth B. Swipe at a mobile C. Reach for an object and grab it
8. Picking up an object between the thumb and forefinger is _____
A. Pincer grasp B. Object permanence
9. Color vision matures around _____
A. Two months B. Four months C. Eight months
10. The ability to know an object exists when not seen is called _____
A. Object Permanence B. Separation anxiety C. Reflex