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# Health Promotion of the Infant and Family

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## Promoting Optimal Growth and Development

### Biologic Development

At no other time in life are physical changes and developmental achievements as dramatic as during infancy. All major body systems undergo progressive maturation, and there is concurrent development of skills that increasingly allow infants to respond to and cope with the environment. Acquisition of these fine and gross motor skills occurs in an orderly head-to-toe and center-to-