

The Infant

Chapter 16

NIOMI QUINTEROS
BSN, RN



Developmental Theories pg. 375

- Erickson
 - Trust vs Mistrust
- Freud
 - Orality
- Kohlberg
 - Preconventional/Premoral
- Sullivan
 - Security
- Piaget
 - Sensorimotor (birth to 2 years)

Infant





***Respiratory
Rate: 25-55
Heart Rate:
80-150***



3

Oral Stage

- Sucking brings comfort and relief from tension.
- Important to hold infant during feedings
- Allow sufficient time for infant to suck.
- Infants on IV fluid or nutrition need additional attention and a pacifier to ensure the need for sucking is satisfied.
- When infants can use their hands more skillfully, they will gradually derive pleasure and comfort from other sources.



4

Motor Development




- Grasp reflex disappears around 3 months of age.
- Prehension occurs around 5 to 6 months of age and follows an orderly sequence of development (grasp objects between fingers and the opposing thumb)
- Object permanence is when the infant can remember that an object exist even if it is out of sight
- Parachute reflex appears around 7 to 9 months as a protective mechanism.
- Pincer grasp well-established by 1 year of age.

Pincer Grasp



Primitive Reflexes

Reflexes	Disappears
Moro	1-3 months <u>Moro Reflex</u>
Rooting	3-4 months <u>Rooting</u>
Extrusion	5-6 months <u>Extrusion</u>
Babinski	12-18 months <u>Babinski</u>



A 26-year-old woman brings her 3-week-old son to the clinic for a follow up visit. She expresses concerns about holding the baby too much when he cries because she is afraid of spoiling him. What should the nurse tell the mother about the infant's emotional development?

7



Emotional Development

- Consistency must be established to develop trust, which is vital to the development of a healthy personality.
- Infants who are consistently picked up when they cry tend to have fewer crying episodes and less aggressive behavior as toddlers.
- Infants will easily accomplish various activities if they are not forced before they reach readiness.
- When infant shows readiness to learn a task, parents should provide encouragement.

8

Physical Characteristics

Skin

- Milia - small white papules
- Nevi - "stork bites"
- Mongolian Spots



9

Need for Constant Care and Guidance

- Sensory stimulation is essential for the development of the infant's thought processes and perceptual abilities.
- A crying child should be soothed.
- If an infant appears hungry, do not delay the feeding in order to adhere to a specific routine.
- An infant can recognize warmth and affection or the lack thereof.

10

Infant Development



1 month

- Head lag still present
- Sleeps 20 hours/day
- Place on back to sleep
- Hormones from mom

11

Infant Development



2 months

- Posterior fontanel closes
- Holds head erect briefly
- Immunization
 - Dtap, RV, Hib, IPV, PCV, and Hep B
- Responsive smiling
- Cries tears
- May have colic

12

Infant Development



3 months

- Good head control
- Hands to mouth
- Holds rattle
- Enjoys interaction

13

Infant Development



4 months

- Drooling; teething
- Lifts head & shoulders when on belly
- Reaches for objects
- Immunizations
 - Dtap, RV, HIB, IPV, PCV

14

Infant Development



5 months

- Sits with support
- Plays with toes
- Reaches/tries to hold bottle
- 2-3 naps/day

15

Infant Development



6 months

- Doubles birth weight
- Turns over
- Pulls to sitting
- Can drink from cup
- Babbles
- Intro solid foods – rice cereal
- Grabs with whole hand.
- Immunizations
 - Dtap, RV, HIB, IPV, PCV, and Hep B

16

Infant Development



7 months

- Beginning to crawl
- Transfers objects
- Mood swings
- Teething/pain
 - Lower central incisors first to erupt
- Add fruit, finger foods (Zwieback crackers)
- Grasp with hand

17

Infant Development



8 months

- Sits alone
- Begins using pincer grasp
- Add vegetables
- 2 naps/day

18

Infant Development



9 months

- Hand preference
- Imitates sounds
- “Cruising” – allow exploration
- Add meat/beans to diet (chopped or mashed)

19

Infant Development



10 months

- Stands with support
- Recognizes own name
- Drinks juice and/or water from cup

20

Infant Development



11 months

- Understands simple directions
- Lots of gross motor activity

21

Infant Development



12 months

- Triple birth weight
- 6 teeth
- Well developed pincer grasp
- May play at mealtime
- Immunizations
 - MMR, Hep A, Dtap, Hib, PCV, Varicella

22

Coping with an Irritable Infant

- Colic
- Shield infants' eyes from bright light.
- Sit quietly with infant; don't talk or sing.
- Eliminate as much noise as possible.
- Talk in a soft voice.
- Swaddle snugly.
- Change infant's position slowly; avoid sudden movements.
- Provide nonnutritive sucking.

23

Coping with the Lethargic Infant

- Some infants respond to an excessively stimulating environment by "shutting down" and sleeping. Coping strategies include:
 - Avoid bright lights.
 - Move and handle the infant slowly and gently.
 - Talk in a calm voice.
 - Sit the infant upright at intervals.
 - Slowly dress and undress the infant.

24

Developing Positive Sleep Patterns

- Newborns sleep in 4-hour intervals.
 - By 4 to 6 months, can be up to 8 hours
- Synchronizing circadian rhythm of infant to family routine is a learned behavior.
- Position infants on their backs on a firm mattress.
- Infants rely on parent to soothe them back to sleep if awakened during the night.
 - Assist infant to learn self-soothing behaviors

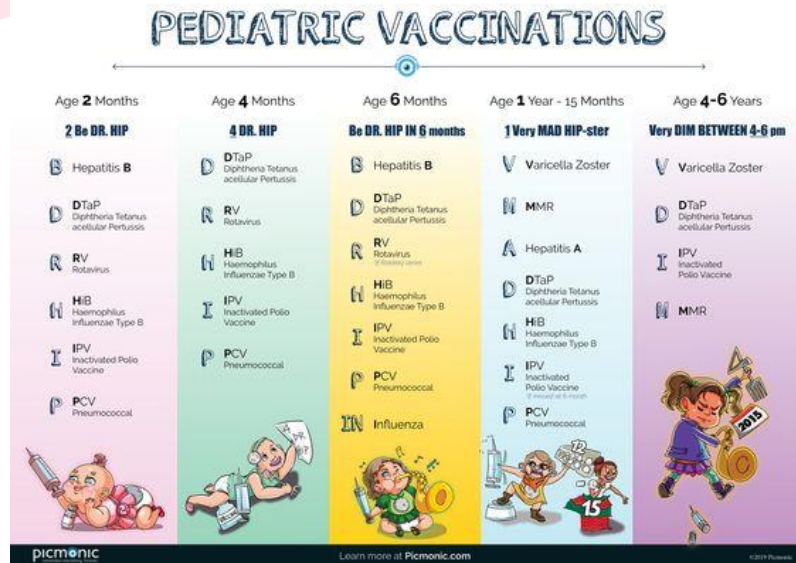
25

Illness Prevention

- 2 weeks, 2, 4, 6, 9 and 12 months
- Measure growth parameters
- Assess developmental level - if there are issues, may refer to comm. agency
- Administer immunizations/draw labs
- Anticipatory Guidance
- Address parenting issues

26

Childhood Immunizations



27

Nutrition in Infancy

Perfect nutrition during first year of life - Breast milk or Formula

- Make sure formula is mixed correctly (Table 16-1)
- No foods added into the bottle
- Whole cow's milk should not be given until after 1 year of age
- Low-fat milk should not be given under 2 years of age

28

Nutrition in Infancy

- First food introduced - Rice cereal at 5-6 months of age (extrusion reflex); then foods added one at a time every 4-7 days
- Give solid foods then formula
- Diluted juices added at 5-6 months of age - use "sipper" cup
- Insure adequate fat intake
- Adequacy of diet
- Weaning

29

Play

- Explore
- Imitate
- Provide visual stimuli for newborns
- Touch stimuli for infants
- Toys involving manipulation for 1 year old



30

Safety Issues/ Anticipatory Guidance

- Motor vehicle accidents - car seat
- Falls - monitor closely
- Choking - toys, foods (nuts, popcorn, grapes, raw carrots, hot dogs)
- Suffocation - proper placement in crib
- Poisoning - cabinet locks; out of reach
- Burns - sunscreen, protecting outlets
- Drowning - supervision; gates
- Toy safety

31

Summary

- No two babies are the same
- Very rapid growth/development during first year of life
 - Wt doubles by 6 months, triples by one year
 - Ht increases 2.5cm/month for 6 mos.
 - FOC increases 1.5cm/month for 6 mos, then 0.5cm/month until 1 year
 - Anterior fontanelle closes by 18 months
 - Posterior fontanelle closes by 2 mos

32

Match The Terms


- | | |
|-----------------------|---|
| ___ Colic | A. Closure of the hand when the palm is touched or stroked |
| ___ Extrusion reflex | B. Thrusting tongue movements that automatically push food out of the mouth |
| ___ Grasp reflex | C. Extension of both arms when thrust downward in the prone position |
| ___ Parachute reflex | D. Ability to grasp objects between all fingers of one hand and the opposing thumb of the same hand |
| ___ Pincer reflex | E. Accurate coordination opposition of index finger and thumb of the same hand |
| ___ Prehension | F. Infant can remember that an object exists even if it is out of sight |
| ___ Object Permanence | G. Unexplained episodes of crying and irritability in an otherwise healthy infant |

33

The best position for a newborn to sleep is:

- A. On the abdomen
- B. In an infant seat
- C. With the caregiver
- D. Supine

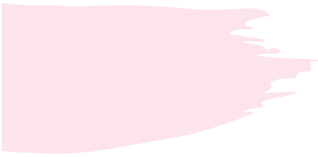
34



If a parent wants to microwave formula before feedings, the nurse should:

- A. Explain that microwave heat formula unevenly and can cause severe burns
- B. Tell the parent that cold formula preserves the nutrients better than heating it
- C. Advise the parent to wait until the infant takes at least 8 ounces of formula at each feeding
- D. Tell the parent that formula heats less evenly than breast milk and to mix and test very carefully

35



A mother is concerned because her 1-year-old infant who was 7 pounds at birth is "getting fat." The baby now weighs 21 pounds and all developmental milestones have been reached at appropriate ages. What should the nurse tell the mother about her baby's weight?

- A. The weight at 12 months is about twice the birth weight
- B. The baby's weight gain is what is expected at this age
- C. A low-fat diet helps avoid being overweight later in life
- D. Infants normally weight about 25 pounds by 1 year

36



Minor head lag when pulling a 1 month old infant to the sitting position:

- A. Is an expected finding
- B. Demonstrates prematurity
- C. Identifies poor nutrition
- D. Suggest developmental delay

37