

Teaching Guide

**Is Baby OK?
Assessing Development**

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Contents

Is Baby OK? Assessing Development is a 22 minute program. The VHS is close captioned. Owners may reproduce the guide for classroom use only. Catalog Number: LS-1272-03. ISBN: VHS 1-55740-866-1. DVD 1-55740-943-9.

Overview

Assessing the development of children in the first two years of life is not a task for amateurs. Yet, parents and child care providers need to have some idea of possible developmental problems.

Watch a pediatrician assess the development of two-week-old Luke. Watch as he weighs and measures Luke, checks reflexes, and gives him a complete exam. Listen to the doctor's explanation of what he looks for to assess infant development and what parents can expect. Learn the major milestones of children during their first two years.

Objectives

After viewing and discussing *Is Baby OK?* viewers will understand:

- Typical physical development during the first two years
- Milestones in vision
- Signs that a child hears well
- Speech is the most variable area of early development
- What behavior warrants referral to a speech therapist
- The importance of equal limb movement
- Milestones in movement and strength
- How use of the hands develops
- The importance of early intervention for children with developmental delay

Discussion Questions

The First Year : Physical Development

1. How many inches does the average newborn grow during the first year? *(He or she grows seven to ten inches. They gain one to two pounds a month, doubling their birth weight by five months and tripling it by their first birthday)*
2. Is birth weight an indicator of a baby's future size? *(No. Genetics influences final height.)*
3. Why is the growth of a baby's head important? *(The growth of the head reflects the growth of the brain.)*
4. Why is it important that growth charts reflect ethnic diversity? *(Growth charts based on dated data from white children can indicate that children from African-American, Latino, and Asian immigrant families did not fall within the norm because they were either too small or too big.)*
5. Identify some infant reflexes. *(Startle reflex, rooting reflex.)*
6. Name the four major developmental areas. *(Personal social, large motor, fine motor, language skills)*
7. Describe how vision develops in the first three months. *(At one month, an infant can make eye contact; at two months, he can track an object moving through a half-circle in front of him; by three months she'll try to swipe objects moving above or in front of her.)*
8. What are signs of early vision problems? *(Frequently crosses eyes, shuts or covers one eye, tilts head forward, holds object close to eyes.)*

9. What is a sign that a six-month-old hears? (*She turns toward a voice when someone comes up behind her and speaks to her.*)
10. Define and give an example of polysyllabic babbling. (*Repeat vowels and consonants; Mama, dada*)
11. What does equal limb movement mean? (*A child moves each of her arms and legs equally well. She does not favor one side.*)
12. Name some large motor milestones of the first year. (*A child usually hold up his head and chest and pushes himself up on his arms at four months. He rolls over both ways in the fifth month; she sits without support in the sixth month;*)
13. What is a pincer grasp (*Picking up a tiny object with thumb and forefinger.*)
Suggest ways to encourage use of the pincer grasp. (*To stimulate grasping, try putting a toy or colorful object slightly out of her reach and encourage her to grab it. Encourage her to pick up her finger foods like peas and carrots.*)
14. What are some milestones involving hand use? (*Reach for objects, pass object from hand to hand, hold objects in each hand, bang two objects*)
15. Can not crawling cause poor reading development? (*No*) Did you believe this myth?
16. Try to locate at home a baby book describing your development. Or, have students ask parents to tell about the age they crawled or reached major milestones.

Twelve to Twenty-four Months

17. How much weight does a child typically gain during the second twelve months? (*Three to five pounds.*)

18. What is the age range in which children learn to walk? (*Some walk as early as eight months; others don't walk until twenty months. Ninety percent of children walk by the end of the fourteenth month.*)

19. What skills does drinking from a cup require? (*Hand-to-mouth control, lip closure, swallowing ability, ability to regulate the flow of fluids*)

20. At what age does a child undress himself? (*Between 12 and 18 months, a toddler begins to undress herself. By two she may completely undress herself.*)

21. What are some milestones in language during the second twelve months? (*Say three words, combine words, form two, three, and four-word sentences.*)

22. What area of infant development is the most variable? (*Language development.*)

Developmental Delay

23. What is developmental delay? (*A child has not achieved the skills and abilities expected of children his age. Some delays are physical; other delays are in speech and language; still others are emotional or intellectual.*)

24. What should parents do if they suspect their child has a delay? (*Discuss it with the pediatrician; seek early intervention services as early as possible.*)

Quiz on *Is Baby OK?*

True or False?

1. An infant's weight, height and head circumference change at uneven, unpredictable rates. _____
2. Birth weight and length determines a child's final size. _____
3. A baby's hearing is fully mature at the end of the first month. _____
4. An infant will react to soft sounds at one month. _____
5. A baby should move one side of his body and keep the other side stiff. _____
6. Crawling predicts future success at reading. _____
7. Premature babies may reach milestones later than their peers. _____
8. Most babies acquire skills in a sequential order. _____

Fill in the blanks.

9. A child using the pincer grasp picks up an object with which fingers? _____
10. How many inches does the head typically grow during the second year?

What if a Child Doesn't Meet Milestones?

A child is not lagging behind other children if he doesn't achieve milestones according to the usual timetable. Underlying physical problems such as hearing loss can interfere with a child's development.

Here are some behaviors that signal that a doctor should evaluate a child in the second year.

- Takes an unusually long time to complete a task that peers finish readily
- Lacks coordination between hand and eye movements and/or a stiff or awkward walk
- Shows limited interest in new and unfamiliar people and things
- Solves problems that are age-appropriate with difficulty. Examples include: stacking two or three blocks, sorting a few items by shape or color
- Utters very limited sounds, including few words and phrases
- Has difficulty following simple spoken directions
- Cannot recognize or point out familiar objects in a picture when asked to do so
- Loses skills once mastered; regresses
- Difficulty getting up to stand
- Stiff legs with pointed toes
- Only one side moves

Resources

Marcus, Mary. "Fixing a Growing Problem: New Charts@ U.S. News & World Report, May 27, 2002.

Mayes, Linda and Donald Cohen. **The Yale Child Study Center Guide to Understanding Your Child.** Boston: Little Brown and Co., 2002.

Schaefer Charles and Theresa Geronimo. **Ages and Stages.** New York: John Wiley & Sons, Inc., 2000.

Shelov, Steven. (ed.) **Caring for Your Baby and Young Child.** New York: Bantam Books, 1998.

Websites

Keepkidshealthy.com

A pediatrician's guide to children's health and safety. View growth charts in full color. Monthly column on child development.

zerotothree.org

Includes guidelines for developmental assessment of infants and young children.

Answers to Quiz Questions

1. False
2. False
3. True
4. False
5. False

6. False
7. True
8. True
9. One inch
10. One