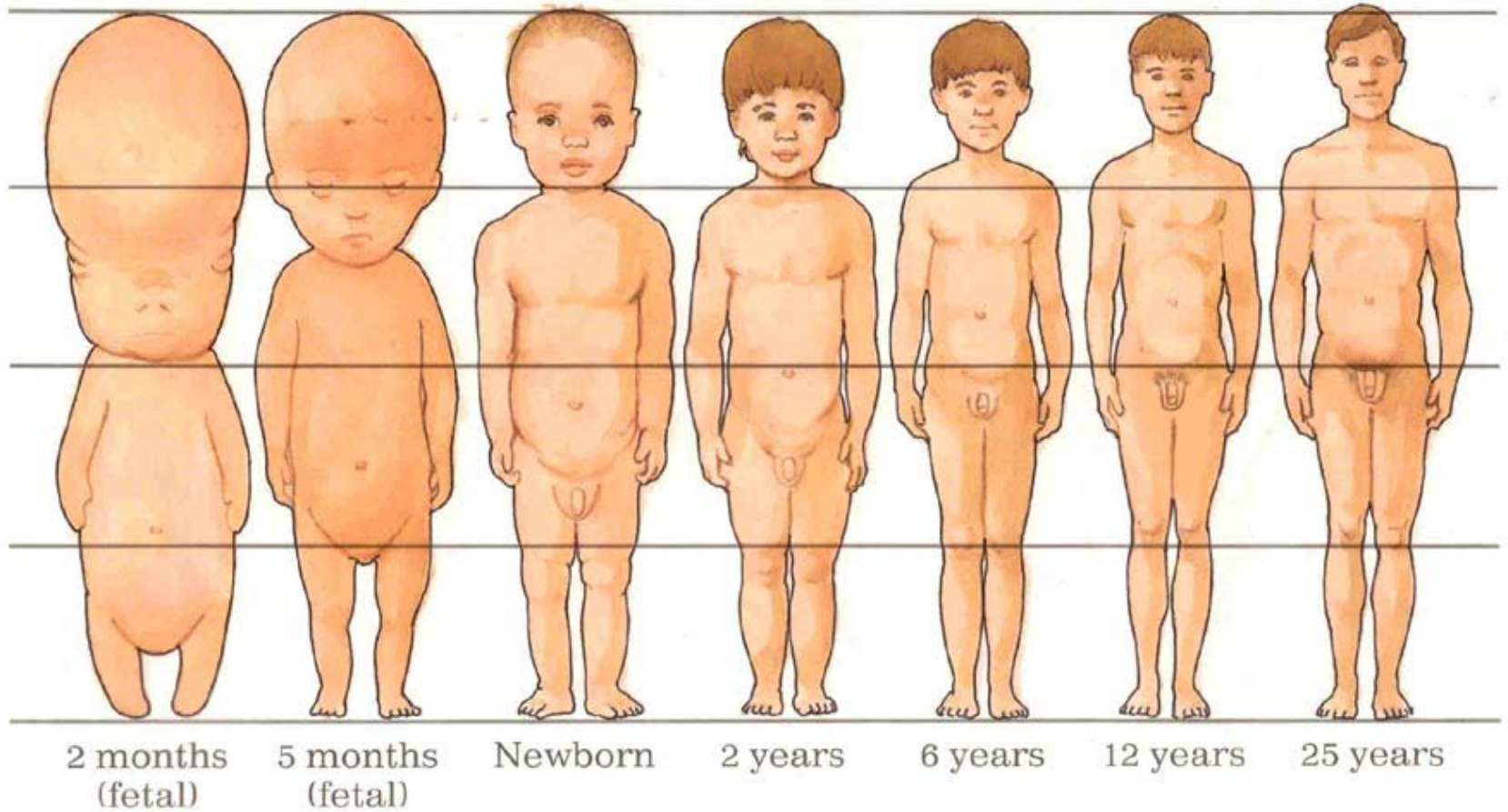


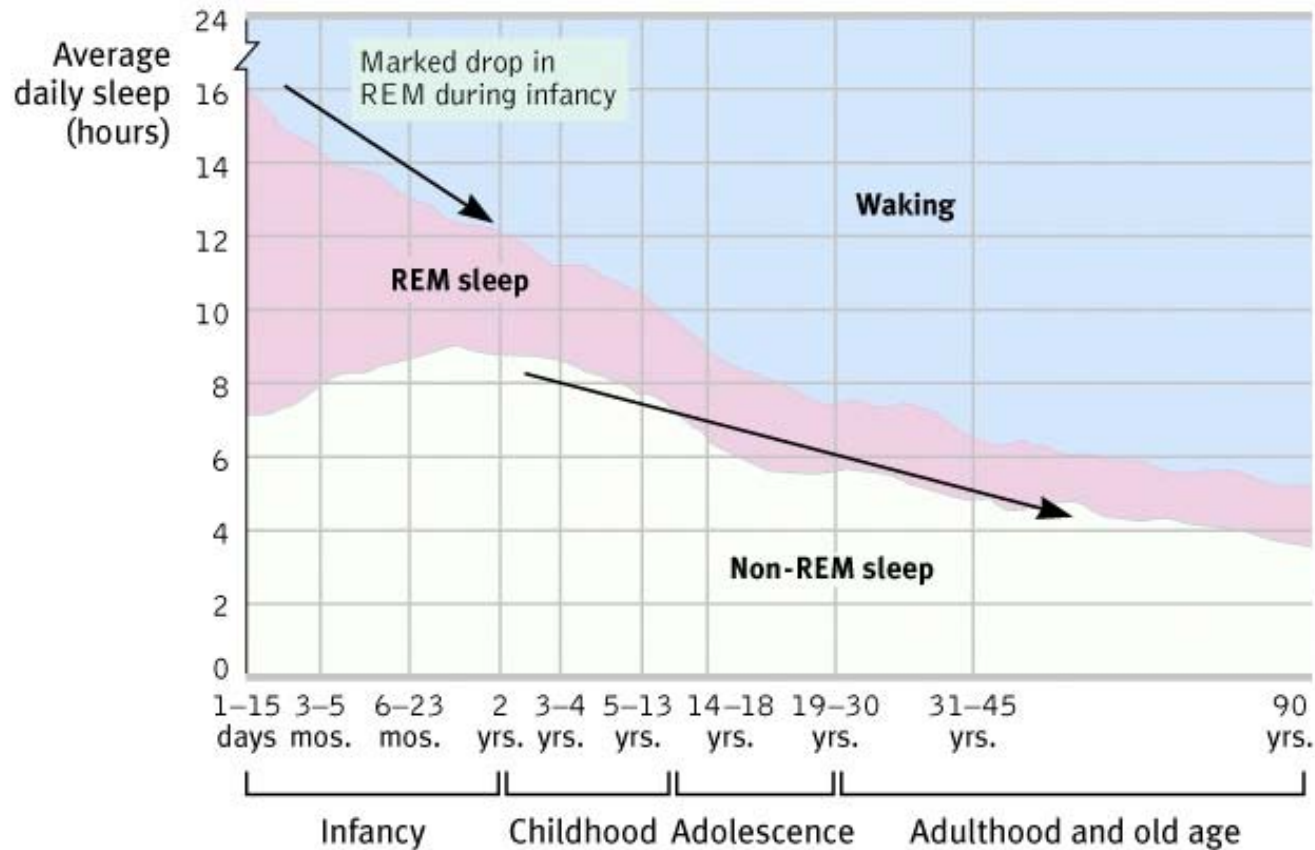
Physical Growth

- Average American newborn measures about 20 inches & weighs 7 lbs.
- Typically double birth weight by 4 months, triple it by 1 yr.
- By age 1, body weight averages of 22 lbs. Length increases to about 30 inches.
- Growth slows during the 2nd yr.
- By age 2, body weight averages 30 lbs. Body length ranges from 32 to 36 inches – 1/2 of eventual adult height.

Most newborns seem top-heavy in body proportions.



Spend a Lot of Time Sleeping



Newborn Senses: List & Rate

- Hearing
- Smell
- Taste
- Touch
- Vision



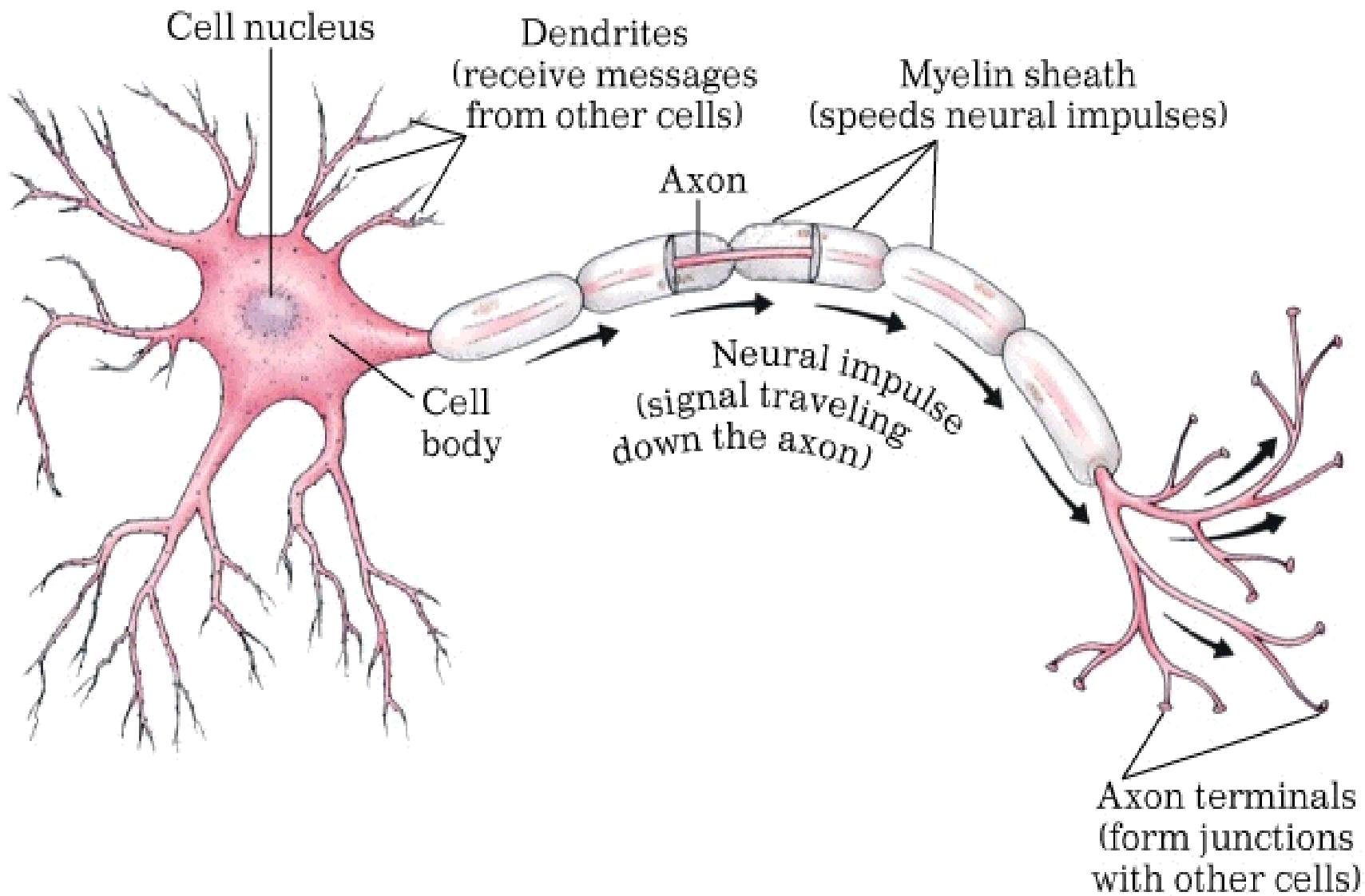
1 month



3 months



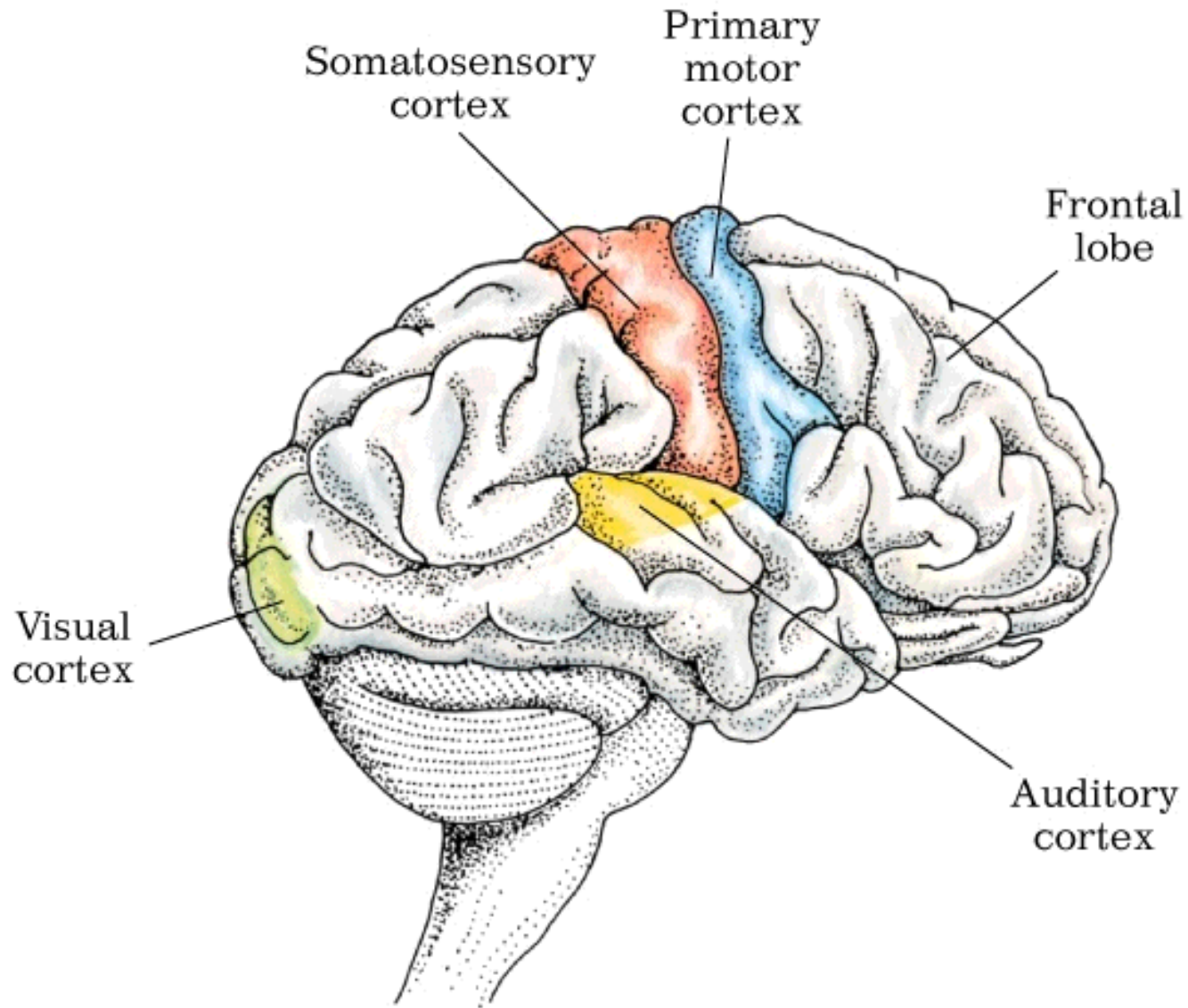
15 months











Infant Reflexes

Life Sustaining vs. Just Interesting



Immunizations

- Commonly available
Chicken Pox, DPT (Diphtheria, Pertussis, Tetanus), Influenza, Hepatitis B, MMR (Measles, Mumps, Rubella), Pneumococcal (Meningitis), Polio
- Advantages & Disadvantages

table 5.1

Age Norms (in Months) for Motor

Skill	When 50% of All Babies Master the Skill	When 90% of All Babies Master the Skill
Lifts head 90° when lying on stomach	2.2 months	3.2 months
Rolls over	2.8	4.7
Sits propped up (head steady)	2.9	4.2
Sits without support	5.5	7.8
Stands holding on	5.8	10.0
Walks holding on	9.2	12.7
Stands momentarily	9.8	13.0
Stands alone well	11.5	13.9
Walks well	12.1	14.3
Walks backward	14.3	21.5
Walks up steps (with help)	17.0	22.0
Kicks ball forward	20.0	24.0

Source: The Denver Developmental Screening Test (Frankenburg et al., 1981)



SIDS Risk Factors

	SIDS More Likely	SIDS Less Likely
<i>Characteristics of the Mother</i>		
Age	under 20	over 25
Blood type	O, B, or AB	A
Personal habits	smoker	nonsmoker
Income	poverty-level	middle-class
Education	grade school only	college or higher
Ethnic background	African descent	Asian descent
<i>Characteristics at Birth</i>		
Sex	male	female
Birth order	later-born	first-born
Multiple birth?	yes (twin or triplet)	no (single-born)
Apgar score at 5 min.	7 or lower	8 or higher
Heartbeat	some irregularity	normal
<i>Situation at Death</i>		
Time of year	winter	summer
Age in months	1 to 3	under 1, over 4
Health	has a stuffy nose	no cold, no runny nose
Feeding	bottle-fed	breast-fed
<i>Sleeping Conditions</i>		
Position	sleeps on stomach	sleeps on back
Mattress	soft, natural fibers	firm, synthetic
Blankets, nightclothes	swaddled, tight	allow free movement
Bedroom temperature	heated	cool

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Dawn Today



The Postpartum Period: Sex

- Couples should wait at least two weeks before resuming intercourse.
- Breastfeeding women report significantly less sexual activity and lower sexual satisfaction, maybe because lactation suppresses estrogen production, which results in decreased vaginal lubrication.

Breast Feeding Advantages

- #1 reason -- Breastfeeding ensures temporary immunity against any disease the mother has had or been inoculated against.
- Advantages for the mother include quicker shrinking of the uterus to its normal size and faster loss of the weight gained during pregnancy.
- It's free – formula costs a fortune and have to hassle with bottle washing/sterilizing, etc.

Challenges

- Newborns eat every 2 hours – only mom can feed unless milk is pumped out & put in bottles
- Jealousy issues with dad & siblings
- What mom eats, baby eats – colic, Rx issues
- Returning to work issues
- Cultural factors including when to stop breast feeding