

PHYSICAL DEVELOPMENT OF THE INFANT

1. Sensory Perception

A. Vision

1. Visual Cliff

B. Hearing

1. Pre-birth sounds set the infant up for neonate development

2. Stimulating sounds

C. Touch

1. Stimulating contact

D. Smell and Taste

1. Stimulating odors and flavors

2. Sleep-Wake Cycle

A. Circadian rhythm

B. Dark-light cycle

C. Co-sleeping

3. Soothing

A. Methods of soothing

4. Reflexes in the Neonate

A. See handout

5. Locomotion

A. Definition:

B. Types of Mobility: Crawling, Cruising, Bearcrawling

PHYSICAL NEEDS OF THE INFANT

1. Healthy Diet

A. The benefits of breastfeeding

2. Physical Contact

A. The importance of contact

B. The consequences of lack of contact or inappropriate contact

3. Safe Environment

A. Babyproofing

4. Stimulating Environment

A. Ways of stimulation (see the physical development section above)