



Infant Stage and Toddler Stages

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Infant Stage

- It is the period which starts at the end of the first month up to the end of the first year of age. Infant's growth and development during this period are rapid
- **Physical growth of normal infant**
- Weight : the infant gains :
 - - Birth to 4 months → $\frac{3}{4}$ kg /month
 - - 5 to 8 months → $\frac{1}{2}$ kg / month
 - - 9 to 12 months → $\frac{1}{4}$ kg /month
- The infant will double his birth wt by 4-5 months and triple it by 10-12 months of age

Height

Height

- Length increases about 3 cm /month during the 1st 3 months of age,
- then it increases 2 cm /month at age of 4-6 months,
- Then, at 7 – 12 months, it increases 1 ½ cm per month

Head circumference

- It increases about 2 cm /month during the 1st 3 months,
- Then, ½ cm/month during the 2nd 9 months of age.
- Posterior fontanel closes by 6-8 weeks of age.
- Anterior fontanel closes by 12-18 months of age.

Chest circumference

Chest circumference

- By the end of the 1st year, it will be equal to head circumference.

Physiological growth of infants:-

- Pulse 110-150 b/min
- Resp 35 ± 10 b/min
- Blood pressure $80/50 \pm 20/10$ mmHg

Mile stone physical growth and development of infant stage

- **At 2 months**

- Hold head erects in mid-position.
- Turn from side back.

- **At 4 months**

- Sit with adequate support.
- Roll over from front to back.

- **At 6 months**

- Sit alone briefly.
- Turn completely over (abdomen to abdomen)

- **At 9 months**

- Crawl (i.e., pull body while in prone position).

At 10 months

Walk but with help

At 11 months

Stand alone

At 12 months

- Stand-alone for variable length of time.
- Site down from standing position alone.
- Walk in few steps with help or alone (hands held at shoulder height for balance).

Ambulation(motor growth)

Ambulation(motor growth)

- 9 month old: crawl
- 10 month old: creep
- 1 year: stand independently from a crawl & creep position

- 13 month old: walk and toddle quickly
- 15 month old: can run

Emotional infant development

- His emotions are instable, where it is rapidly changes from crying to laughter.
- His affection for or love family members appears.

Cognitive infant Development

Cognitive infant Development

- Communicate at first by crying
- Begin to say a few words
- Explore objects by touching and putting them in their mouth
- **Piaget** explain cognitive development as (sensori-motor)it mean the infant explain his sensation by motor movement

Social Development

Social Development


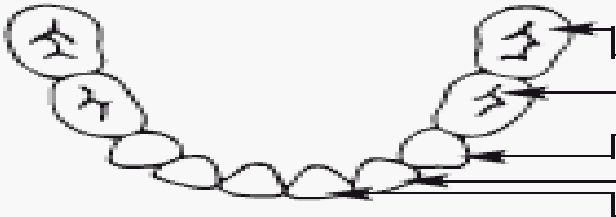
- He learns that crying brings attention.
- The infant smiles in response to smile of others.
- The infant shows fear of stranger (stranger anxiety).
- He responds socially to his name.
- According to **Erikson, the infant develops sense of trust or mistrust.** Through the infant's interaction with caregiver (mainly the mother), especially during feeding, he learns to trust others through the relief of basic needs.

Dentition

Dentition

- Eruption of teeth starts by 5–6 months of age. It is called "Milky teeth" or "Deciduous teeth" or "Temporary teeth".

PRIMARY DENTITION

	Upper Teeth	Erupt	Exfoliate
	Central incisor	8-12 months	6-7 years
	Lateral incisor	9-13 months	7-8 years
	Canine (cuspid)	16-22 months	10-12 years
	First molar	13-19 months	9-11 years
	Second molar	25-33 months	10-12 years
	Lower Teeth	Erupt	Exfoliate
	Second molar	23-31 months	10-12 years
	First molar	14-18 months	9-11 years
	Canine (cuspid)	17-23 months	9-12 years
	Lateral incisor	10-16 months	7-8 years
	Central incisor	6-10 months	6-7 years

Infant Developmental milestones

Summary of infant Developmental milestones

- Rolls over; Sits up; Stands.
- Able to say one to two words.
- Uses pincer grasp well.



Common infants needs

- Love and security
- Feeding (breast feeding)
- Immunization
- Sleep ,rest and quit environment
- Safety measurement accident prevention
- Playing
- Bathing and clothing
- Sucking pleasure
- Fresh air and sunshine
- Dental care

Common infants accidents and injuries

- Aspiration (small things)
- Burn
- Falls
- Injury by sharp instruments
- Drowning
- Suffocation
- Poisoning
- Motor damage



Newborn and infant Care

Giving Guidelines

- Establish a daily routine
- Talk to infants
- Hold infants close while giving care
- Provide an interesting environment
- Be relaxed and calm
- When holding young infants, support their head and neck.
- Make the environment safe for the child by removing harmful objects that are within their reach.
- Choose toys that are safe; check the size and sturdiness.
- Pay special attention to their safety when they are crawling.

Summary of Nursing Interventions

- Encourage parents to hold and stay with infant.
- Provide opportunities for sucking.
- Provide infant with toys that give comfort or stimulate interest

Toddler Stage

- Toddler stage is between 1 to 3 years of age. During this period, growth slows considerably.
- **Physical growth**
- The toddler's average weight gain is 1.8 to 2.7 kg/year
- During 1–2 years, the child's height increases by 1cm/month.
- The toddler's height increases about 10 to 12.5cm/year.
- The head increases 10 cm only from the age of 1 year to adult age.
- During toddler years, chest circumference continues to increase in size and exceeds head circumference.

Toddler Stage

- By 2 years of age, the toddler has 16 temporary teeth.
- By the age of 30 months (2.5 years), the toddler has 20 teeth
- Grow rapidly, becoming taller and heavier
- Strengthening of bones and muscles
- Begin to walk, climb, run, throw balls, stack blocks and turn knobs
- Begin to use a spoon and cup

Physiological growth

- Pulse: 80–130 beats/min (average 110/min).
- Respiration: 20–30 b/min.
- Bowel and bladder control: Daytime control of bladder and bowel control by 24–30 months

Cognitive Development

- Up to 2 years, the toddler uses his senses and motor development to differentiate self from objects.
- The toddler from 2 to 3 years will be in the **pre-conceptual phase of cognitive development** (2-4 years), where he is still egocentric and cannot take the point of view of other people.
- Begin talking and saying short sentences
- Understand more than they can say
- Learn names of body parts and objects around them
- Begin to understand a vague sense of time, counting, colors, shapes, sizes

Emotional and Social Development

- The toddler is very social being but still egocentric.
- He imitates parents.
- Notice sex differences and know own sex.
- According to **Erikson**, The development of autonomy during this period is centered around toddlers increasing abilities to control their bodies, themselves and their environment i.e., "I can do it myself" .IF he fail he develop sense of shame and doubt

Emotional and Social Development

- May be easily frustrated
- May have extreme mood swings
- Developing a sense of self worth
- May have a fantasy life

Common toddler needs

- Love and security
- Healthy nutrition
- Immunization
- Sleep (12-14 hr) ,rest and quiet environment
- Graded independence

Common toddler needs

- Toilet training
- Control of body function especially (defecation and urination defecation)
- -Bladder control at night 3 y.
- at day 2y.
- -Bowel at night 2y.
- at day 18 m.
- Playing
- Bathing and clothing
- Learning language

Toddlers Development problems

- **Negativism** : is defined as behavior that is extremely resistant to both inner and outer stimulation. This condition is often present to some degree in toddlers .It characteristic by recurrent say No No . child can effectively use words to express his desires and needs
- **Management**
- Avoid punishment
 - Minimize opportunities for "no
 - Let her participate in the decision-making process
 - Try to make your child a partner in simple tasks

Toddlers Development problems

- **Temper tantrum:** A tantrum is the expression of a young child's frustration with the challenges of the moment. Temper tantrums are emotional and physical "meltdowns" common among children in the 2- to 4-year-old age range. The toddler may demonstrate a number of characteristic behaviors, including screaming, kicking, lying on the floor, and occasionally holding his breath

Toddlers Development problems

Can tantrums be prevented

- **Be consistent.** Establish a daily routine so that your child knows what to expect
 - **Encourage your child to use words**
 - **Let your child make choices.** To give your toddler a sense of control, let him or her make appropriate choices
 - **Praise good behavior**
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- Remain calm
 - avoid punishment
 - given a toy to divert his attention

Toddlers Development problems

- Jealous from other baby
- Ritualistic behavior
- Power struggles – conflict between parent and child
 - -- avoid them, child will outgrow them by 3.
 - 1. give them choices – stay away from yes or no questions
 - 2. divert attention to something else
 - 3. remove yourself from conflict or put them in timeout

Common toddler accidents and injuries

- Motor accident
- Falls
- Burn
- Injury by sharp instruments
- Drowning
- Suffocation
- Poisoning



Toddler Care Giving Guidelines

- Provide toys at the child's ability level: Puzzles
- Take walks to explore surroundings and talk about what's being seen.
- Identify objects the child can see, hear, smell, touch or taste.
- Read to the child and name objects in pictures.
- Let the child help with simple household tasks.
- Compliment the child on their good behavior and accomplishments.

Summary of Nursing Interventions

- Maintain toilet-training procedures.
- Encourage appropriate independent behavior.
- Give short explanations.
- Provide rewards for appropriate behaviors.



Summary of Developmental milestones

- Walks up and down stairs; Kicks a ball.
- Undresses self.
- Scribbles on paper.
- Has a vocabulary of 1000 words and uses short sentences.



QUESTIONS

