Infancy: Landmarks of Development

Overview
Major landmarks in locomotion and fine motor skills are realized in the first year. Accomplishment of these physical abilities fall within the general principles of direction and sequence. This timing is inherent in the child's own timetable, and are also influenced by variables of nutrition, health care, opportunities for practice, and cultural patterns. Age norms are helpful for informational and comparative value, but only provide guidelines, not definitive measures of these landmarks.

Basic processes of eating and sleeping advance and become regulated in the first year. Babies begin taking in solid food, feeding themselves at times, and making their own choices obvious. These basic processes settle into a predictable schedule that will continue to be revised as needs change.

Questions To Consider
1. Why do some babies skip learning to crawl before walking?
2. How would the practice of holding the young infant in a standing position affect the timing of walking?
3. What would you explain to a parent whose baby is not walking at thirteen months?
4. How would an early grasping and holding ability affect the child's learning?
5. What influences landmarks of development?

Vocabulary
Read these terms with their definitions before viewing the program.

Crawling Means of locomotion in which the infant moves on all fours.
Landmarks Newly acquired skills and competencies achieved by infants as they grow and develop.

Locomotion Action of moving from place to place.
Milestones Achievements in physical growth.
Norms Average ages for appearance of developmental landmarks.
Sequence Orderly steps of occurrence.
Visually Guided Reach The ability to keep an eye on an object and reach for it directly.

Instructional Objectives
When you have successfully completed this module, you will be able to:

1. Arrange in correct sequence landmarks of the development of locomotion.
2. Arrange in correct sequence landmarks of the development of the visually guided reach and grasp.
3. Illustrate the following principles of development with examples:
   - head-to-tail direction of growth
   - mid-line to extremity direction of growth
   - general to specific
   - simple to complex
   - variation in rate, but not sequence, of development.
4. List factors that influence rate of development.
5. List three milestones in physical growth during the first year.
6. Identify changes in eating and sleeping patterns during the first year.

Self-Test
After studying the objectives and watching the video, take the self-test to check your progress.

1. Arrange the following landmarks of the development of locomotion in the correct sequence by placing the number in the space below.

   creeping  walking  lifting  rolling  lifting  standing  sitting
   head     front to back    chest     alone     alone

   a._____   b.____  c.____  d.____  e.____  f.____  g.____
2. Number in sequence the following landmarks of the development of the grasp and the visually guided reach.

   ___ a. Tracks objects
   ___ b. Reaches and grasps object directly
   ___ c. Arms stretch in general direction of the object
   ___ d. Throws objects
   ___ e. Uses whole hand grasp
   ___ f. Uses thumb and forefinger together.

3. Explain how head-to-tail direction of growth is seen in the development of locomotion.

4. Explain how midline to extremity direction of growth is seen in the development of visually guided reach.

5. Give an example of each principle of development.
   a. General to specific: __________________________
   b. Simple to complex: __________________________

6. Using a landmark of development, explain the principle that development varies in rate but the sequence remains the same.

7. Select the following factors that influence rate of accomplishing physical landmarks of development.

   ___ a. Health
   ___ b. Maturational time table
   ___ c. Physical appearance
   ___ d. Culture
   ___ e. Opportunity to practice
   ___ f. Economic stability of family
   ___ g. Parent-child interaction
8. List three milestones of physical growth in infancy.
   a. 
   b. 
   c. 

9. Select expected changes in eating and sleeping patterns in the first year.
   ___ a. Infant completes being weaned from breast or bottle.
   ___ b. Infant eats solid food.
   ___ c. Infant feeds self.
   ___ d. Infant uses spoon and fork to eat.
   ___ e. Infant sleeps through night.
   ___ f. Infant does not nap during the day.