

ESSAY 2 ON INFANCY.

REQUIRED QUESTION.

Some of the physical and physiological changes that occur in infancy include:

(1i) From newborns to 2 months, they can turn their head when lying on their back.

Their hands are fistled, the arms are flexed. The neck is not too strong to support the head.

In 3 to 4 months, they begin to control hands and feet actions. They raise up with arms when lying face down. Neck muscle is developed to allow them to sit with support and keep their head up.

In 5 to 6 months: They can sit on their own without support, when they are on their tummy, they can push up with arms to raise the shoulders and head, they can grasp objects.

In 6 to 9 months: Infant may walk while holding something, they can sit steadily without support, they can crawl, they can stand while holding furniture.

In 9 to 12 months: They can maintain balance while standing on their own. They may take few steps on their own.

(1ii) Physiological changes. Once the baby comes out of the womb and takes in the first breath, several changes occur in the infant's lungs and in the circulatory system. An increase in oxygen in the lungs causes a decrease in Blood flow resistance to the lungs. As the Blood flow resistance of the baby increases, fluid is drained or absorbed from the respiratory system.

Around 2 to 3 months, the infant begins to show a spontaneous Social Smile. After 4 to 6 months, they begin to laugh spontaneously. They express some feelings like anger, surprise, they begin to exhibit anxiety.

CHAPTER 3 (1)

(2i) In Cephalocaudal development, infant growth follows a sequence in which development moves from top to bottom. This is typically referred to as the maturation of an embryo or infant,

where the greatest development takes place at the top of the body (i.e., the head) before the lower parts, like the legs, trunk, and arms.

(2ii) Proximodistal development occurs from the center of the body outward. Proximodistal development is the progression of motor development coming out from the center of an organism to the periphery. An example of this is seen in the early development of muscular control of the trunk and arms relative to the hands and fingers. See also, fertilized egg. After fertilization, the cell divides and expands outward to become an embryo. The spinal cord forms first, and development progress outward to become a fetus.

Chapter 3 (3)

3. How would you describe infant sleeping patterns to an expectant mother?

According to researchers, newborn babies have two stages of sleep and four stages when they are more than three months.

NEWBORN

(i)Rapid eye movement (REM), this is called “active sleep”. In this type of sleep, the baby is seen making small movements, the eye is seen moving around while closed. Limbs and fingers jerk, breathing speeding up, and mouth movement.

(ii)non-Rapid eye movement (NREM) or “quiet sleep,” the baby is still and does not make these movements. You can see the innocence in them.

From three months upwards, babies reschedule the pattern of sleep to that of an adult. These sleep stages include three stages of NREM sleep and one REM sleep stage.

Stage 1 (NREM 1). alpha waves and low-amplitude mixed-frequency activity. Alpha brain waves represent one pattern of electrical activity produced by the brain. The brain is made up of millions of neurons that use electrical signals to transmit information

Stage 2 (NREM 2). sleep spindles and K-complexes. These are signs of progression into stable sleep with the reaching of the stage.

Stage 3 (NREM 3). delta waves. the slowest recorded brain waves in human beings

Stage 4 (REM). alpha and beta waves. This is positive effects of boosting alpha waves include lowering stress, reducing anxiety, decreasing depression, and improving creative thinking.

Generally, newborns sleep a total of about 8 to 9 hours in the daytime and a total of about 8 hours at night. But because they have a small stomach, they must wake every few hours to eat.

Most babies don't start sleeping through the night (6 to 8 hours) until at least 3 months of age.

The first three stages of sleep are all NREM stages. The first two are lighter stages of sleep, during which a person can be easily awakened. The third stage of sleep is the deepest stage, and it is very difficult to wake someone in this stage. The fourth stage of sleep is REM, the stage in which people experience dreams.

Chapter 3 (5)

5. How would you explain the importance of reflexes and their development, to a friend?

Reflexes in Infants are involuntary movements that may be spontaneous and occur as part of a baby's normal activity or responses to certain actions. Because of the importance of these actions, Healthcare providers must check reflexes if the brain and nervous system are working properly.

Types of Reflexes.

Rooting reflex. In this reflex, if the baby's mouth is touched, the baby turns their head and opens their mouth in the direction of the touch. This happens around 4 months.

Suck reflex. This helps babies to get ready to suck. When the baby's mouth roof is touched, he will start to suck.

Moro reflex. In this reflex, the baby gets startled when they hear a loud sound. Baby's cry can also startle them.

Grasp reflex. This happens when the baby's palm is stroked, babies close their fingers in a grasp. This lasts till around 5 to 6 months.

CHAPTER 4 (26)

26) Explain how Developmentalists have studied emotions in infants.

Developmentalists like John Bowlby have found the tendency for infants to form attachments is evolutionarily based. This evidence is seen across cultures and in other mammalian species. All human infants form attachments to others. They also found that from age two months, infants begin to detect adults' emotional displays like vocal and facial emotions. Infants can now distinguish between smiling and frowning. What are some of the differences between the parenting styles in fathers and mothers?

Fathers, while they do not verbalize as much as mothers do, tend to be more direct and use fewer words. They may seem to be "too tough" to the moms, but their toughness is rooted in helping kids be prepared for real life. From a disciplinary standpoint, they tend to impose consequences more quickly and then talk later. How is father care similar to mother care?

How is father-care similar to mother-care? Ans: Fathers enhance their children's social and emotional development in many ways as mothers do, and synchrony, attachment, and social referencing are all apparent with fathers.

Chapter 4 (32)

Those who received so much love or secure attachment in their childhood tend to find their relationships in adulthood more intimate, committed and are easy to connect with others. They

seem more straightforward and easier than those who lack love in their childhood stages. People who lacked such love and care grow up to be more aggressive, and hot-tempered. Secure attachment helps children and adults learn positive ways to manage feelings, relationships, and stressful situations. It also contributes to the development of trust and self-esteem. These lucky ones learn early to appreciate parenting care and this will help them to show some love to their own children.

Chapter 4 (35)

Fathers' ability and caregiving practices.

Fathers' interactions to babies are traditionally less often in the areas of care and nurturance.

Fathers do not verbalize as much as mothers do, tend to be more direct, and use fewer words.

Fathers may seem to be tough, but this is rooted in helping kids be prepared for real-life challenges. They tend to impose consequences more quickly and then talk later. Fathers enhance their children's social and emotional development in many ways more than mothers. Children's attachment and social referencing are all apparent with fathers.

.

Mothers' ability and caregiving practices.

Mothers' involvement in their children helps to extend the teaching beyond the classroom. This creates a more positive learning experience for children and allows them to perform better in school. It also establishes their confidence and ability. Mothers also enhance their children's social and emotional development in many ways like the fathers. Although fathers can and do provide the same supportive and emotional caregiving as mothers, both parents adapt their roles depending on their children's needs.

Chapter 4 (36)

As a parent, staying home to care for my kids would have been a very good option because, I am in a good position to know what my kids want, how they feel on certain issues. Outsiders can not care more for my kids than me, but because I need to provide for them financially, I must first make an investigation to know how efficient this homecare facility is doing in terms of caring for other people's kids. If it is possible, I would talk to parents of other kids about their experience as well as have a closer look at other children in that facility.