Kenu Howard

Human Growth and Development

Unit 1 Essay Questions

January 19th, 2023

1. Infertility is the inability to conceive a child, despite having intercourse for twelve months without the presence of contraception. Infertility can be due to either the male or the female. As it relates to the male, some issues that may hinder them from producing a child include: the inability to create the necessary amount of sperm, or, if he does produce enough sperm, they may not have the ability to get to the necessary location (which is a woman's eggs.) Another issue that may prevent the male from being able to conceive children is oxidative stress. Oxidative stress is caused when the body has too many free radicals and not enough antioxidants. Over consumption of smoking and alcohol can hinder fertility in men, as well. Some factors that lead to infertility in women are abnormalities in her ova, blockages in her fallopian tubes, or bad timing. Bad timing means the attempt to conceive a child when the woman is not ovulating. A woman's attempt to conceive may also be hindered by medical conditions such as endometriosis and polycystic ovary syndrome. Some things that an infertile couple can do to have a baby are corrective surgeries, undergoing in vitro fertilization, and making healthy lifestyle changes such as diet and exercise as well as minimize the consumption of drugs and alcohol.
2. Three examples of abnormalities in genes and chromosomes are Down Syndrome, Turner Syndrome and Fragile X Syndrome. Down Syndrome (noted as one of the more common

gene abnormalities) is caused by the presence of an extra 21 chromosome. That extra 21chromosome causes one with Down Syndrome to have both physical and intellectual abnormalities. Some of the physical traits of Down Syndrome include (but are not limited to) a flatter skull, extra skin over the eyelids, shorter limbs, a larger tongue. Down syndrome impairs the development of motor skills and cognitive abilities. Turner Syndrome is found in females and takes place when an X chromosome is missing. A woman should have XX chromosomes, but Turner Syndrome creates an XO. Turner Syndrome can lead to infertility in women, impairment in the ability to do math, a webbed back, and a short height. Fragile X Syndrome (which is more frequent in men then in women) is caused when the X chromosome becomes too tight and narrow, which leads to breakage. Fragile X Syndrome can lead to autism, a compromised attention span, or learning disabilities.

3. The pros of breastfeeding are that the baby is getting natural vitamins and nutrients from the mother's milk, it allows for the mother and the baby to form a bond, milk is always accessible as long as the mother is present, breastmilk helps with the babies immunity and it allows the mother to save some money being as it is a natural resource being produced by the body. Breastfeeding is also linked to intelligence. Studies show that breast fed babies tend to have an increase in intelligence. Breast fed babies also tend to have healthier weights. Some of the pros of formula are: if the mother is having a difficult time with breastfeeding, the baby can still get their milk. Formulas are generally able to ensure that the baby is still getting their necessary vitamins and nutrients. The cons of breastfeeding are that it can be painful for the mother. Also, whatever the mother is ingesting is being passed down to the baby, so if the mother is eating or drinking

unhealthy things, it effects the baby directly. If the mother has an infectious disease such as HIV or tuberculosis, it can be passed down to the baby via breastfeeding. Some more cons of breastfeeding are that it can create stress for the mother and at times, it can be difficult to measure the amount in which the baby has consumed. The cons of formula feeding are that formula can be harsh on the baby's digestive system, it can cause diarrhea, and increases the likelihood of allergies in the long run.

4. If I were the parent of an infant and used the Bayley Scales of Infant Development and the Gesell Test, they would inform me of any developmental delays in my baby. These tests do this by assessing motor skills and cognitive functioning within the baby The BSID as well as the Gesell Test can detect whether or not the baby is meeting the allotted developmental milestones for their age.
5. Smiling and crying relay information about the infants cognitive and social development. For example, it is noted in the text that when a baby cries excessively at three months old, they may be at risk for mood problems, behavioral problems and hyperactivity once they reach ages five through six. How and when a baby is soothed while crying can also have an impact on their cognitive development. During their first year, infants being soothed while crying helps them to form trust in their caregiver. The opposite reaction of letting the baby cry out puts the baby at risk for unfavorable behaviors at three months of age, but said behaviors may subside at twelve months. The infants cry could also be placed into three categories: basic cry, anger cry, and pain cry. The basic cry is marked by a more rhythmic pattern. A basic cry is generally fueled by hunger. The anger cry is marked by the same patterns of the basic cry mixed with more air and power from the vocal cords. The pain cry is marked by a long and loud cry, as well as the holding of

breath. Smiling is both a social skill and a social signal. Smiling and laughing can signify and laughing at seven months of age can signal the babies ability to self-regulate once they reach seven YEARS of age. There are two types of smiles: the social smile and the reflexive smile. The social smile is brought on by an external source such as a person's face and begins at two months of age. The reflexive smile is not determined by an external source, but instead can happen in the baby's sleep.

6. In short, reciprocal socialization within child development can be summarized as a parent teaching their child about what is acceptable through socialization, while the child also teaches the parent what THEY deem acceptable through the child's socialization of the parent. An example of a child socializing the parents may be seen in a child with autism and their desire to ONLY wear the colors beige and brown. If it is a cold day outside, the parent may tell their child "Since its cold outside, lets put on your sweater." If the sweater is red, the child may protest and refuse to put it on and instead choose the beige short sleeved shirt. Over time, the parent may invest in buying beige and brown sweaters, so the child has more sensible options, but in the colors they like. Another example of a child socializing their parents can be seen when a child expresses that they are stressed in tense environments. The child may cry every time the parents have loud disagreements. Through this form of socializing, the parents may agree to have their disagreements quietly and after the child has gone to bed. An example of a parent socializing a child may be seen when the parent hands the child an item and follows it by saying "what do you say?" This will prompt the child to say "thank you" every time something is given to them. Another example of a parent socializing their child can be seen when parents tell their children "have a great day at school…and remember, if another student hits you—

knock them out." Parents teach their children, but children also teach their parents through reciprocal socialization.

7. If I was a parent who could choose whether or not my child goes to daycare or stays home with me, I would choose both. I would send my child to daycare for about three hours a day, three times a week. I would choose this because day care settings are a great way for the children to socialize with other children their age. Being around children their age who are also working towards achieving milestones will make the learning process fun for them. Things like potty training may be more exciting when they see that their friends are also going potty. Daycare also affords children the opportunity to be exposed to people who do not look or live like them. This is healthy because the world is a diverse place, and it is good for a child to be aware of that. However, I would only have my child go for a total of 9 hours a week because I would want to be hands on in their learning process. I would also want to be present as they reach certain milestones so I can celebrate with them. This will positively reinforce them. I would also want to instill the love of Jesus Christ in them at home.
8. There are many significant psychological and physiological changes that take place in infancy. Some of the physical changes that occur during infancy are; the patterns in which the infants grow, their height and weight, their brain functionality, the amount of sleep that they require as well as nutritional needs. When it comes the physical changes in infancy, the first to note is the change in the babies head size. When they are first born, their heads are generally larger. As they begin to develop overtime, the shape of their head starts to change (starting from the top) and their head becomes more proportionate to the rest of their body. This process is called the cephalocaudal pattern. The

proximodistal pattern is when growth begins taking place at the center of their body and then ultimately within the extremities. During this time of growth and development, the baby can experience growth spurts daily. In terms of the babies height and weight, during the first few days of the babies being out of the womb, they lose 5 to 7 percent of their body weight, but gain 5 to 6 ounces a week during their first month. By four months, their weight is generally doubled and then tripled by a year. They generally grow 3 to four inches a month during their first year of development. By age two, their growth begins to slow down. Infancy entails changes in the baby's cognition as well as their sleep cycle. Newborns—on average—may sleep 16 to 17 hours a day. Babies may wake up during the night, though. Sleep is not consistent. However, babies do spend more of their sleep cycle in REM sleep. This slows down as they grow. Sleeping is good, though, because it aids in healthy cognitive development within the babies. The sleep helps the babies brains to mature. Sleep also helps with memory as well. During infancy, babies generally only consume milk for about the first four to six months. Psychologically, infants develop abilities such as motor skills (which is the ability to navigate the world with their fingers) as well the ability to process things. They may process things through schemes—the ability of the brain to organize things in their mind. They also use assimilation (the use of existing knowledge to process new information) and accommodation (adjusting their preconceived schemes to make room for new knowledge.) Overtime, they gain the ability to assess, process and form meaning. The environment in which the infant is being raised in has a large impact on their development.