

Required: Significant physical changes in infants hits their first milestone at 2 months. They should be gaining strength to hold their head up when lying on their stomachs, as well as lift and move their limbs while lying on their backs. They should be able to grasp with their hands and start to squeeze with grip strength, as well as be able to relax their hands from a fist position. They also have reflexes established like the flexing and pointing of feet, placing (leg extending when bottom of foot is touched), moro reflex (the extending and contracting of arms when startled or upset), babinski reflex (toes spread out when bottom of foot is touched). At 4 months they should reach the point of holding their head up with no assistance. Their grip strength progresses to be able to hold objects for periods of time, and should be able to push themselves up onto elbows when laying on their stomachs. At 6 months is when an infant will start to roll and sit. They have the strength to hold themselves in a sitting position using their arms and stand with assistance such as using an object to hold onto for stability. At 9 months they are almost completely unassisted. They move into sitting positions on their own and can pick up, release, transfer items, in their hands. When the child reaches a year old they develop the ability to pull themselves to a standing position, and start to walk with support of holding onto something. After this their physical abilities continue to develop and they become stronger and more coordinated with their movements. They will be able to pinch objects to pick them up and learn skills like throwing and kicking as hand eye coordination progresses. Each child can progress at different rates, but these are markers that a child should be developing at.

Cognitively, an infant is born at a simple reflex stage. This is the stage when they are not aware of objects, yet have certain reflexes in situations like having something touch their cheek and going to suck it or lick it as if their mother was there to breastfeed. Within the next 4 months the infant starts to encounter and explore new concepts such as recognizing noises they are making. Their reflexes start to become more voluntary movements as they start to differentiate between objects. From 4-8 months the infant will engage in more repeated motion that sparks interest to their own mind. Noises or movements that they find motivating will be acted on more

often. They like the effects their own actions have, therefore they are becoming more curious about what sounds they can make, what they can pick up/move, what object does what, etc. The prefrontal cortex continues to mature from an 8-12 month period. They are able to think and find solutions in situations. They establish object permanence and can do things like go get a toy that has been hidden under a blanket. they know an object is still there even though it is out of sight, it is no longer out of mind. The infant also is able to anticipate events based on reading others behaviors, and they are able to do goal directed things.

4) chromosomes can be altered by deletions, duplications, and translocations. A deletion is when part of the chromosome is missing or is erased/"deleted". A duplication would result in extra genetic material because a part of the chromosome is being duplicated. Translocations happen when part of the chromosome moves to another chromosome. A reciprocal translocation would happen when two segments of chromosomes are swapped with each other. And a Robertsonian translocation occurs when an entire chromosome is attached to another chromosome at its centromere. Another abnormality is inversions. This happens when a portion of a chromosome is detached, inverted or turned, and then reattached differently from the initial. Finally, rings can form on chromosomes when genetic material is usually lost and a part of the chromosome breaks off to form a ring structure.

6) Infertility is the inability to get pregnant. This is usually determined after one year of a mother trying to conceive and cannot do so. Infertility is caused by an abundance of things. The most common is age, when women get older their fertility rapidly declines in their late 30s. There are other complications such as weight, being overweight or underweight. Eating disorders can contribute to infertility, as well as diabetes. Alcohol abuse and exposure to toxins can cause a woman to become infertile. There are sicknesses and diseases that prevent regular ovulation for females that lead to infertility as well. Men can also experience infertility caused by low

sperm production or blockages and complications with sperm function. Couples that experience one of the partners being infertile can receive egg or sperm donors from other people. There are also fertility treatments that can be used. Another option is having a surrogate mother that has a child for the couple, or adoption.

16) babies usually don't start sleeping through the night until 3 months old. Newborns tend to sleep on an average of 8-9 hours during the day and another 8 hours at night. Every baby is different and will sleep off and on throughout the day, as well as the night calling for a lot of restlessness for new parents. Newborns usually sleep a few hours at a time and wake up to feed a few times throughout the night. Do not be alarmed by a baby that sleeps a lot, or a baby that doesn't stay asleep for long periods of time, as babies run on sporadic and unpredictable sleep schedules. For every mother it is hard at first when dealing with a newborn baby sleep schedule, but it is important to take care of yourself as well. It is important to have another individual to help you with the process.

17) Breastfeeding has many positives to it. It is healthy for both the mother and child.

Breastfeeding is free and easy as it is always available for the mother as long as she is healthily producing. The mother's body adapts to the needs of the baby and is ready to produce when the baby is ready to feed. Breast milk is rich in all the nutrients the baby requires for proper growth and function. Since it is being produced by the body you're not risking any harmful substances or artificial components that may be found in formulas. Using natural breastfeeding lowers the risk of digestive issues in babies, it promotes a healthy gut with less diarrhea and stomach aches. Breast milk has an immune boosting capability to fight off infections. It has also been seen to lower risk of SIDS, asthma, allergies, diabetes, and obesity. For the mother breastfeeding allows them to release necessary hormones needed to bond with the baby and lowers chances of postpartum depression. Some mothers have difficulty with breastfeeding. It

can cause discomfort for the mother, and can be a bit of a task when the baby eats so frequently, and when you are not with the infant the body still needs to produce. There is also no way to measure how much the baby is eating like you could in a bottle. What the mother intakes is extremely important because it can be passed to the baby through breastmilk such as alcohol and medications. Bottle feeding is an alternative that has both pros and cons like breastfeeding. It makes it so family members and others can feed the baby if the mother is busy and cannot be around to feed. This can be milk that the mother pumped or formulas. Bottle feeding makes it so you can measure how much the baby is receiving so they aren't over or under eating. Others being able to feed the baby allows them to bond with the infant rather than just the mother, the father and family members as well. If you are bottle feeding through formula the baby doesn't eat as often as breastfeeding so you don't have to take more time out of your day, But, when using formula you cannot ensure that it is fighting against infections and diseases as breast milk does. The mother and infant connection isn't as strong when you bottle feed, and sometimes the rubber nipples are hard for the baby to adjust to.

20) Babies develop physically which involve gross and fine motor skills. Gross motor skills come into play when the baby makes large movements and learns how to do tasks such as sitting, turning over, standing, and walking. Fine motor skills define the smaller movements that the baby develops like making a fist, pinching, and dropping objects. Majority are all developed in the time from between birth to 12 months, and the major developments are seen in the 8-12 month period. Gross motor skills that are seen in birth to 2 months is the movement of the head, turning it to both sides, as well as moving arms and legs while lying on their back. The fine motor skills of this period is bringing hands to their mouth and starting to open their hands. 3 to 4 month olds start to roll from belly to back and push up on forearms when they're on their belly. The fine motor skills at this point show that they can hold objects in their hand, hold hands together, and follow objects with their eyes. At 5-8 months they extend their arms and push up

from the belly, can support themselves to sit on their own, and learn to crawl. Their fine motor skills will start to show them banging and shaking noise making toys, transferring objects from one hand to another, using raking grapes, can leave hands relaxed and open most of the time, and can pick up small foods like cereal. At 9 to 1 years old the child can move between laying and sitting alone, can pull to standing, starts to walk assisted and unassisted, and can squat down. At this age their fine motor skills allow them to release objects voluntarily, can turn pages of books, point to objects, stack block toys, can put objects in their corresponding container, and give toys when asked for them.

42) The concept of trust vs. mistrust is the first of Erikson's 8 stages of psychological development that occurs between a birth and 18 months of age. At this point the infant will deem people and surroundings trustworthy, or not trustworthy. Babies need care and affection to properly grow and develop. If they recognize a person that is giving them a lot of care and tending to their needs they recognize them and trust them. When they come in contact with someone that doesn't give them care or is unrecognizable to them they might think this person is untrustworthy and will react in a negative way to them or surroundings they don't trust. An example of this is a child being happy and calm when their mother is holding them because they trust their mother will care for them and comfort them. But, when a distant cousin they have never met picks them up they start to cry because they are not familiar with the person and cannot trust them yet.

49) If I was a parent I would personally want me as a mother to stay home with the child for the time being. I'd eventually place them in daycare, preferably with another family member, when I am ready to go back to work and the baby is a little older. I think the mother holds a lot of responsibility and is typically more involved with the child while the father is more of a support system for both the mother and the child, which involves working. I think it is very important for

the father to also have a connection with the child so i think there needs to be times where the father is the caretaker. The mother is responsible for things the father is not. For example, breastfeeding has many positive outcomes that benefit both the mother and the baby that the mother needs to be present for, and the father can only bottle feed. Mothers can also experience postpartum depression that can affect who is ultimately fit to take care of the infant at first. Either the mother prevents her depression, or the father if the mother is already experiencing that mental barrier. At some point when the baby is a little bit more manageable, I would like to go back to work and have the child stay with someone else. I'd rather this be someone very trustworthy which is why I'd look towards a very close family friend, aunts and uncles, and grandparents before going to a babysitting provider.