

PHYSICAL DEVELOPMENT DURING INFANCY

From birth to about age 1 or 2 years, children grow rapidly. After, this time growth slows. As growth slows, children need fewer calories and parents may notice a decrease in appetite.

Infant reflexes begin to fade as babies use their senses to learn to interact with the environment around them as their bodies grow stronger and mature. One way babies learn to use their bodies is by learning to achieve large physical tasks, or gross motor skills, such as crawling and walking. Some physical characteristics of infants are presented following table.

Gross motor skills, such as walking, are presented following table—

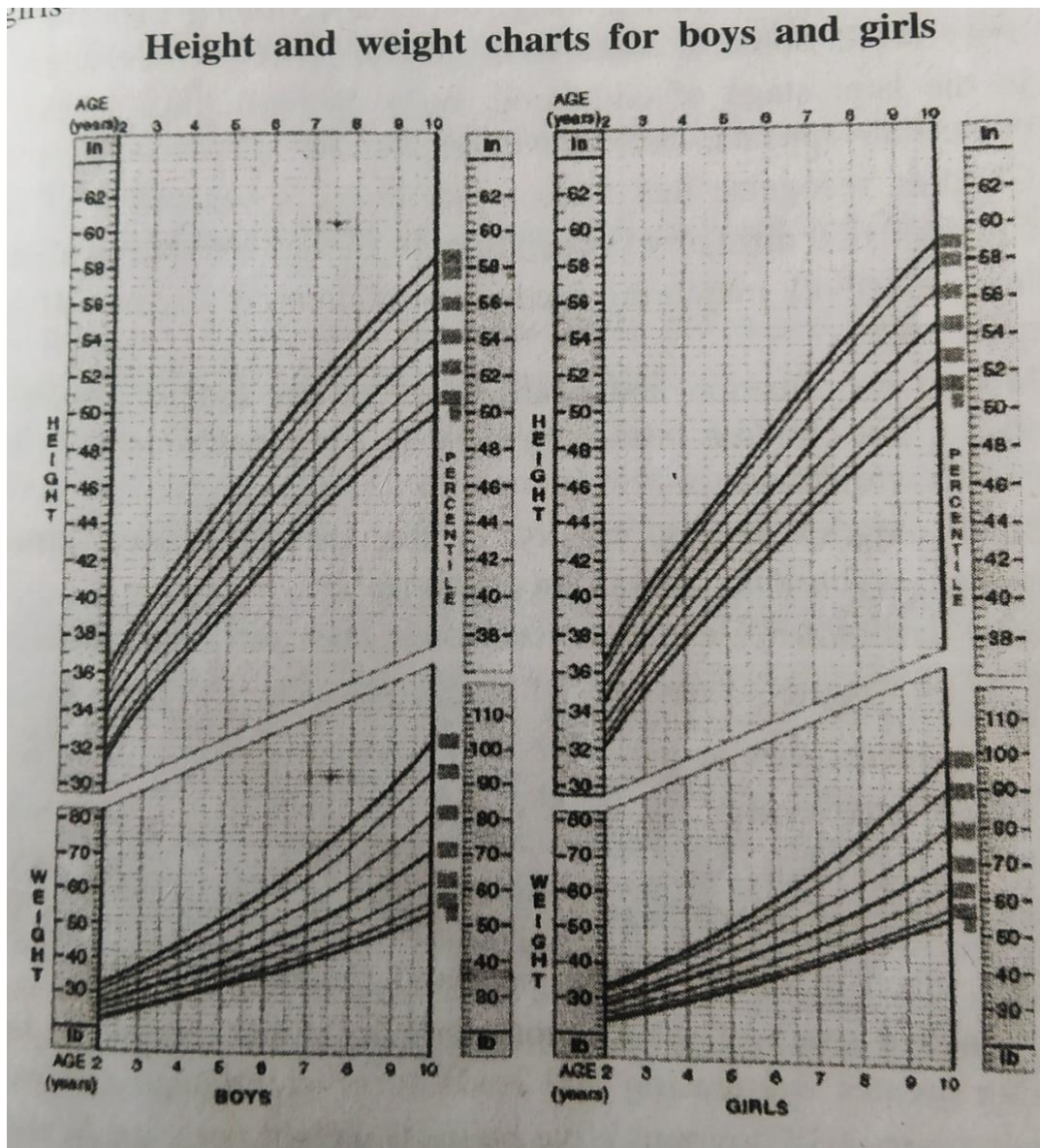
Age (years)	Characteristics	Developmental implications
0-2	Makes jerky movements	Needs opportunities to move
	Swipes at dangling objects	Needs opportunities to swipe at objects
	Begins to creep, crawl and walk	Needs space without tripping hazards
2-3	Begins to grip and grasp objects	Need opportunities to grip and grasp.
	Walks and talks	Needs opportunities to walk on equipment
	Jumps	Needs opportunities to develop jumping actions.
4-5	Climbs and creeps	Needs opportunities to creep
	Needs vigorous activity	Needs to improve growth and development
	Growth rate is decreasing	Children are more stronger, more agile and very flexible.
	Looks muscular endurance	Children tire easily and may require momentary rest.
	Center of gravity high, sometimes difficult to balance	Developing sense of equilibrium
	Developing locomotor actions	Needs to spend time on locomotor activities
Descends ladder with	Provide opportunities descend ladders	

WEIGHT - New borns normally lose 5 to 8% of their birth weight during the first few days of life. They regain this weight by the end of the first two weeks. After this period of time, newborns typically gain about 1 ounce per day during the first two months and 1 pound per month after that. This weight gain

typically results a doubling of birth weight by age 5 months and a tripling by 1 year. In recent years more children have developed obesity. Some children become obese at an early age.

Length and height-Doctors measure length in children too young to stand. They measure height once the child can stand. In general, length in normal-term infants increases about 30 % by age 5 months and more than 50% by age of twelve months. Infants typically grow about 10 inches during the first year and height at 5 years is about double the birth length. In boys, half the adult height is attained by about age 2. In girls, height at 19 months is about half the adult height.

The National Center for Health Statistics presented height & weight charts for boys and girls



Teeth - The timing of tooth eruption varies, mainly for hereditary factors. Tooth eruption times are presented here --

Tooth eruption times are presented here

Teeth	Number	Age at eruption
Baby (Deciduous) Teeth (20 Total)		
Lower front teeth (lower central incisors)	2	5-9 months
Upper front teeth (upper central incisors)	2	8-12 months
Upper side teeth (upper lateral incisors)	2	10-12 months
Lower side teeth (lower lateral incisors)	2	12-15 months
First back teeth (first molars)	4	10-16 months
Eye teeth or cuspids (canines)	4	16-20 months
Second back teeth (second molars)	4	20-30 months

The first few years of life are a time of significant growth and development. Children all develop at different rates, but most infants will reach certain milestones by specific ages.