**PHYSICAL GROWTH AND DEVELOPMENT**

**Patterns of Physical Development**

Physical development proceeds in the same \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ order for every baby. It follows three basic patterns:

* Head to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:



* + Head leads in development (this is why head is large)
  + Develop ability to lift head first
* Near to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:
  + From trunk outwards (ex. Body-arms-hands-fingers)
* Simple to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:
  + Being fed – eating wit fingers – using a spoon

**Growth During the First Year**

Children grow and develop at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ rates.

Charts are available that show average \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ at certain ages – remember though that very few babies are “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”.

**Weight**

Weight gain is one of the best indications of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Most babies experience a slight weight \_\_\_\_\_\_\_\_\_\_\_ just after birth and then begin to gain weight \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The average birth weight is \_\_\_\_\_\_\_\_; the average one year old weights \_\_\_\_\_\_\_\_\_\_\_.

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**Height**

Growth in height is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during the first year.

The average newborn is \_\_\_\_\_\_\_\_\_ inches long and by one year is \_\_\_\_\_\_\_\_ inches.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ influences height more than weight.



**Proportion**

In child development, proportion refers to the size relationship between different body parts.

The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ continues to grow rapidly during the first year.

Compared to an adult, a baby’s head and abdomen are \_\_\_\_\_\_\_\_\_\_\_\_ and the legs and arms are \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_.