

## PREGNANCY AND INFANCY

### Adaptive Tasks of Pregnancy

- Identification of the fetus as a part of the self (First Trimester)
- Development of the awareness of the fetus as an individual (Second Trimester)
- Preparation for infant (Third Trimester)

### Behaviors Suggestion Pregnancy Rejection

- Preoccupation with physical appearance
- Negative self-perception
- Excessive withdrawal or mood swings
- Excessive physical complaints
- Absence of response to quickening
- Lack of preparatory behavior

### Prenatal Visit

- Feeding issues
- Home needs
- Circumcision
- Employment/Child Care
  - Personal preference and priorities
  - Convenience, cost
  - Staff/child ration
  - Health/hygiene practices
  - Age of child

### Methods Which Enhance Bonding

- Mother awake
- Father or supportive person available
- Time together right after birth
- Rooming in

### THE AMAZING NEWBORN

#### Newborn behavioral states

- Quiet sleep
- Active sleep
- Drowsy
- Quiet alert
- Active alert
- Crying

#### Sensory capabilities of newborn

#### Entrainment

## Infant Temperament

- The behavioral style of the individual irrespective of the content, level of activity or motivation of the particular activity.
- Individual differences
  - High/low responsivity
  - Positive/negative mood
  - High/low selectivity/attention span
  - Persistence
  - High/low distractibility

## Temperamental Styles

- “Easy” – 40%
  - Positive, pleasant mood
  - Readily adaptable, + about new situations
  - Low to moderate intensity in reactions
- “Difficult” – 10 %
  - Irregular rhythms and intense reactions
  - Negative mood
  - Withdrawal from new stimuli and resistant to change
- Slow to Warm Up – 15%
  - Somewhat negative mood and low activity
  - Low intensity reactions
  - Withdrawal from new stimuli and slow adaptation to change
- Mixed – 35 %

## Infant Development

- Erikson – Trust vs. mistrust
  - Nurture – making sure that the world is predictably a safe place to be
- Freud – Oral
  - Nutrition
  - Everything explored in the mouth
- Piaget – Sensorimotor
  - Learning from movement and sensation

## Infancy – Motor Development

- Sit without support – 6-8 months
- Creep or crawl – 9-10 months
- Pull to stand -- ~ 10 months
- Walk with support -- ~ 12 months

## Infancy – Adaptive Development

- Radial palmar grasp – 6 months
- Pincer grasp – 9 months
- “Neat” pincer – 12 months
- Object permanence – 12-15 months (Piaget)
- Imitative movements –
  - Pat-a-cake and bye-bye – 9-12 months

## Infancy—Language Dev

- Interactive vowel sounds (cooing) – 12 weeks
- Laugh out loud – 4 months
- Babble – 6 months – monosyllabic at first (ma-ma, da-da), then polysyllabic
- First meaningful words -- ~ 1 year

### Infancy—Psychosocial Dev.

- Social smile – 6-8 weeks
- Preferences for primary caretaker – 6 months
- Stranger anxiety – 8-10 months – sometimes called 8<sup>th</sup> month anxiety

### Infancy – Physical Exam

- Primarily done in caretaker's lap
- Unhurried but expeditious
- Start with extremities
- Do invasive maneuvers last – nose, throat, ears

### Common Infant Behavior Issues

- “Colic”
  - Interventions include swaddling, holding hands across midline, pacifiers, warm baths, leaving alone
- Feeding problems
  - Reflux, failure to thrive
- Sleep problems – “settling” at 3-4 months– 25% awoken again between 6-12 months
- Pacifiers, thumb sucking
- “Spoiling”