

INFANTS AND WOBBLERS

The Milestones of Typical Development
In Infancy and Toddlerhood

Newborn

- Uncoordinated body activity
- Irregular breathing
- Mostly sleep
- Have lots of reflexive movement (Moro, Babinski, Rooting)



PHYSICAL DEVELOPMENT BY 3 MONTHS

- ❖ Infants can lift their heads and chest when laying on their stomach
- ❖ Turn their heads to 90 degree angle
- ❖ Grasp rattle or finger
- ❖ Roll from back to side



PHYSICAL DEVELOPMENT BY 5 MONTHS

- ❖ Reach for objects and transfer from hand to hand
- ❖ Wiggling and kicking with their arms
- ❖ Rolls over (stomach to back)
- ❖ Stretching with their bodies
- ❖ Grasp things or hands
- ❖ Play with their feet



PHYSICAL DEVELOPMENT BY 7 MONTHS

- ❖ Crawling
- ❖ Sit alone in “tripod”
- ❖ Can support their weight on their legs
- ❖ When on their torso, they can push their head and torso off the floor



PHYSICAL DEVELOPMENT BY 9 MONTHS

- ❖ Pull themselves up to standing using furniture or caregivers' hands
- ❖ Eye-hand coordination but not developed hand preference yet
- ❖ Close mouth firmly or turns head when no longer hungry
- ❖ Reach for cup or spoon when being fed
- ❖ Play pat-a-cake or peekaboo
- ❖ Drink from a cup with help



PHYSICAL DEVELOPMENT BY 12 MONTHS

- ❖ Crawl well, or
- ❖ Stand alone or hold on furniture or adults
- ❖ Can build tower of two cubes
- ❖ Walk alone or with help from holding adults' hands
- ❖ Enjoy opening and closing drawers' door



PHYSICAL DEVELOPMENT BY 15 MONTHS

- ❖ Generally more complex motor skills
- ❖ Scribbles vigorously
- ❖ Walk upstairs with help



PHYSICAL DEVELOPMENT BY 24 MONTHS

- ❖ Jump in place
- ❖ Walk on tip toe



COGNITIVE DEVELOPMENT FROM BIRTH TO 2 YEARS

- ❖ In general, infants physically explore their environment to learn about it
- ❖ They repeat movements to master them, which also stimulates their brain and cell development

COGNITIVE DEVELOPMENT 4 – 5 MONTHS

- ❖ Curious and interested in their environment; explore by looking around
- ❖ Cooing



COGNITIVE DEVELOPMENT 6 MONTHS

- ❖ Babbling
- ❖ Imitating sounds



COGNITIVE DEVELOPMENT 9 MONTHS

- ❖ Can discriminate parents and others because they recognize mother's feature and face
- ❖ Trials and errors in problem solving
- ❖ Find object hidden in an initial location



COGNITIVE DEVELOPMENT 12 MONTHS

- ❖ Understanding object permanence (objects continue to exist even when they cannot be seen, touched, or heard)
- ❖ Point pictures in book as response to verbal cues
- ❖ Some may use single words
- ❖ Use receptive words (doggie, car, etc)
- ❖ Less use of expressive words (“See you later,” “Just a minute,”



COGNITIVE DEVELOPMENT 15 MONTHS

- ❖ They learn through imitating complex behaviors
- ❖ Recall memory for people, places, objects, and actions improves
- ❖ Know objects are used for specific purposes
- ❖ Know more words (appx. 50 words)



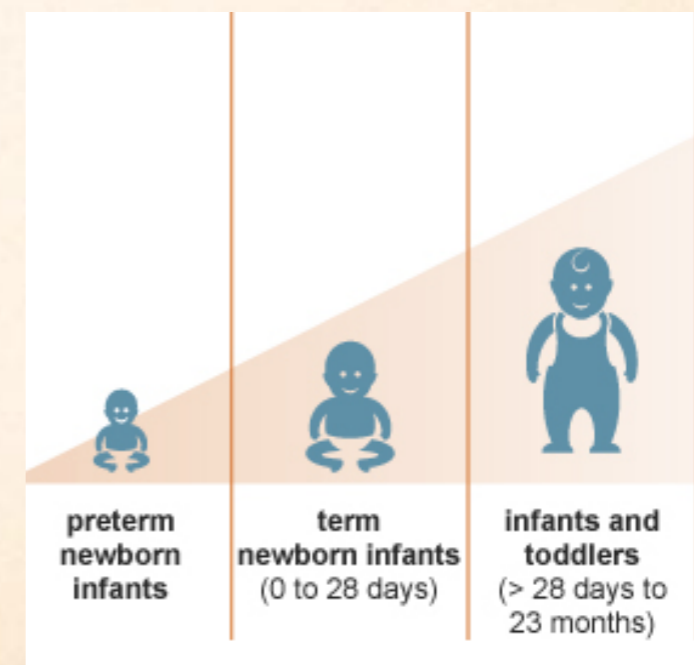
COGNITIVE DEVELOPMENT 24 MONTHS

- ❖ Self-conscious emotions (shame, embarrassment, guilt, and pride) emerge
- ❖ Acquire an emotion vocabulary for talking about feelings, aiding emotional self-regulations
- ❖ Separation anxiety declines and self-control emerges
- ❖ Show gender-stereotyped toy preference
- ❖ Can identify self in the mirror



SOCIAL DEVELOPMENT FROM BIRTH TO 2 YEARS

- ❖ In general, the attachment in these age groups: babies settle when parents comfort, toddlers seek comfort from parents, begin safe-base exploration.



SOCIAL DEVELOPMENT 5 MONTHS

- ❖ Responsive to social stimuli
- ❖ Have facial expression for emotions



SOCIAL DEVELOPMENT 9 MONTHS

- ❖ Socially interactive
- ❖ They play games with caretakers



SOCIAL DEVELOPMENT 11 MONTHS

- ❖ They have stranger anxiety
- ❖ Separation anxiety with caregivers
- ❖ Solitary play



SOCIAL DEVELOPMENT 12-18 MONTHS

- ❖ Joins in play with familiar adults, siblings, and peers
- ❖ Recognizes self-image in the mirror
- ❖ Begins to realize that other's emotional reactions may differ from one's own
- ❖ Uses social referencing to better evaluate events and understand emotions of the same valence
- ❖ Shows signs of sympathy
- ❖ Complies with simple directions

SOCIAL DEVELOPMENT 24 MONTHS



- ❖ Parallel and symbolic play
- ❖ Starting to use words to influence a playmate's behavior
- ❖ Categorize self and others on the basis of age, sex, physical characteristics, goodness and badness, and competencies

POSSIBLE EFFECTS OF MALTREATMENT

- ❖ Chronic malnutrition can cause growth retardation, brain damage, and possible mental retardation
- ❖ Head injury and shaking can cause skull fracture, mental retardation, cerebral palsy, paralysis, coma, death, blindness, deafness
- ❖ Internal injury
- ❖ Chronic illness from medical neglect
- ❖ Delays in gross and fine motor skill, poor muscle tone

POSSIBLE EFFECTS OF MALTREATMENT

- ❖ Language and speech delay, cannot use language to communicate
- ❖ Develop insecure or disorganized attachment style: clingy, cannot use parents as source of comfort, and cannot discriminate significant people
- ❖ Passive, withdrawn, apathetic, and unresponsive to others
- ❖ Fearful, anxious, depressed
- ❖ Immature play, cannot be involved in reciprocal, interactive play

Reference

- Textbook from Psychology 230 class at Lewis and Clark
- Infants, Children, and Adolescents, 6th edition by Laura E. Berk