

FEUER NURSING REVIEW

**PEDIATRIC NURSING
STUDY BOOK**

**NCLEX®-RN/LPN
2023 EDITION**

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GROWTH AND DEVELOPMENT: INFANT**Growth**

- Increase in physical size:
 - Weight:
 - Birth Weight: Pounds and ounces
 - Medications and fluid: metric systems and grams
 - Height or Length:
 - Measure lying down until age two years
 - Head Circumference:
 - Measured routinely from birth to age 2 years

**IMPORTANT CONVERSION FACTS:**

1 kilogram = 2.2 pounds

16 ounces = 1 pound (lb)

2.25 (2.2) centimeters = 1 inch

1 kilogram of weight equals approximately 1 liter

Development

- Increase in function:
 - Sequence is specific, not rate:
 - Rate is uneven and individual with greatest speed during infancy and puberty
 - Cephalocaudal
 - Head to Toe (tail)
 - Proximal to Distal
 - Center to periphery

Developmental Milestone

- A standard of reference or growth marker
- Denver Developmental Testing
 - Used for infants to 6 year old children
 - Requires 30 minutes to complete-screening tool
 - May evaluate:
 - Gross motor skills: rolls, walks, hop
 - Fine motor skills: pincer grasp, builds tower
 - Language: points, names colors
 - Personal: Social skills: smiles, waves

Gross motor skill examples: sits with head steady, rolls over, walks up steps, hops

Fine motor skill examples: grasps rattle, pincer grasp, builds tower of cubes

Language skill examples: responds to bell, points to picture, name one color

Personal-social skill examples: smiles spontaneously, waves bye-bye, brushes teeth with help

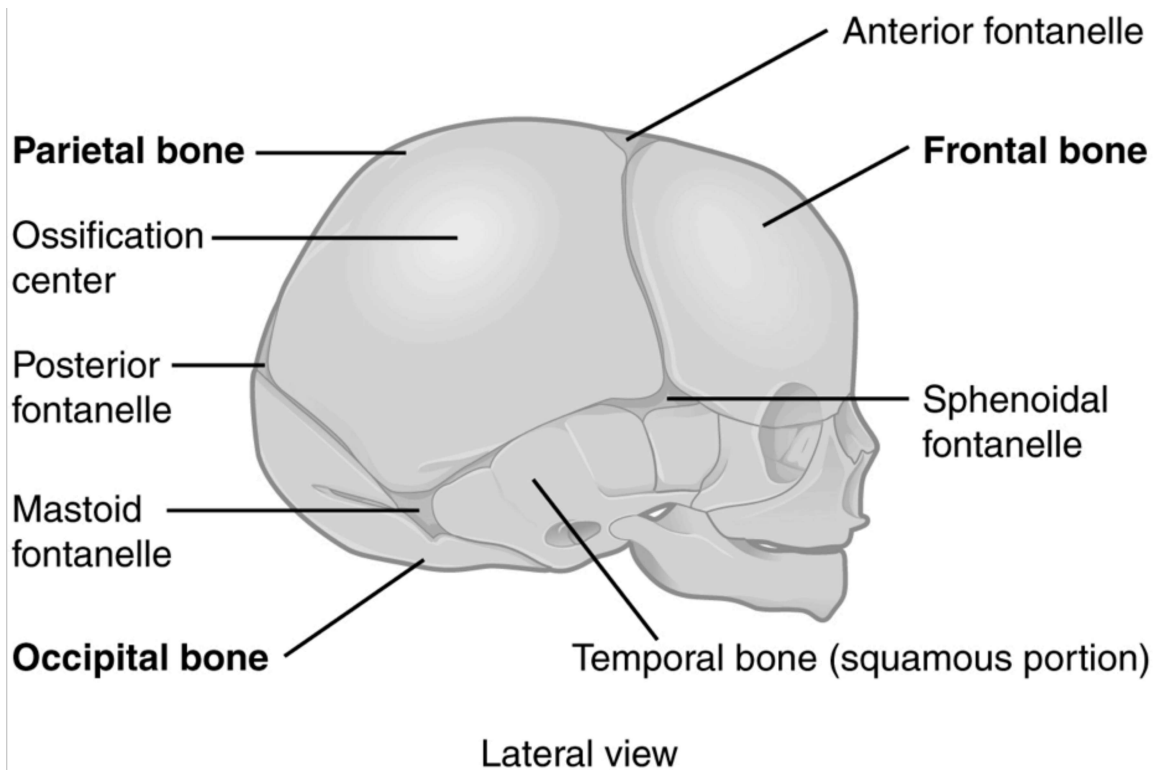
Infancy: One Month to One Year

- Erikson's developmental theory
- Critical period for the development of Trust versus Mistrust:
 - Consistent primary caregiver meets infant's needs
 - Nutrition, warmth, stimulation, sleep, comfort
- Weight:
 - Doubles in six months
 - Birth weight: 6 lbs 10 oz
 - Six months: (12 lbs 20 oz) = 13 lbs 4 oz
 - Triples in one year
 - One year: 19 lbs 14 oz
- Height:
 - Increases by 1 inch per month in first 6 months
 - Increases by 50% in one year
 - 20 inches at birth plus 10 (50% of 20) = 30 inches at one year



Infant Growth

- At birth, head circumference is 33–35cm, approximately 2–3 cm more than the chest circumference
- By 1–2 years, the head and chest circumference are equal
- Head circumference measured to age 2 years
- Fontanels:
 - o Posterior (soft and flat in a normal infant): closure at 2-3 months
 - o Anterior (soft and flat in a normal infant): closure at 12 to 18 months



Tooth eruption begins 4-6 months
(then 1 tooth per month)

