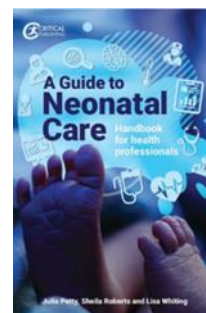



## Chapter 3 Developmental aspects of the healthy neonate

*A Guide to Neonatal Care - Handbook for Health Professionals*  
Petty J, Whiting L and Roberts S (2024) Critical Publishing



### Supplementary information

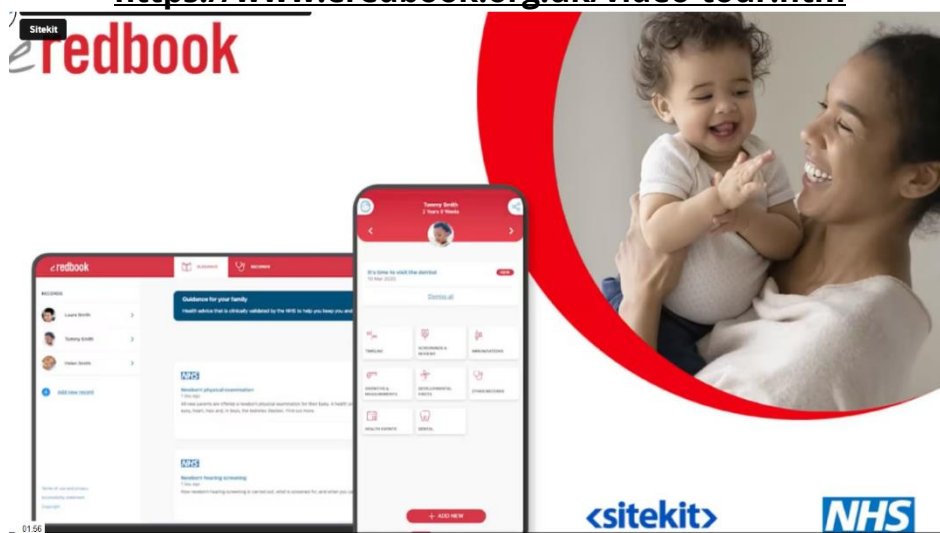
Children develop at a faster rate during infancy and the first three years of life than any other time. This excellent resource '**Guidance: Development Matters**', cover important domains of development including some of the key milestones for babies and infants. Take a look at the resource and select the four domains below highlighted in purple, in the screenshot taken from the website. Each domain has example milestones and what can be done to support these achievements.

<p>Contents</p> <p><a href="#">Introduction</a></p> <p><a href="#">Seven key features of effective practice</a></p> <p><a href="#">The characteristics of effective teaching and learning</a></p> <p><a href="#">Communication and language</a></p> <p><a href="#">Personal, social and emotional development</a></p> <p><a href="#">Physical development</a></p> <p><a href="#">Literacy</a></p> <p><a href="#">Mathematics</a></p> <p><a href="#">Understanding the world</a></p> <p><a href="#">Expressive arts and design</a></p> <p> <a href="#">Print this page</a></p>	<h3>Birth to 3</h3> <p><b>Babies, toddlers and young children</b> will be learning to:</p> <ul style="list-style-type: none"><li>• lift their head while lying on their front</li><li>• push their chest up with straight arms</li><li>• roll over: from front to back, then back to front</li><li>• enjoy moving when outdoors and inside</li><li>• sit without support</li><li>• begin to crawl in different ways and directions</li><li>• pull themselves upright and bouncing in preparation for walking</li><li>• reach out for objects as co-ordination develops</li><li>• pass things from one hand to the other, let go of things and hand them to another person, or drop them</li></ul> <p><b>Examples of how to support this</b></p> <p>Some babies need constant physical contact, attention and physical intimacy. Respond warmly and patiently to them.</p> <p>Provide adequate, clean floor space for babies to experience tummy-time and back time. Offer this frequently throughout the day so that they can develop their gross motor skills (kicking, waving, rolling and reaching).</p> <p>Encourage babies to sit on you, climb over you, and rock, bounce or sway with you.</p> <p>Notice, cherish and applaud the physical achievements of babies and toddlers.</p> <p>Give babies time to move freely during care routines, like nappy-changing.</p>
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Growth and development monitoring are important aspects of an infant's early years. As a health professional it is vital to understand how to take and record accurate weight and the importance of centiles/ growth charts. Refer to the

Royal College of Paediatrics and Child Health Growth charts & guidance. In addition, the eRedbook is the UK's digital personal child health record. The app gives parents access to their infant's important health records and helps them track their healthy growth and development. See the link below to watch the video.

<https://www.eredbook.org.uk/video-tour.htm>



If there are concerns about growth, see the [NICE guideline on faltering growth](#). Finally, the **Healthy Child programme** gives comprehensive advice on health and social care throughout a child's life and includes development. It differs from the previous schedule of child health surveillance in several key ways: Greater focus on antenatal care; A major emphasis on support for *both* parents; Early identification of at-risk families; New vaccination programmes; New focus on changed public health priorities.

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## Glossary

**Milestones:** Developmental milestones are a set of goals or markers that a baby and child is expected to achieve as they progress through childhood.

**NICE:** The National Institute for Health and Care Excellence produces evidence-based guidelines for health and social care [e.g. the NICE guidance on faltering growth and developmental follow-up for premature infants – see chapter 14, book and web companion)

Here is a useful compilation of terms relating to infant development: **Glossary for Child Development Terms**

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**EXTRA READING** – Read more about.....

- Access the growth charts and supporting fact sheets and guidance for parents. From the Royal College of Paediatrics and Child Health - **Growth charts and plotting weight**
  - A comprehensive outline of the **Healthy Child programme**
  - Two very useful UK Government websites.....
    - **Health Matters- Giving every child the best start in life**
    - **Development Matters**
  - An outline of key **developmental milestones**
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