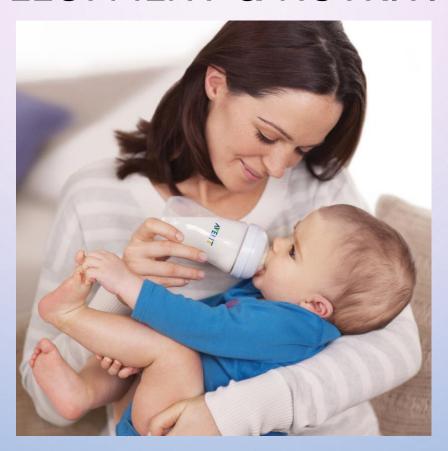
INFANTS GROWTH DEVELOPMENT & NUTRITIONAL NEEDS



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GROWTH PATTERNS THE 1ST SIX MONTHS

- 1. WEIGHT GAIN 5 7 OUNCES PER WEEK
- 2. LENGTH INCREASES 1 INCH PER MONTH
- 3. HEAD CIRCUMFERENCE INCREASES:
 - 2 CM [.75 INCH] PER MONTH TILL 3 MONTHS OF AGE
 - 1 CM [.4 INCH] 4 THROUGH 6 MONTHS OF AGE
- 4. AT 2 MONTHS POSTERIOR FONTANEL CLOSES
- 5. AT 5 MONTHS BIRTH WEIGHT DOUBLES

GROWTH PATTERNS 6 THROUGH 12 MONTHS

- 1. WEIGHT GAIN OF 3 5 OUNCES PER WEEK
- 2. LENGTH INCREASES 1/2 INCH PER MONTH
- 3. HEAD CIRCUMFERENCE INCREASES .5 CM [.2 INCH] PER MONTH
- 4. AT 12 MONTHS:
 - BIRTH WEIGHT TRIPLED
 - BIRTH LENGTH HAS INCREASED BY 50%
 - HEAD CIRCUMFERENCE HAS INCREASED BY 33% BY 12 MONTHS OF AGE
 - THE BRAIN HAS INCREASED BY 2.5 TIMES SINCE BIRTH
 - ANTERIOR FONTANEL ALMOST CLOSED

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NUTRITIONAL NEEDS OF THE INFANT

- 1. INFANTS NEED ABOUT 50 CALORIES/LB/DAY
- 2. INFANTS NEED CALORIES FROM FAT:
 - 45% CALORIES 0 TO 6 MONTHS
 - 40% CALORIES 6 TO 24 MONTHS
- 3. INFANTS NEED AT LEAST 7% CALORIES PROTEIN (FORMULA HAS 10% PROTEIN)
- 4. INFANTS NEED CALORIES FROM CARBOHYDRATES:
 - 45% CALORIES 0 TO 6 MONTHS
 - 50% CALORIES 6 MONTH UP TO 24 MONTHS
- 5. INFANTS NEED ABOUT 2.5 OZ/LB/DAY OF FLUID
- 6. INFANTS DO NOT NEED WATER EXCEPT WHEN ENVIRONMENT TEMPERATURES ARE EXTREMELY HOT

NUTRITIONAL NEEDS CONTINUED

- AN INFANT'S DIGESTIVE TRACT PRODUCES ENZYMES TO DIGEST FATS, MILK SUGAR, AND PROTEIN
- THERE IS INSUFFICIENT PRODUCTION
 OF AMYLASE TO DIGEST STARCHES
 UNTIL 4 MONTHS OF AGE
- DROOLING BEGINS AT ABOUT 4
 MONTHS OF AGE DUE TO INCREASE
 IN SALVIA PRODUCTION AND
 AMYLASE



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NUTRITIONAL NEEDS CONTINUED

INFANTS NEED IRON:

- □ 0.27 MG IRON PER DAY 0 4 MONTHS OF AGE
- BETWEEN 4 AND 6 MONTHS IRON REQUIREMENTS INCREASE TO 11 MG PER DAY
- □ BREASTMILK HAS .3 TO .6 MG PER LITER, SO BREAST FEED INFANTS NEED AN IRON SUPPLEMENT AT 4 MONTHS UNTIL THE EATING IRON FORTIFIED BABY CEREAL
- ☐ FORMULA HAS 11 MG PER LITER

INFANTS NEED VITAMIN D:

- ☐ BREAST FEED INFANTS NEED SUPPLEMENTED WITH 400 IU PER DAY
- ☐ AT 12 MONTHS, INFANTS TRANSITION TO VITAMIN D FORTIFIED COWS MILK
- ☐ FORMULA HAS 96 IU/8 OZ

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THANK YOU FOR YOUR TIME!

