

# INFANTS

## GROWTH DEVELOPMENT & NUTRITIONAL NEEDS



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# GROWTH PATTERNS THE 1<sup>ST</sup> 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  $\frac{1}{2}$  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

# 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 SALIVA PRODUCTION AND AMYLASE



# 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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LLC WHAT YOU LIKED ABOUT THIS  
EDUCATIONAL HANDOUT. GO TO THE  
CONTACT PAGE ON OUR WEBSITE AND  
SEND A MESSAGE TO THE STAFF.

THANK YOU FOR YOUR TIME!

