* Chapter 6
* **Prenatal Period to 1 Year**
* Heredity and Environment
* Each sperm and ovum contributes 23 chromosomes to the zygote
* The sex of the zygote is determined by the combination of X and Y chromosomes
* Genes
* Dominant
* Recessive
* Environment and Its Influences
* General health of mother
* Diet
* Balance of rest and exercise
* Avoidance of tobacco, alcohol, and drugs
* Avoidance of teratogens
* Early prenatal supervision
* Prenatal Period
* Extends from fertilization to birth
* Early stages of development
* Zygote
* Morula
* Blastocyst
* Embryo
* Fetus
* Stages of Development
* Ovulation
* Fertilization
* Implantation
* Stages of Labor
* Stage 1: dilation
* Dilation
* Effacement
* Stage 2: expulsion
* Stage 3: delivery of placenta
* Fetal Structures
* Placenta
* Produces hormones
* Transports nutrients and wastes
* Protects
* Umbilical cord
* Two arteries
* One vein
* Apgar Scale
* Done at 1 minute and 5 minutes after birth
* Measures overall status
* Color
* Reflex irritability
* Heart rate
* Respiratory rate
* Muscle tone
* Physical Characteristics of the Newborn
* Head
* Length and weight
* Skin
* Physical Characteristics of the Newborn (continued)
* Genitals
* Face and abdomen
* Extremities
* Neurological Characteristics of the Newborn
* Protective reflexes
* Blinking
* Sneezing
* Swallowing
* Gag reflex
* Neurological Characteristics of the Newborn (continued)
* Other reflexes
* Moro-startle
* Rooting
* Sucking
* Grasp
* Tonic neck
* Babinski
* Vital Signs
* Temperature
* Pulse
* Respirations
* Blood pressure
* Developmental Milestones
* Gross motor skills
* Head control and rolling over
* Sitting
* Crawling and creeping
* Standing
* Cruising
* Walking
* Developmental Milestones (continued)
* Fine motor skills
* Grasping
* Reaching
* Holding
* Bringing objects to mouth
* Holding own bottle, hand preference
* Pincer grasp
* Drinking from cup
* Using a spoon
* Psychosocial Development
* Erikson: trust vs. mistrust
* Parental guidance
* Temperament
* Cognitive and Moral Development
* Cognitive development
* Piaget: stage of sensorimotor development
* Moral development
* Communication
* Crying
* Cooing
* Babbling
* Sound repetition
* Nutrition
* Breastfeeding
* Bottle feeding
* Weaning
* Introduction of solid foods
* Sleep, Rest, and Play
* Sleep and rest
* Play: solitary
* Safety
* Safety issues
* Suffocation
* Falls
* Choking
* Poisoning
* Drowning
* Burns
* Car accidents
* Health promotion
* Health Promotion
* Good health practices
* Use of health-care services
* Early diagnosis and treatment
* Regular immunizations
* Chapter Challenge
* List three factors that may promote a healthy pregnancy
* Trace development from fertilization to implantation
* Name the primitive reflexes present at birth