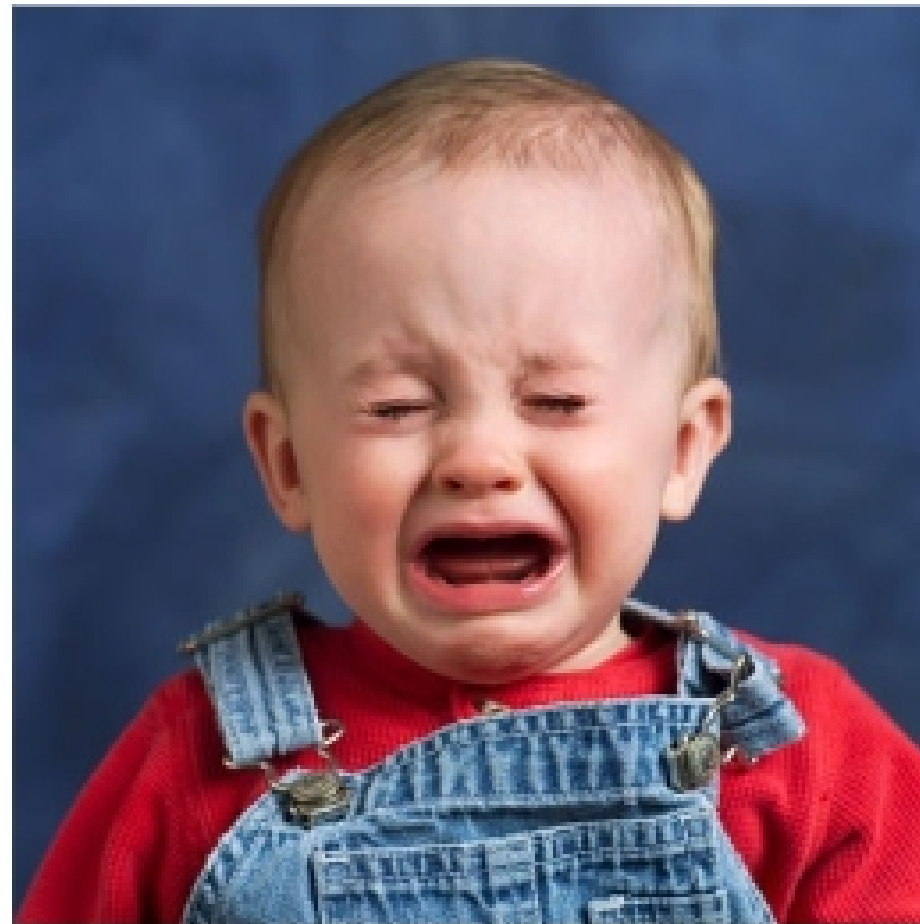


# Infancy: Physical Development



# Patterns of Growth

- Cephalocaudal -- sequence in which the earliest growth always occurs at the top, beginning with the head
- Proximodistal -- sequence in which growth starts at the center of the body and moves toward the extremities

# Height and Weight in Infancy

- Average Weight: The average American newborn is 20 inches long and weighs 7.5 pounds
- Typical Range:
  - 18-22 inches long
  - 5 and 10 pounds
- Grow about 3/4 inch per month during the first year
- By 2 years of age
  - 26-32 pounds
  - 32-35 inches in height