

## PEDIATRIC HEAD TO TOE ASSESSMENT

### THE INFANT (FROM 1 TO 12 MONTHS OF AGE)

#### PHYSICAL GROWTH

1. **Weight:** most rapid physical growth in infancy; the best measure of growth
  - a. Weight gain of 1 to 1½ lbs/month during the first 6 months, doubling of birth weight at 6 months
  - b. Weight gain of ½ to ¾ lb/month from 7<sup>th</sup> to 12<sup>th</sup> month, tripling of birth weight at 1 year
2. **Length:** increase by 50% by 1 year
3. **Head Circumference**
  - a. At birth, the head circumference (HC = 33 to 35 cm) is greater than the chest circumference (C/C = 31 to 33)
  - b. HC grows at a rate of 0.5 to 1 inch per month
    - HC equals CC at 1 year
  - c. HC increase of greater than 1 inch per month is a danger sign of hydro-cephalus
4. **Fontanels**
  - a. Posterior fontanel (smaller triangular-shaped, also termed lambda) closes at 2 to 3 months
  - b. Anterior fontanel (bigger, diamond-shaped, also termed bregma) closes at 12 to 18 months. (Usually close at 18 months)
5. **Vision**
  - a. Newborns see only gross patterns of light or bright colors
  - b. At 3 months: can follow moving objects 180 degrees
  - c. At 4 months: infant can recognize his/her mother and familiar objects
  - d. At 6 months: infant can perceive colors
  - e. After 9 months: infant can recognize facial characteristics and often smiles in response to the sight of a familiar face
  - f. At 12 months: Depth perception has developed and infant may recognize where a change in level occurs (e.g. at the edge of the bed)
6. **Teething**
  - a. At 6 to 7 months: the lower central incisors – the first deciduous teeth or temporary or milk teeth erupts
  - b. At 12 months: complete incisors and 2 lower lateral incisors)

#### PSYCHOSOCIAL SKILLS

- 1 month: smiles indiscriminately
- 2 months: smiles socially
- 3 months: shows interest in the environment
- 4 months: recognizes mother, the most significant person to him/her engages in social interactions/demands attention/shows excitement
- 5 to 6 months: recognizes parents, enjoys plays
- 7 to 8 months: fears strangers and cries in their presence (peak at 8 months)
- 9 to 10 months: shows beginning separation anxiety
- 10 to 12 months: shows emotions, begins to explore environment

#### SIGNIFICANT DEVELOPMENT MILESTONE IN INFANCY

<b>1 month</b> <ul style="list-style-type: none"> <li>• Head lags</li> <li>• Lift head for short periods, intermittently when prone</li> <li>• Early crawling movements</li> <li>• Follows moving objects to midline of vision</li> <li>• Smiles indiscriminately</li> </ul>
<b>2 months</b> <ul style="list-style-type: none"> <li>• Posterior fontanel closes</li> <li>• Rolls from side to back</li> <li>• Social smile appears</li> <li>• Holds rattle briefly</li> <li>• Begins to follow moving objects to sides</li> <li>• Head lags when pulled to a sitting position</li> </ul>
<b>3 months</b> <ul style="list-style-type: none"> <li>• Holds head erect and steady when held on sitting position</li> </ul>

# Sample Pediatric Head To Toe Assessment Documentation

**Wayne Harris**



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