

Spring 5-24-2023

Developmental Boxes

Karina Ryabinina
Seattle Pacific University

Lauren Kelly
Seattle Pacific University

Marissa Bankey
Seattle Pacific University

Kaila Medeiros
Seattle Pacific University

Sammy Schultz
Seattle Pacific University

Follow this and additional works at: https://digitalcommons.spu.edu/shs_nlce



Part of the [Public Health and Community Nursing Commons](#)

Recommended Citation

Ryabinina, Karina; Kelly, Lauren; Bankey, Marissa; Medeiros, Kaila; and Schultz, Sammy, "Developmental Boxes" (2023). *Nursing Leadership in Community Engagement Projects*. 30.
https://digitalcommons.spu.edu/shs_nlce/30

This Article is brought to you for free and open access by the Health Sciences, School of at Digital Commons @ SPU. It has been accepted for inclusion in Nursing Leadership in Community Engagement Projects by an authorized administrator of Digital Commons @ SPU.

BREASTFEEDING



Positioning for comfort

- Make sure that you and your baby are comfortable
- Try different positions (cradle hold, lying on your side, football hold, laid-back breastfeeding)

Signs your baby has a good latch

- You are completely comfortable during breastfeeding
- The nipple is high & deep in their mouth
- Their top and bottom lips are wide open (like a big yawn)
- Their upper lip is very close to the nipple & the lower lip is near the border of the nipple & areola (forming a seal)

When to feed

- At least 8-12x in 24 hrs
- Switch which breast you start with for each feed
- Follow your baby's cues
 - Turning head in search of breast
 - Bobbing head when close to chest
 - Opening/closing mouth, smacking lips
 - Sucking on fingers/hands

10 Common Childhood Illnesses

- 1) **Common cold**
 - Fever, muscle aches, headaches, runny nose, congestion, cough,
- 2) **Ear infections**
 - Ear pain, irritability, fever, difficulty sleeping, tugging at an ear
- 3) **Influenza ("flu")**
 - Fever, sore throat, fatigue, body aches, chills or sweats
- 4) **Bronchiolitis**
 - Dry/raspy cough, wheezing, difficulty feeding, slight fever, stuffy nose
- 5) **RSV**
 - Fever, coughing, runny nose, sneezing
- 6) **Hand, foot, and mouth disease**
 - Skin rash, fever, mouth sores, flu-like symptoms
- 7) **Conjunctivitis ("pink eye")**
 - Redness, discharge, itchiness, & swelling in 1 or both eyes
- 8) **Gastroenteritis ("stomach flu")**
 - Nausea, vomiting, diarrhea
- 9) **Sinusitis ("sinus infection")**
 - Runny/stuffy nose, headache, pressure or pain in face, sore throat, cough, bad breath
- 10) **Strep throat**
 - Sore throat, fever, swollen tonsils, stomach pain

DEVELOPMENTAL MILESTONES

0-6 MONTHS

Children begin to smile, giggle, turn towards sound, roll over, explore their hands & feet

7-12 MONTHS

Children recognize familiar voices, say first words, sit up, begin to stand & walk

1-3 YEARS

Children walk, play make believe, solve simple problems, act more independently

3-5 YEARS

Children have longer attention spans, ask questions, share toys with friends, reveal feelings

PURPLE CRYING

SHAKEN BABY SYNDROME

Purple Crying

Peaks in crying that are:

- **Unexplained**
- **Long-lasting** & **Resist** soothing
- Accompanied by **facial grimaces**
- Occur in the **Evening** and late afternoon beginning at ages **2 weeks** to **3-4 months**.

This is normal!

Shaken Baby Syndrome

- Injury to the head caused by **excessive shaking**
- May result in **shock**, **loss of consciousness** or **seizures**

Never shake your baby!

When to seek Emergency Care

Your child is:

- Coughing up **thick, greenish-yellow phlegm**
- Coughing up **blood**
- **Vomiting**
- Having **difficulty breathing**
- Experiencing **chest pain**
- **Unresponsive** or **severely drowsy**
- Abnormally **pale, blotchy, or blue**



CHILD HEALTH & DEVELOPMENT

KNOWING HOW TO PROMOTE YOUR CHILD'S HEALTH

Topics covered

- Developmental Milestones
- Breastfeeding tips
- Purple crying syndrome
- 10 common childhood illnesses
- Knowing when to seek emergency care