Time: 3 Hrs/Week　　　　**PRE AND POSTNATAL DEVELOPMENT**　　　　**Max. Marks: 100**

OBJECTIVES: To enable students to:
- Understand biological and physiological foundations of development.
- Create awareness of physical and psychological development of the infant.
- Understand major principles and processes of Child development and care.

COURSE:

UNIT – I:　Principles of Development:
　　　a. Introduction and meaning of development.
　　　b. Characteristics of development.
　　　c. Factors affecting growth and development.

UNIT – II:　Pregnancy:
　　　a. Introduction – Review of physiology of the male and female reproductive systems.
　　　b. Conception and signs and symptoms of pregnancy.
　　　c. Hygiene during pregnancy.
　　　d. Discomforts during pregnancy.
　　　e. Complications during pregnancy.
　　　f. Attitudes towards pregnancy.
　　　g. Birth process.
　　　h. Stages of delivery.
　　　i. Types of delivery.
　　　j. Duties of parenthood.

UNIT – III:　Prenatal Development.
　　　a. Stages of foetal development.
　　　b. Multiple births.
　　　c. Sex determination.
　　　d. Factors affecting prenatal development.
　　　e. Developmental abnormalities.
　　　f. Foetal activity

UNIT – IV:　New-born Baby:
　　　a. Characteristics of the new born baby.
　　　b. Adjustments - i. Temperature, breathing, taking of nourishment, elimination.
　　　　　　　　　　ii. Variations in adjustment
　　　c. Birth experience, prenatal environment and failure to make adjustments.
　　　　　i. Direct effects of birth – Injuries of the Brain Anoxia.
　　　　　ii. Indirect effects of birth – Types of birth, Parents attitudes.
　　　d. Prematurity : Characteristics, Effects of prematurity, Prevention and Care.
　　　e. Care of the new-born, lifting babies, Diapering, baby's cries, feeding, bathing, clothing.
　　　f. Registration of birth.

UNIT – V:　Infancy & Babyhood (2 weeks to 2 years)
　　　1. a. Meaning
　　　　 b. Characteristics
　　　　 c. Physical development
　　　　 d. Development of sense organs
　　　　 e. Developmental tasks and skills
　　　　 f. Habit training & motivation
　　　　 g. Speech development
　　　　 h. Intellectual development and concept formation
　　　　 i. Social development
　　　　 j. Emotional development – basic emotions in children
　　　　 k. Personality development
　　　2. a. Care of the baby and Immunization
　　　　 b. Infant and maternal mortality rates and causes
　　　　 c. Diarrhea, Dysentry, Gastro enteristis, Oral rehydration therapy.

REFERENCE BOOKS:
1. Hurlock E.B. (1982) Growth and Child Development – McGraw Hill, New York.
2. Hurlock E.B. (1994) Developmental Psychology A Life Span Approach – McGraw Hill, New York.
3. Kaplan P.S. (1996) A Child's Odyssey – West Publishing Co., New York.
4. Brodzinsky, D. and Ambron, S.R. (1979) Life Span Human Development – Holt & Rinehart, London.

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ST.JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS), VISAKHAPATNAM

Time: 2 Hrs/Week　　　　**PRE AND POSTNATAL DEVELOPMENT**　　　**Max. Marks: 50**
　　　　　　　　　　　　　　　　　　　PRACTICALS

OBJECTIVES: To enable students to
- 　　　develop skills of child care.
- 　　　Learn techniques of observing developmental patterns of children during babyhood.

COURSE:

UNIT – I:　　Case Study – Pregnant Woman.

UNIT – II:　　Observation of neonate (a) Physical features　　(b) Reflexes

UNIT – III:　　Physical needs of the Infant.
　　　　　　　a. Preparation of a formula
　　　　　　　b. Listing and assembling the equipment needed to bathe an infant – Bathing the Infant.
　　　　　　　c. Planning and preparing a day's feeding schedule.

UNIT – IV:　　(a) Growth monitoring　　　　　　(b) Immunization Schedule

UNIT – V:　　Identify suitable play material for 1 to 2 years old child and evaluate their functions (education etc.)

UNIT – VI:　　Observation of children – 0-2 years, Visit to Creche, Anthropometric measurements.

UNIT – VII:　　Construction of Baby layette- Napkin, Quilt.

REFERENCES:

1. Battes P.B. (1978) – Life Span Development and Behaviour, Academic Press, New York.
2. Hurlock E.B. (1982) – Child Growth and Development – McGraw Hill , New York.
3. Newman & Newman (1978) – Infancy and childhood – Development and its Context – John Wiley, Hyderabad.
4. Nirmala Kher (1966) – Prenatal Care – Vera and Co., Bombay.
5. Smart, R. & Smart M. (1972) – Readings in Child Development and Relationships – Macmillan, New York.

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