

INFANT RESEARCH AND PSYCHOANALYSIS: Frenis Zero Press

The English language has several terms for children between the ages of birth and 4 years, including newborn, infant, baby, and toddler. These terms are often used interchangeably for various ages of young children and may mean different things to different people. Here's a look at each of these terms, what age range they apply to, and an overview of the growth and development you can expect during that time.

Babies, Newborns, and Infants

Though the terms "baby," "newborn," and "infant" are frequently used synonymously, the exact definition depends on the source you consult.

Definitions Newborn usually refers to a baby from birth to about 2 months of age.

Infants can be considered children anywhere from birth to 1 year old.

Baby can be used to refer to any child from birth to age 4 years old, thus encompassing newborns, infants, and toddlers.

The Merriam-Webster dictionary simply says a newborn is a child who is recently born and does not put an upper limit to the term. Merriam-Webster also defines an infant as a child in the first stage of life but doesn't give any age specifics and describes a baby as "an extremely young child." The World Health Organization (WHO) defines a newborn infant, or neonate, as a child that's under 28 days old.

The Centers for Disease Control and Prevention (CDC) defines an infant as from birth to 1 year old. The CDC calls 1 to 3 year olds toddlers and kids 3 to 5 year old preschoolers.

Growth and Development

Between birth to 1 year of age, babies grow and develop at an astounding rate. They learn to smile, roll over, sit up, wave, clap, pick objects up, crawl, babble, and some may even start saying a few words.

They learn to bond with and trust their caregivers and they often understand more than they are able to communicate. Babies enjoy music, movement, and simple games like peek-a-boo.

By the end of this period, many babies are standing up and walking around holding onto furniture, if not walking completely independently. They've also typically tripled their birth weight and grown around 6 to 8 inches by the time they're a year old.

Areas of Concern

Babies develop at different rates, and it is normal for them to reach milestones

people around them, and to follow simple instructions.

As they get older, they learn to express more emotions, speak in phrases and sentences and can help get themselves dressed and ready for the day. They enjoy simple games, songs, and rhymes, and they can start learning their colors, shapes, and alphabet.

Like little sponges, toddlers soak up everything, so memorization comes fairly easily. They still need a lot of sleep and may take a nap or two during the day, as well as sleep 10 to 12 hours a night.

By 3 years old, the average toddler has usually reached between 53% and 57% of their adult height.

Areas of Concern

Again, it is completely normal for toddlers to develop at different rates. But do check with your pediatrician if your toddler isn't meeting developmental milestones, such as:

Reference

[Developing a Healthcare Research Proposal: An Interactive Student Guide](#)

[Qualitative Research in Nursing and Healthcare](#)