

Case Study Infant and Child

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During this new spring season, the Barton's experienced a new addition to their wonderful family. Baby Maxwell (Max) Barton was born to Todd and Tracie and became a new loved one everybody cherishes. Throughout this case study I will be focusing the attention on the infant and childhood stages of life and explaining the needs and assistance needed for Max and Susie. Max was born with relatively good health with no major health concerns. Susie, too, is in pretty good healthy but continues to wet her bed and has a difficult time getting to sleep at night. Both of these children are in either the infancy or the childhood stage of life and can benefit from some form of assistance.

The first stage in life is infancy. Typically this stage is characterized with rapid growth, continual brain development, appearance of motor skills, and heightened sensory and reflexive capabilities. Within the first few months of birth a baby's development happens rapidly, growing about an ounce in weight and almost an inch in length each day and allowing bones and muscles to become more solid and interconnected. It became a social norm to view infants as helpless and "ill prepared to cope with the world outside the womb," (Sigelman & Rider, 2009) when in fact, infants have impeccable reflexes, a strong and motivated capacity to learn and be organized, and is capable of forming patterns of daily life activities, such as waking and sleeping. Learning to crawl, walk, talk, grasp, and reach are all skills infants are quickly learning from the moment they are born. This is a very important stage in life and one where the individual learns the most at the quickest rate, but it also comes with some risks that parent's need to watch out for. One of the most important issues to be aware of within this stage, according to Sigelman and Rider, is congenital malformations, defects that are present at birth due to genetic or prenatal factors and events. Cleft palates, Down syndrome, spina bifida, and heart defects are just a few examples.

At birth, doctors examined Maxwell and concluded that he is in relatively good health. I don't think there are any direct services that he needs, however there are a few resources available for Tracie

and Todd that can directly benefit Max. I would recommend Tracie going on Woman Infant and Child (WIC) Program, Parenting classes for both Todd and Tracie, Todd paying child support, and utilizing the free health care available to the first year of a new born child. The WIC program will be beneficial to both Max and his parents by providing “nutrition and health assessment, nutrition education, breastfeeding counseling, checks for specific nutritious foods, health and social referrals, [and] access to medical care assistance.” (Whatcom County Health Department, 2007) The Bellingham WIC clinic is located at 1500 N. State Street or can be contacted by telephone at 360-676-6762 for more information or to apply for services. I believe this to be a great resource for them because in the past the family has had difficult times providing food and basic necessities, as proven by dumpster diving in the fall. This service can be utilized both for food and for health care for Tracie, Todd, and Max and can additionally benefit the other members of the Barton family.

Parenting classes can also be beneficial for Todd and Tracie to learn the necessary skills to be good parents to Max. Catholic Community Services (CCS) offers parenting education programs, such as learning about ADHD or how to discipline your child throughout the year. With core values of compassion, diversity, excellence, justice, and stewardship CCS can help Tracie and Todd to raise Max in a well framed environment. This structured environment will be ideal for Max to grow up in by providing a good source of love, compassion, and influence in a rocky time in the Barton’s life. According to Albert Bandura, people learn through observation. If Tracie and Todd show Max how to live according to CCS’s beliefs, he will grow up learning how to respect, love and care for a diverse population. To get more information or to apply Tracie and/or Todd can contact Andrea Elin at 360-676-2164 or visit the office location on Railroad Avenue.

Child support would be beneficial for Tracie and Max. This service ensures that Todd continues to help and be a part of their life. According to sociologist Dr. David Popenoe, children with involved

father figures will have better educational outcomes, be more emotionally secure, and confident, and better social connection with their peers. With Todd involved in Max's life and helping Tracie financially, Max will have the opportunity to benefit from having a father figure. To access this service it is important to speak with a lawyer which can be found through legalmatch.com. By not utilizing any of these services it could be a struggle to take care of Max and provide him with the necessities, such as food and clothing. If Todd were to choose not to take part in his fatherly duties, Tracie wouldn't have any means to support or take care of Max. Child support can help to prevent these struggles. It may not directly harm Tracie or Todd if they choose not to access these resources right away. However, down the road it could become tough to provide support for Max.

After infancy, a child goes into the childhood stage. Throughout childhood the development of the brain and body begins to slow down but still continues at a steady rate. Each year the average child will grow two to three inches in height and five to six pounds in weight. At this point in life children are able to control their movements in a steady environment and have become well familiar with a number of different motor skills. However, movement modification (such as bringing hands together to catch a ball), hand-eye coordination, and reaction times continue to develop. A child's health is influenced by many factors. The child's parent's socioeconomic status, education, and even their available resources can all affect and influence whether a child has poor or good health. Though these factors are out of the control of the family directly, basic hygiene, physical activity, and nutrition are element that can help to ensure a child is living a healthy lifestyle.

Suzie is currently within the childhood stage of life development and is experiencing a few abnormalities, such as wetting the bed and having difficulties getting to sleep. To resolve Susie's wetting the bed, Paul and Phyllis might want to try a reward technique to try to get her to wake up and get out of bed to use the bathroom at night. This could be as simple as a piece of candy every time she gets up

at night to use the toilet. Occasionally wetting the bed can become a hassle for other members of the family being required to frequently change the blankets and keep them clean. By teaching Susie not to wet the bed anymore the family will benefit with less laundry from changing the sheets, not being required to wake up and help Susie in the middle of the night to change her clothes and the blankets on the bed, save water, electricity, and money due to not needing to wash the blankets, and will relieve the family of a stressor. This will allow them to relax and have assurance when sleeping through the night so they can be well rested and ready for each day. Wetting the bed could also be a medical problem and the Barton's should have Susie examined by a doctor, sooner rather than later. By waiting, her habits of wetting the bed could get worse. If the family does not currently have a physician it would be beneficial for them to do research or get a referral for one. By accessing the Washington State Department of Health's webpage the Barton family can put in specific search requirements to find a health care provider perfect for them. The webpage is:

<https://fortress.wa.gov/doh/providercredentialsearch/SearchCriteria.aspx>.

Susie can also benefit from visiting a therapist. At such a young age Susie has experienced a lot over the years with her family. It would be a good thing for her to have somebody in her life she could talk to on a regular basis and get some help coping with all the stress and struggles happening around her. Seeing a therapist will also provide a form of stability which could be very beneficial for her during such a rocky and unpredictable time in the Barton family's life. Bayside Therapy in Bellingham offers many types of therapy services to families and would be an excellent resource. They can be contacted by telephone at 360-734-7310 or by visiting their Bellingham office at 12 bellwether way. If the family does not choose to utilize this resource Susie could choose to deal with her problems in a harsh way that isn't good for her, such as violence; however, it could result in her being just fine as well. It could be the case that the excellent family support she has is plenty for her to cope with the struggles.

The Barton family as a whole can benefit from the local Bellingham food bank, located at 1824 Ellis St. Here the family can get groceries so they can get by without running out of food. The Barton's are already benefitting from food stamps but are still running low on food by the end of each period. The Bellingham food bank supplies groceries to anyone living in the Bellingham area and is in need of assistance. A family can visit once a week for as long as they need to. This would benefit the Barton's by providing another source of food, keeping them out of the dumpsters. Without the correct nutritional diet the family could be subjected to various diseases which would only cause more stress.

The Bellingham Hope House, sponsored by Catholic Community Services, is another excellent resource for the Barton family. The Hope House offers services with new and used clothing, providing back to work attire for men seeking employment, hygiene and personal care, school supplies, daily household items, emergency food supplies, and much more. By accessing this resource the Barton family will have the opportunity to get additional household items not available through WIC or food stamps. School supplies for Susie, Peter, April, and even Tracie could be taken care of here. Without this service it could be the case that they will run out of supplies and their grades in school could drop.

As a whole the Barton family works very well together and is very respectable. They have proven to me they can hold each other accountable, especially during tough situations. They are a very strong independent family who could benefit from all of these service recommendations in one way or another. However, the results aren't going to come easy. There are going to be challenges the Barton family faces along the way. Intimidation and embarrassment could be two challenges they need to overcome. I don't see them being much of an issue because I see the family as one that is comfortable and confident in them and will go to great lengths to stay together.

Although accessing these resources might seem intimidating or even embarrassing, they will benefit the family for many years to come. The short term struggles will be tough, but by pushing

through it, the family can come out on top. Each individual in the Barton family have a loving, caring, and respectful relationship among each other and I think through these recommended resources they can continue to grow and eventually achieve their dreams.

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