



Dressing an Infant and PIES - Answer Key

Directions: Work with a partner to fill out the following chart. How can the PIES (physical, intellectual, emotional, and social) needs of infants be met through the process of dressing and changing their clothing? Be specific.

Answers may vary.

Physical	Intellectual	Emotional	Social
• The act of gently touching baby during the clothing changes provides physical stimulation for better physical development. • Changing dirty diapers prevents diaper rash; infant gets a clean bottom for better health. • Physical distress can be reduced to promote comfort and security. • With proper clothing for the environment, infant will be physically more comfortable; this can also prevent illness.	• When basic physical needs (safety, health and comfort) are met, intellectual development is promoted. • Talking with infant during the changing process helps with language development. • When changing infant from nighttime wear to daytime clothing and then repeating the process from day to night wear, routines are established for the infant. • The infant is learning to know a ritual – indicating a change. • Positive parenting and bonding skills help the infant's brain development. • A parent can use this time to label body parts—eyes, nose, toes, etc. which creates a repeated brain connection for the infant.	• When parents bond through the clothing change process, the infant feels safe and secure which helps its emotional development. • Gentle touching, singing and talking with infant during changing helps set a good emotional tone for positive parent-child interaction. • A good touch creates a sense of security for an infant and signals their needs are being met. • Infant smells better - which may actually have an impact on how a parent or caregiver may feel emotionally about the infant.	• Changing infant's clothing sets up regular routines for social interaction between parent and child. • Any positive communication through touching or verbalizing helps the parent-child socialization. • Infants might even learn cooperation and patience through parental modeling. • An infant's brain is stimulated by the facial response of a parent or caregiver – it promotes attachment which increases an infant's response to social interaction, and it promotes a back and forth relationship.