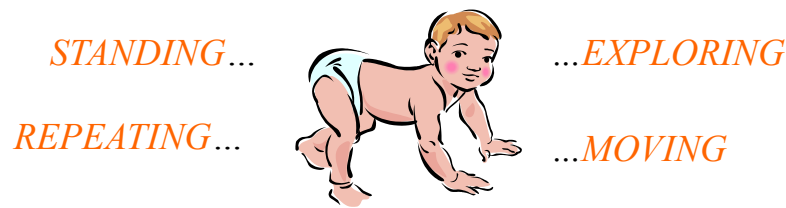


# Ten-Eleven Months



## DEVELOPMENTS

This month your baby may-

- Stand-alone, drop and pick up his own toys and pull off his socks.
- Walk holding one or two hands.
- Be more active in help dressing.
- Hold a cup in both hands.
- Bring a spoon to mouth.
- Understand much more than she can say.
- Be very dependent on mother.
- Enjoy playing near, but not with, other children.
- Imitate family members.
- Seek approval of others.
- Enjoy putting objects in container, and then dumping them out over and over again.
- Resist and test limits.

## ENCOURAGING ACTIVITIES

- Give baby a cup and spoon and let him experiment with bringing these objects to his mouth.
- Let bath time be fun. Provide many toys that sink and float like cups, measuring spoons, etc.
- Let baby play with an unbreakable wide-mouth jar filled with interesting smaller objects. (Not small enough for baby to swallow).
- Continue talking to your baby, she understands more than she can say.

## BABY HINTS

- When you are interviewing babysitters ask them for references. Follow up on those references.
- Keep a covered box in the trunk of your car with everything necessary for changing, including a folded blanket.
- To keep your child busy while you are trying to dress him, give him a toothbrush or a toy to play with which keeps him occupied for a few minutes. Another idea is to put a piece of masking tape on the child's fingers; he will be busy for a few minutes trying to get it off.

# NURTURING BED TIME ROUTINES

At some point in almost every child's life, getting ready for bed and going to sleep are two of the least favorite things children want to do. Much to the heartache of many parents, trying to get children to take naps and to get plenty of sleep often results in a lot of stress and frustration for both the children and the parents. Not surprisingly, in some families bed time becomes a battle time, where parents and children both end up losing.

Many experts believe that bed time is one of the most important times for children to learn positive feelings about themselves and others in their world, in particular mom and dad. Unfortunately, because a lot of arguing and tension exists between parents and children during bed time, what is learned and established is not positive at all. Establishing a nurturing routine at bed time, one in which parents and children feel good about themselves and toward each other, is very important. Before we discuss how to establish a nurturing bed time routine, let's imagine why bed time problems occur.

## Bed Time Problems

Probably the single biggest contributing factor for young children to dislike going to bed is the anxiety they feel in being separated from their parents. Remember, moms and dads are very important to children for their survival. When they are not in view of the parent, feelings of fear set in. The term that is used to describe this fear is "separation anxiety." Separation Anxiety results when children fear being left alone or unattended. Excessive crying and temper tantrums are two common behaviors associated with separation anxiety. Letting children know that you haven't abandoned them at night time is very important in helping the child build feelings of trust and security. Reassuring the child with kind words and gentle touch helps reduce anxiety. As children get older, their fears of separation generally lessen and night time becomes a more peaceful time.

Infants face another type of night time problem, one a little bit easier to solve. The problem is hunger. Infants get hungry during the night and need to be fed. Usually when fed, the baby will fall back asleep only to awaken when hungry again.

Many children three years and older have difficulty going to sleep at night because of night time fears. Wetting for children who are potty trained may be a sign of night time fears. Ghosts, boogymen, monsters, demons are all very real for some children who feel vulnerable at night. Nightmares may result which only tend to reinforce a child's fear of the dark. In this sense, children don't want to go to sleep because they are afraid and insecure. Talking about their fears and getting older generally help children overcome them.



# NURTURING BED TIME ROUTINES

## Building a Nurturing Bed Time Routine

1. The first step in establishing a nurturing bed time routine is identifying a consistent time your child will be going to bed. Inconsistent bed time only creates confusion which ultimately leads to resentment. Identify a bed time and stick to it.

Another reason why some children may be reluctant to go to bed has more to do with what else is going on in the house. If night time is a time when the entire family plays games together, or favorite guests come over, or favorite television programs are on, children may not want to go to bed because they would rather be up having fun. In this instance, children feel they are being excluded from the fun. To avoid this situation, make sure all family play time occurs before bed time for the youngest child.

Lastly, many children have a difficult time sleeping in their own room at night because of the times being in their room has been used as a punishment during the day. Being "sent to your room" where some children have to stay for hours does not encourage children to associate their room with happy, pleasant feelings. Rather, their rooms may be thought of as prisons where children are locked up for being bad. Avoid using the child's bedroom as a place to carry out a punishment. If you're using time-out as a punishment, use the living room or kitchen, not the child's bedroom.

2. Make a nice relaxing bath time part of the night time routine for going to bed. A nurturing bath time routine will serve as a positive preview for what's to come in getting ready for bed.
3. A healthy snack before bedtime may curb middle of the night hunger.
4. Dress your child in clothes (pajamas, sleepers, etc.) especially for bed time. Getting dressed in these clothes is an indication that it's getting close to bed time. If you can get fun bed time clothes with pictures of animals, or cars, or cartoon characters, etc. on them, getting dressed for bed will even be more fun.
5. Help the child get dressed for sleep in his bedroom, not in other rooms of the house. Keep the association between bed, sleep and bed time clothes intact.
6. Have your child brush his/her teeth every night as part of the bed time routine. What an excellent habit to develop at a young age. Model the way to brush teeth by brushing your own. Giving your child his/her own toothbrush to play with and use is strongly recommended as part of the bed time routine.
7. Spend time with your child reading stories. Find a cozy rocking chair, have your child crawl up on your lap, get snuggled in, and read for awhile.

# NURTURING BED TIME ROUTINES



7. Choose bed time books that are happy, pleasing; books which add comfort not discomfort. Save the scary stories for day time reading when the child gets older. By the way, you might want to negotiate with your child how many stories you are going to read.
8. When finished reading, tell your child it's time to lay down in the bed. Putting your child in the bed before he is asleep is recommended. Some children who fall asleep in their parent's arms wake up during the night and wonder where mommy and daddy went. Putting him down before he is asleep serves to get the child used to falling asleep alone. Then night time awakenings aren't as scary.
9. Tuck your child in, make sure you tell him at least one nice thing he did, or how much you love him as a person, give him a hug or kiss, and wish him good dreams. If you can, sing a song or two, help him relax and get cozy.
10. If your child should begin to cry during the night, go into her room, find out what the problem is. Remember, crying is a signal of distress. The child is asking for help. Find out what she needs. Maybe a blanket or a little reassurance is all that is needed for her to fall back to sleep.

## Bed Time Myths

There are a couple of myths about bed time parenting practices that are passed on from one generation of parents to another without any real evidence of their harmful effects. These myths only tend to confuse parents and limit their ability to be nurturing parents. Let's examine these bed time myths and present the facts.

**Myth:** Paying attention to a crying baby at night will only tend to reinforce crying.

**Fact:** It will if that is the only time you pay attention to your child—when he is crying. Remember what you pay attention to is what you get more of. If you pay a lot of attention to your child when he is not crying, his need to cry to get attention is lessened. Contrary to popular belief, a child whose needs are met and receives a lot of attention will stand a better chance of feeling secure and trusting.

**Myth:** Never let your child sleep in your bed; you'll never be able to get her out.

**Fact:** Children like to feel close to their mom and dad. Feeling close is necessary in building trust and security. Occasionally crawling in bed with mom and dad because of illness, feeling scared or just wanting to be close is okay. A daily habit of sleeping with mom and dad is not encouraged for several practical reasons; mom and dad need private time alone; staying up and reading or talking in bed might wake the child up; the size of the bed may not be conducive for three or more family members; and allowing a child to have his or her own private space is healthy for the child.

**NOTE**

Establishing a bed time nurturing routine takes more time and directed energy than a more inconsistent approach. The positive benefits of establishing nurturing routines, however, will be realized and enjoyed in happier, healthier family interactions.

## "Testing" at bedtime

*At bedtime I may scream, cry, throw my bottle or toys across the room, rock my crib, hit my head loudly, and, or call helplessly for you to get attention so I can get up! Bedtime is often a common "testing ground" for young children to check out how much control they have as they strive toward independence. Separation anxieties and fear of the dark can also make bedtime behavior worse. Fortunately this is usually a very short-lived stage.*

### HELPFUL Suggestions:

1. This is an excellent time to begin establishing simple bedtime rituals with me, e.g., reading a story, rocking in a chair while singing a lullaby, tucking in my teddy bear, and or playing my music box. Simple, consistent routines help to provide me a predictable environment for trust. Remain cheerful and consistent to help establish a routine. Try not to hurry me.
2. Avoid frolic play activities which may be overstimulating at least an hour before bedtime.
3. Keep a night-light on if I am fearful of the dark.
4. Ignore all toy throwing, crib rocking, and screaming. Leave promptly and cheerfully after you have said good-night and assured me you'll see me in the morning when I wake up. Do not re-enter my room.
  - a. If you are concerned by excessive crying, carefully tiptoe (I'll be listening for your footsteps!) and peek to check on me, or call to me to reassure me you are still there and everything will be okay.
  - b. If you typically have gone in to calm me in the past and are just beginning to try this "ignoring" technique, my testing will probably become considerably worse before it subsides; this is typical because I'll be a bit confused and want to see if a louder or more intense scream will work!
  - c. It is important that you ignore my "testing" consistently. If I see that screaming brings your attention, even once in a while, I am likely to continue for a long time!
5. If you are not interested in ignoring or having me learn to fall asleep by myself, that is fine, many parents agree. You can rock, pat, or hold me until I go to sleep; but be prepared to continue this ritual into the preschool years.



# Weaning from formula and breast milk to whole milk

## Why can't I give my baby regular milk before age one?

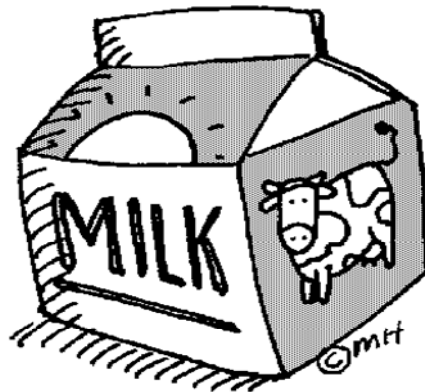
The primary reason why children's health professionals do not recommend giving regular cow's milk to children under the age of one is that some infants can develop intestinal bleeding that is not detected by the naked eye. This microscopic blood loss can lead to iron deficiency anemia.

## How do I switch my child from breast milk or formula to cows milk?

There is no "best way" to introduce cow's milk. Parents can do it several different ways. Some parents prefer to mix the milk with equal parts of formula at first and then gradually add less formula over the next few days until stopping the formula altogether. Another way to introduce cow's milk is to offer it in a cup after feedings of solid food. Some parents like the method of alternating cow's milk with breast milk or formula through out the day.

## What if my baby is on Soy formula?

You can transition your child to cow's milk or fortified soy milk, it depends on why he currently drinks soy formula. If he was diagnosed with a cow's milk allergy you should consult your physician before making any changes. If he is drinking soy formula because of an earlier intolerance to cow's milk formula you can consider weaning to cow's milk since infants often outgrow their intolerance as their systems mature.



# Do You Know What To Do If Your Child Has...



## **ANIMAL BITES:**

Clean wound with soap and rinse well with warm water. If the skin is broken cover with thick, sterile dressing and **CALL A DOCTOR!**

## **CHILD BITES:**

Clean wound well with soap and water. Cover with sterile dressing if the skin is broken.

## **INSECT BITES:**



For bites from **non-stinging** insects wash well and apply calamine lotion for itching.

For bites from **stinging** insects scrape out the stinger with the side of a tweezers or your fingernail. Scrape sideways, do not pull on it or it may break underneath the skin. Mix a paste of baking soda and water and rub it on the sting. If the area becomes red and swollen call your doctor.

## **MINOR BLEEDING:**

Wash wound well with soap and water, cover with a band-aid (never use cotton or tissue). If swelling occurs after bleeding has stopped, apply a cold pack for a few minutes. If dirt or grit can not be washed out of wound, cover and call a doctor.

## **NOSE BLEEDS:**

**DO NOT LAY THE CHILD DOWN OR HAVE THEM LEAN THEIR HEAD BACK!** Have them sit up and tilt their head slightly forward-you should help them support their head. Pinch their nose shut for **5 minutes; DO NOT PEEK TO SEE IF BLEEDING HAS STOPPED.** If bleeding has not stopped after the 5 minutes, repeat again. If after a few tries bleeding has not stopped, call a doctor.

## **MINOR BURNS:**

Treat the burn with cold running water, not ice water. Protect the burn with sterile cloth (not cotton or tissue)

**DO NOT BREAK BLISTER**

**DO NOT APPLY CREAM OR ANTISEPTIC**

**DO NOT APPLY BUTTER OR FAT**

## **SEVERE BURNS:**

Any burns that involves more than the top layer of skin is Serious-**CALL A PHYSICIAN!**

## **DIARRHEA:**

Mild cases (several BM's in one day) restrict the diet to fluids.

Severe cases (lasting more than one day) call a doctor.

# Do You Know What To Do If Your Child Has...



## OBJECT IN THE EAR:

**DO NOT** try to dig anything out of the child's ear. Put a few drops of baby oil the ear. Turn the child's head to the opposite side for a few minutes, then let the oil run out. If the object does not come out call a doctor.

## EARACHES:

If a child is consistently tipping his head or rubbing and pulling at his ear, suspect an earache and call a doctor.

## OBJECT IN EYE:

Flush eye with water. Do not try to remove an object stuck or embedded in the eye, if this happens call a doctor.

## INFECTION:

If you notice a child's cut or scrape is not healing, if the area is swollen, red and tender, or there are red or white streaks spreading away from the wound is infected. Call a doctor immediately.

## POISONING:

1. When a substance is swallowed, give the person water only, until instructed to do other wise.
2. In case of skin contact, wash the area with cool water for 20 minutes.
3. In case of inhalation, get the child into fresh air for 20 minutes. **IN ALL CASES CALL THE POISON CONTROL CENTER IMMEDIATELY!** Take the empty bottle to the phone with you, so you can read the label to the staff at the Poison Control Center. Tell the poison specialist:



What was taken                      How much was taken  
When it was taken                  Age and weight of person  
Induced vomiting with Syrup of Ipecac is no longer recommended. Call Poison Control

**Poison Control: 1-800-222-1222  
1-800-815-8855**

## SPLINTERS:

Sterilize a needle or tweezers with alcohol. Split the skin until the tweezers can grasp it. Pull it out slowly and gently. If the splinter breaks and is deeply embedded, call a doctor.

## VOMITING:

**DO NOT** give the child anything to eat or drink for a few hours. Then, give small sips of Pedialyte, juice, or white soda (at room temperature) every 10 minutes. Slowly increase fluids, if vomiting reoccurs, decrease fluid intake.

★ IF YOU ARE EVER UNSURE WHAT TO DO, CALL YOUR DOCTOR, OR NURSE DIRECT!

Nurse Direct: Oshkosh 231-6578, Appleton 738-2230, Toll-free 1-800-362-9900 anytime, 24 hours a day

# Home Made Toys

## Zip Lock Book

(Around 11 Months of age)

- ✍ Early exposure to books helps your child learn to read and enjoy books.
- ✍ Making a book allows parents to pick pictures that are of interest to their child

### Materials:

- ✍ 3 Zip lock bags sewn or taped together
- ✍ construction paper cut to fit inside bags
- ✍ magazine pictures
- ✍ glue stick
- ✍ scissors
- ✍ marker to write words for pictures

### Activity:

Pick pictures that follow your child's interest. For example, if the baby says "dog", choose pictures of dogs so the baby can practice saying the word.

Glue the pictures onto the paper and write the word on the paper.

Place the paper inside the bag.

Show the baby the book while saying the word.

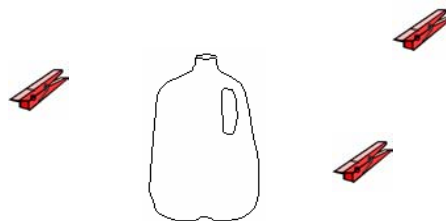
## Milk Jug

(Around 13 months of age)

- ✍ The baby's eyes and hands have to work together to accurately place the clothespins into the round hole
- ✍ An entertaining activity that baby will do over and over again until the skill is learned
- ✍ Eye hand coordination and fine motor skills

### Materials:

- ✍ Empty milk jug
- ✍ Round clothes pins



### Activity:

Show the baby how to put the clothespin in the milk jug.

When the clothespins are all gone, show her how to turn the bottle over and shake them out.

## Cymbals

- ✎ Baby grasps two homemade cymbals and strikes them together.
- ✎ Baby is coordinating eye movements and hand movements
- ✎ Playing on his own
- ✎ Learning that cymbals make noise when he strikes them together



### Materials:

- ✎ Two small matching pans or pot lids or
- ✎ Two matching lids from mayonnaise jars, with wooden spoons glued on the handles.

### Activity:

Sit with your baby on the floor, facing a low table. Place cymbal on the table. Your baby may grab for it immediately. If he doesn't, put it in his hand and describe it: **"This is a cymbal. I made it especially for you"**.

Your baby will probably examine the cymbal, and he may bang it on the table. **"You can make noise with that cymbal. Let me play too!"** If your baby doesn't bang his cymbal, encourage him to. Make sure he holds it by the handle. Help him bang it on the table so he can hear the noise.

Before your baby loses interest in his new toy, place the second cymbal on the table. He may put down the first one in order to pick up the second. Let him play as he wishes for a few moments.

Then show your baby how to hold the cymbals. **"Watch me now. I'm going to pick up this cymbal, and now this one. Listen to the noise I can make."** Bang the two cymbals together.

**"You can do that too. I'll help you."** Hand your baby the first cymbal, and then put the second one in his other hand. Use your hands to help him strike the cymbals together. **"Good! You can play the cymbals too!"**

Place both cymbals on the table again. Give your baby a chance to pick them up and strike them together. Give help as needed, and praise him when he bangs them together by himself. With practice, he will improve his coordination. If you make a second set of cymbals, your baby will enjoy having you play along with him. Invite other members of the family to take part.

# Activities & Games

## (9,10, and 11 months)

### Muscle Control and Body Awareness

#### Baby basketball

This game improves your baby's coordination. Give her a beanbag or a ball let her drop it or throw it into a laundry basket or bucket. Demonstrate by dropping the beanbag into the bucket yourself.

#### Going Barefoot

Let baby walk barefoot on different surfaces—sand, soft grass, a wooden deck, a cold tile floor—to increase his awareness of textures. If he shows a dislike for a strange surface, introduce different textures to him slowly by letting him sit on your lap while he dangles his feet onto the surface.



#### Stomach slide

Once baby learns to climb stairs, it is time to learn to climb back down safely. Teach your baby to slide gently down the stairs on her stomach, feet first. This activity is good for her coordination. Of course, continue to supervise her whenever she is on the stairs.

#### Crawling the Plank

Help your baby to improve his balance by letting him crawl—or, if he can, walk—the plank. Place a smooth board (an ironing board will do) flat on the floor with a toy or stuffed animal at one end. The board should be at least four feet long and six inches wide. While you stay nearby, encourage your little one to crawl along the board to get the toy.

#### Stroller Push

Let a baby who can walk push her own stroller. She will enjoy it, and it will improve her stability and balance. Stay close to make sure the stroller does not roll too fast. If the child gets tired, she can always ride.

### Hearing and Language

#### Where is...?

To reinforce and expand your child's understanding of words, point out objects, family members, or parts of your or his body to him, and repeat their names several times. Then ask, "where is Mommy's nose?" (Or ask her about his own nose or the cup or daddy.) If he does not point to it, show him where it is. Teaching him the names of body parts will also develop his self-awareness.

#### Story time

Although your baby cannot yet follow a story, she loves going through picture books with you. Encourage her to point out familiar objects, but do not be surprised if she has trouble at first recognizing something she knows in three-dimensional form. Keep repeating the names of new objects and animals as you point them out. This is very important: It teaches her to identify objects with names and helps foster a love for books.



#### "Hi" and "Bye"

With practice, your baby can learn these two words, probably among the first he speaks. Say "hi" and wave to him when you enter a room. When you leave, say "bye-bye" and wave again. Have other family members do the same. One day, near his first birthday, you may find your youngster waving back and saying "hi" or "bye-bye".

## Activities & Games (9,10, and 11 months)

### Vision and Perception

#### Stacking

Give your baby two or three large brightly colored blocks; she may try to stack or arrange them. She will begin to compare the blocks and will notice differences in their sizes and colors. If she does not stack them at first, make a three-block tower of your own to show her how. Many children will not stack objects at this age. So if your baby does not seem to understand, you should wait a month or so before encouraging the activity again. Let the youngster simply enjoy handling and moving the blocks in the meanwhile.



#### Unwrap it

One at a time, wrap up several toys of various sizes in tissue paper and let your baby unwrap them. Sometimes use a single layer of paper and sometimes several layers. Let him feel the textures of the paper and see how it unfolds. Do not use tape or ribbon.

#### Muffin pan puzzle

Most babies love to fit objects inside other objects, an exercise that incidentally helps their eye-hand coordination. You can make a good fitting-puzzle using a muffin tin and several tennis balls. Let your baby place the balls in the muffin compartments.

#### Tub toys

Another pastime that helps develop a baby's eye-hand coordination is playing with objects in the bathtub. Let him drop toys or balls that will float into a floating plastic container. For variation, add other objects such as a sponge or something heavy that sinks. Let him pour water in and out of a cup.

### Emotional and Social

#### Introducing...

To help the baby feel comfortable meeting new people, you can make a game out of introductions. When somebody new enters the room, hold the child so she will feel secure. Shake hands with the visitor, then ask the visitor to hand your baby one of her toys. Later you can try to induce the baby to hand something to the visitor. You should let the child decide for herself when she is ready for others to touch her.

#### Roll-the-ball

This game develops a sense of teamwork and taking turns as well as muscular coordination. Sit with your legs outreached, feet touching the baby's feet, and roll a ball along the floor to him. Say, "Roll it back to me!" Once your child learns how this game works, try adding a gentle bounce.

#### Hugging

Now that your baby is becoming aware of expressing herself emotionally, encourage her to show affection toward her dolls and stuffed animals. Pick up a favorite animal and hug it, kiss it or pat it. Then let your baby do the same. Make sure that you hug your child, too, as part of the game.



#### Family album

By this age, your child can handle his own family photo scrapbook, instead of making do with your showing him the pictures on the wall. Of course, the pictures must be extra, expendable prints. Place one large photo on each page. If he does not seem to recognize the person in the photo right away when he turns to a page, tell him who it is.