

Eight-Nine Months

SITTING... ...

THROWING....



...IMITATING

...CRAWLING

Oshkosh - 920-233-6630
Appleton - 920-831-1132
Menasha - 920-739-4226

DEVELOPMENTS

This month your baby may-

- Crawl with one hand full, turn around and even attempt to climb stairs.
- Stand briefly with one hand being held.
- Grasp a small object with her thumb and index finger.
- Put his finger into holes.
- Respond to her name.
- Understand and respond to one or two words and simple commands ("no-no", "wave," "clap").
- Look with interest at pictures in a book.
- Prefer watching children to watching adults.
- Use furniture to lower himself from a standing position to a sitting position.
- Manipulate toys during play.
- Be able to finger feed herself and drink from a cup.
- Perform for a home audience and repeat actions if applauded or laughed at.
- Show persistence.
- Fear of heights, bathing and being separated from mom in a strange place.

ENCOURAGING ACTIVITIES

- Allow baby to play with toys that have moveable parts, so he can hold them with one hand and manipulate with the other.
- Baby likes to make her own decisions so give her a choice of toys to play with.
- Encourage coordination games like "pat-a-cake".
- Show your baby a sturdy book with simple, bright pictures. For their visual impact, point to and name the objects in the picture. Baby will enjoy the feel and taste of the book.
- Allow baby to explore the world under your watchful and protective gaze. The encouragement of healthy curiosity will establish the foundation for a good learning attitude later in life.

BABY HINTS

- Clean chrome or plastic highchairs in a hot shower or outside with a garden hose.
- A small rubber dish mat on the highchair seat will prevent baby from sliding down.
- If you visit someone frequently, like grandma or grandpa, leave extra diapers, sip cups and a few toys. It will be easier to go and visit if you don't have to pack every time you go to visit.

I AM NINE MONTHS OLD

Dear Mom and Dad,

Now that I can crawl and pull up on things, I could get myself into a lot of trouble. I do not know what you will let me touch and not touch. So, put those things away that you do not want me to touch until I get older. It will give you more time to hug and kiss me.

Gloria McGrath, RN, BSN

Milwaukee Adolescent Health Program

SLEEPING

If I am just starting to wake up at night, it is probably teething pain that is waking me. If I am not in pain, show no signs of illness, am fed and dry, and I still cry, allow me the chance to learn how to get back to sleep on my own, even if it means crying myself to sleep. Do not give me a bottle to go back to sleep at night. A bottle will only teach me to wake up at night.

SAFETY

Keep finger foods small in size so I do not choke. Babies my age will put everything into our mouths. We have no way of knowing what is safe and what is not safe. Please keep my room as safe as possible. Do not leave cords from coffeepots, toasters, or irons hanging down within my reach. I might try to pull myself up on them.

Keep medicines, cleaners, and plants out of my reach to prevent poisoning. Always call the doctor, clinic or poison control center if I swallow something poisonous. 1-800-222-1222 is the number for the Poison Control center.



DISCIPLINE

DO NOT spank me when I get into something I shouldn't. Keep my play and living area a safe area where you do not have to tell me "no" all the time. Do not tell me how "bad" I am. Tell me when I am "good." Giving me hugs and kisses are important because it helps me to like myself.

PLAYING

Give me toys that I can bang together or toys with knobs to push and pull. When you are dressing me, feeding me, strolling me around, or playing with me, don't forget to talk with me. Tell me about the color or feel of my clothes, the color or taste of the food I am eating, and the different sounds around me. This will help me to learn and say new words. Tell me how much you love me.

YOUR BABY'S DEVELOPMENT AND HOW YOU CAN HELP

NINE MONTHS AND OLDER

BABIES MAY:

Stand, walk holding on to furniture,
Walk on own soon.

Get into things.

Understanding many words.

Say a few words.

Likes routines.

Like to do things over and over,
like dropping things.

Develop small muscles in hands.

Put everything in their mouths.

YOU SHOULD:

Hold in standing position to help strengthen leg muscles. Check for unsafe places baby can climb to or on, and baby proof. Baby is too young to know what is safe.

Discipline by redirecting to toy or other safe object. Do not spank or slap hands. Set up low shelf or drawer in kitchen with safe objects for baby to explore.

Continue reading simple books.

Talk to baby about what you and baby are doing.

Establish daily routines. Have things like eating, naps, and bedtime at about the same time every day.

Be patient and know that babies learn by repetition.

Provide finger foods and expect child to be messy, that is how babies learn. Provide a heavy cardboard book so baby can learn to turn pages.

Check babies environment for items that might be swallowed.

"Testing" During Mealtime



As my feeling of independence grows, I may begin to test my new found power over others during mealtime. I may refuse to eat, resist help with feeding, and/or purposefully spit, make a mess, or throw food or utensils, just to see what kind of reaction I can evoke from others! If you have to continuously pick up my thrown food, I may find this quite humorous, even if you do not! Since appetite and nutritional needs often begin to decrease around this time, my "testing" needs may take priority over hunger needs. The following are suggestions and guidelines to help you "weather" this stage and to respond effectively to testing behaviors so that they do not become needless power struggles.

Help Guidelines

1. Do not force me to eat; force feeding and turning mealtimes into a major issue can make matters worse and cause long term feeding problems. Usually a periodic missed meal is nothing to be concerned about. Children naturally eat less at this age without any nutritional harm.
2. If I seem to act naughty purposefully at mealtime, try to ignore me, displaying as little reaction as possible. If I begin to play or act restless, let me leave the table. If I see that I can upset you or get your attention with my testing, this can turn into a long term battle!
3. If I refuse your help at mealtime, try serving only easy to eat finger foods or give me my own spoon to "help"; expect and allow typical messiness at this stage!
4. Provide me only a few pieces of finger food at a time, adding more as I eat what you've given me. This way there will be less food to play with, and, the amount won't seem overwhelming if I am not feeling too hungry.
5. Reduce or eliminate in-between meal snacks; this can help increase my appetite during feedings so eating takes a priority over playing.
6. Avoid using food as a punishment or reward. Don't comment on my eating habits or the amount I eat. Instead, you could name the foods and describe its smells and colors.
7. If I spit, throw or purposefully drop food, tell me your "rules" matter-of-factly but calmly; describe the behavior you do not like rather than telling me I am bad, e.g., say "No throwing food; food is for eating," instead of "Bad boy." If I continue to test, remove the food and let me leave the table.
8. Introduce a variety of foods for me to try and choose from.

Source: 1988 VORT Corporation

8 to 10 Month Skills

Watch for these skills

- ✓ Bites
- ✓ Chews with up-and-down movement of jaws
- ✓ Curls lips around edges of cup and can drink from a cup with help
- ✓ Uses finger and thumb to grab pieces of food

Continue

- ✓ Breastmilk or iron-fortified formula
- ✓ Infant cereal
- ✓ Strained or mashed vegetables and fruits
- ✓ Infant juice (from a cup)

Add

- ✓ Strained chicken and meat
- ✓ Finely-ground or small pieces of tender, cooked meat, fish, and poultry
- ✓ Mashed cooked beans

Try these Finger Foods

- ✓ Dry toast pieces, bagels, crackers, or unsweetened dry cereals
- ✓ Cooked rice, macaroni, noodles
- ✓ Cooked pieces of vegetables
- ✓ Soft, peeled fruit slices
- ✓ Small pieces of mild cheese

Tips

- ★ Give your baby mashed or finely-ground foods from the family table rather than the more expensive "junior" foods.
- ★ Learning to eat is a new and sometimes messy adventure for your child. A plastic sheet or newspaper under the high chair makes cleaning easier. Encourage self-feeding in spite of spills.
- ★ Thick, sticky or small pieces of food can cause babies to choke.

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|------------------------------|---------------------------|
| ☹ Nuts | ☹ Corn, popcorn |
| ☹ Raw vegetables | ☹ Peanut butter |
| ☹ Whole Grapes | ☹ Chips and pretzels |
| ☹ Gum | ☹ Fruits with large seeds |
| ☹ Olives | ☹ Raisins |
| ☹ Hot dogs or hot dog pieces | |

Finger Foods For Baby

Breads, Cereals and Grains

- × Cooked whole wheat pasta (small shells or twists)
- × Dry, unsweetened cereal without nuts
- × Whole grain toast, waffle, or french toast strips (good with veggie or fruit purees)
- × Crisp crackers and graham crackers
- × Soft cooked brown rice, pressed into a small ball
- × Bagels (stale ones are great for teething)
- × Tender, homemade, whole grain mini-muffins

Fruits and Vegetables

- × Soft, ripe or cooked fruit wedges: kiwi, pear, apple, banana, peach, nectarine, mango, papaya (be sure to peel)
- × Membrane-peeled oranges or tangerines for older babies
- × Dried fruit soaked or cooked until soft
- × Fork-mashed, cooked green peas
- × Vegetable strips (1'x3") cooked until soft: sweet potato, broccoli, potato, parsnip, zucchini, asparagus tips, carrots
- × Ripe avocado slices

Dairy and Protein Foods

- × Grated mild cheese (Edam, Monterey Jack or Cheddar)
- × Cottage or ricotta cheese in small lumps
- × Soft-cooked, fork-smashed dry beans
- × Small slices of firm tofu
- × mini meat or chicken balls, or small slices of meat loaf
- × Cottage cheese and pear puree finger sandwiches
- × Peanut butter thinned with mashed banana
- × Flaked fish or Healthy fish sticks
- × Cooked Garden Burgers cut into slices

Fats, Oils and Sweets

- × For needed fat: buttered bread, thinly spread peanut butter on crackers
- × Avoid candy and other empty-calorie foods

CHOKING HAZARDS: hard candy, chips, olives, popcorn, hot dogs, hard vegetable pieces, whole grapes, raisins, cherries and nuts. Potentially dangerous foods should be sliced small.

Taken from iVillage.com



Reading to your child helps language development

Children acquire important learning about books and stories when their parents read to them. They:

- Hear new vocabulary
- Learn new concepts and information
- Develop an understanding of the language used in books
- Learn how books and stories are organized

Reading printed materials like books allows the same words to be heard again and again and to be matched with pictures that help a child understand what it all means. Videos also pair words with pictures, but they do not provide the conversation with parents that reading provides. When reading to your child you stop at important parts, help your child understand parts he doesn't know and answer questions he may have. This helps build vocabulary. Books use different sentence structure than those we use when we speak. For example when we tell our child that his or her brother is going to be home late, we say "Billy called. He's going to be home late." In a book, the same information might be written, "'Billy called his mother. 'I'm going to be home late,' he said." If children don't experience language in different ways, they will not understand the language in books.

Here are some ways parents can help:

1. Read to your child on a daily basis
 2. Go to story hour at the library, or search for books at the library
 3. Find age appropriate books to share with children:
 - Simple board books with a picture or two per page for infants and toddlers
 - Short little books with a brief sentence or phrase on a page for toddlers and twos
 - Simple stories for children age three
 - Longer stories for children four and up
 4. Read and learn nursery rhymes for all ages. Recite them along with your child
- Remember, young children may not sit through a whole book, follow your child's lead.

Adapted from University of Arizona Child Language Center and WILEARNS.



Printing of this curriculum is courtesy of Affinity Health System

What is the difference between punishment and discipline?

Punishment

- ✓ Emphasizes past offenses
- ✓ Child focuses on the punishment not the problem
- ✓ Emphasizes child's failure
- ✓ Making children "pay," not change
- ✓ Becomes less effective with older children
- ✓ Is often delayed until later
- ✓ Is win/lose. The parents, child or both are unhappy with the results
- ✓ Teaches kids to avoid adults when they are in trouble

Punishment Techniques

- ✓ Using threats
- ✓ Taking away privileges
- ✓ Spanking
- ✓ Nagging
- ✓ Yelling
- ✓ Lecturing
- ✓ Scolding
- ✓ Using shame
- ✓ Using sarcasm



(How do you feel if someone uses these on you?)



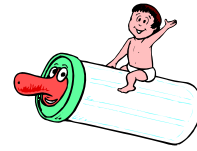
Discipline

- ★ Teaches what is expected, built on trust
- ★ Expects children to improve- improves with time
- ★ Setting limits
- ★ Is immediate and directly related or appropriate to the problem
- ★ Is win/win (both child and adult are treated fairly)
- ★ Teaches kids that adults can be trusted to help them

Discipline Techniques

- ★ Set limits
- ★ Make statements about behavior, not the child
- ★ Making rules simple, few, and consistent
- ★ Gives kids time to reply with request
- ★ Discipline is appropriate to behavior
- ★ Learn to give children choices to succeed
- ★ Listen when children talk
- ★ Allow kids to do for themselves
- ★ Avoid comparing kids
- ★ Stay out of kids conflicts
- ★ Ignore annoying, but not dangerous behavior
- ★ Be a model for appropriate behavior
- ★ Make time each day to have fun with your child

WEANING TO A CUP



WHEN?

Breast and/or bottle feeding is generally recommended for at least the first 12 months of life. You may continue breastfeeding for as long as you choose, but weaning from bottle feeding should be done between 9-15 months.

HOW SHOULD I WEAN FROM MY BREAST TO A CUP?

- × *Start by substituting a breastfeeding with a cup feeding once a day.*
- × *Next, substitute in the evening then in the morning.*
- × *To prevent breast engorgement wait 2-3 days between each decrease.*
- × *The night time feeding should be substituted last.*

HOW SHOULD I WEAN FROM A BOTTLE TO A CUP?

- × *Introduce the cup several months before weaning, usually around 8 months of age. This is about the time babies can hold their own bottle and feed themselves finger foods.*
- × *Begin with a trainer cup with a tight fitting lid.*
- × *Expect the cup to be treated like a toy or be thrown during the first few weeks.*
- × *Fill the cup with water and offer the cup during the midday meal or at snack times.*
- × *Show him how to put the cup to his mouth and tip it himself. He may get too much at first and make a mess, but let him learn for himself.*
- × *When weaning the night time bottle, give a cup of milk before bedtime, then give a few sips of water to help reduce the sugar in the mouth that can cause cavities.*
- × *Night time weaning requires a lot of patience by you and the whole family. Once you decide to wean, it is important not to return to the bottle-doing so will cause more problems and only prolong the weaning process.*

Realize that this period of time may be emotionally difficult for both of you. Your decision to wean should be made with clear thinking about what is best for both of you.

Activities & Games (for 8,9, and 10 months)

Muscle Control and Body Awareness

Poker

This game caters to your baby's delight in poking his forefinger into small places. Glue different fabrics and hard foods—fur, silk and uncooked macaroni—into the hollows of an empty egg carton. Show the baby how to stroke or probe each substance. Talk to him about how it feels. Stay with baby to prevent him from pulling anything loose and putting into his mouth.

Letting go

Dropping blocks into a metal dish makes a satisfying clink and helps your child improve his ability to release objects. Pick up the block, show it to your baby, then turn your hand palm-down and splay your fingers broadly when you drop the block, so the child can plainly see the action. He may develop his own technique for releasing the block, such as pressing his hand against the dish. Do not pressure the baby. The game should be fun even when the child misses or just taps the block against the bowl.

Cruise line

Place heavy, stable chairs side by side in a row to create a line of support for your baby when he cruises. To encourage him to step along the whole row, move a favorite toy from one chair to the next, or put different toys on each chair and point them out to the baby one by one, as he progresses along the row. You should always supervise your child's use of his cruise line; he might tumble and pull a chair over onto himself.

Hearing and Language

Knees and toes

Make songs or rhymes that name parts of your baby's body and their functions. Sing or chant them to the baby when you bathe him or when he is observing himself in the mirror.

The child will begin to recognize the terms for parts of his body.



Naming toys

Place two familiar toys in front of your baby one at a time and name them. Then ask him to show you the one that you just named; "Show me the Teddy bear." Accept any response—touching, reaching or simply looking at the toy. Say something like "Yes, you looked at Teddy." If the child does not respond at all to your request, hand him the correct toy and repeat its name.

Book talk

Reading simple picture books with your child will reinforce his understanding of familiar words and teach him new ones. As you slowly turn the pages, tell him the name of whatever is pictured. Sometimes say what it is used for, or where the child might see it in real life. Choose sturdy books that have one large illustration on each page.

Tube message

This game will capture your baby's attention and give him a chance to listen closely to your voice. Send him sound messages—words and funny noises—through a long cardboard tube. Give the child the tube and show him how to speak through it. The tube concentrates sound, so you should

Activities & Games (for 8,9, and 10 months)

Vision and Perception

Copycat

Encouraging the baby to copy simple, enjoyable actions will help him learn through imitation. Try banging a wooden spoon on a metal pot, then letting him be the drummer. Or, while sitting in front of the child, touch one of your feet, or open and close a hand, or rock back and forth. Encourage your baby to copy what you do.




Upside down

This exercise will give your child practice in looking at things from different angles. Turn a toy upside down and place it in front of him. See if he turns it right side up. If he does not. Show him how to do it a few times.

So big

There is something infectious about this simple game, which introduces the baby to his own size. Ask your child how big he is. Then spread your arms wide to show him and say, "So big." If you keep repeating the game occasionally, the child eventually will stretch his arms in imitation of you.



-  A round spindle with rings of graduated sizes to stack on it
-  A wide mouthed plastic container filled with blocks
-  An old pot or empty cardboard box to beat on with a wooden spoon or two aluminum pie tins with bells securely attached to them.

For the Toy Box: Emotional and Social

Hide-and-Seek

This perennial favorite, an advanced version of the hide-the-toy games you have been playing with your child, will accustom him to surprise and the thrill of discovery. Crouch down out of sight—say, behind the sofa. Call your child's name and peek around the corner of the couch to give him a visual hint. Then duck back out of sight and call again. Maintain verbal contact as he crawls to you. When you are discovered, laugh, and shout, "You found me!" and reward him with a hug.

Shelf Space

Give the baby a low shelf in his room or the family room for some of his toys. Being able to get his own toys while you are busy will encourage his sense of independence.



Fun in the tub

Nurture your child's playful spirit in the bath. Blow bubbles with a straw, make rain with a sieve, teach him to splash.

Catch me

This game teaches your baby how to follow you so he will be able to keep you in sight when he wants to. Crawl a short distance from him, then turn around and say, "Come get me." Let him catch you. Then laugh, hug your baby and crawl away again.