

Nine-Ten Months



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STANDING..

REPEATING....



...EXPLORING

...MOVING

DEVELOPMENTS

This month your baby may-

- Exert her independence every day by showing definite moods, preferences for certain foods, toys and people.
- Show more sensitivity toward the feeling of others.
- Stand without assistance.
- Walk with help.
- Hold and bite a cookie, and finger-feed self an entire meal.
- Imitate actions, remember them and repeat them later.
- Recognize certain words and may obey simple commands such as "give it to me." Words like "mama, dada, no-no and bye-bye" have meaning.
- Begin to point to named body parts.
- Enjoy climbing upstairs, but have difficulty and fear climbing down.

ENCOURAGING ACTIVITIES

- Teach baby some simple one-step commands such as "hug, clap your hands, wave," etc.
- Start naming body parts to baby. His own body is a source of great interest to her. Start with feet, hands, toes, belly button, etc.
- Baby will enjoy simple toys that will "perform." A jack-in-the-box, dolls, balls, and busy bath toys are good.
- Hang a picture of a familiar object or toy next to your baby's changing table. Ask "Where's the...?" Change the picture, add a second.
- Get a baby book with sturdy pages so she can turn the pages herself.

BABY HINTS

- Allow plenty of time for dressing and meals so baby can "help" as much as he wants to.
- If your baby will not eat fruit or vegetables, puree them and add them to gelatin. It's a good way to slip in some nutrition.
- For better bib coverage, safety pin the bottom of baby's bib to baby's clothes.
- Keep your baby's bath toys in nylon net bag and hang it from a faucet or shower-head to drip-dry.



Walking Ranges

It is important to understand that there are early walkers and late walkers. Even though it is hard not to compare your baby to others, it is important to know that every baby is different and experiences different "firsts" at their own pace. Around fifty percent of babies usually walk by one year, but there is a wide normal range of walking, from nine to sixteen months. Walking involves the coordination of three things: muscle strength, balance, and temperament. Temperament seems to influence the age of walking the most. Babies with easier temperaments often approach major developmental milestones more cautiously. Since your baby is more confident at crawling, it is speedier than walking. Because of this, your crawler may be content at zipping around on hands and knees and may show no interest in walking. When and how your baby walks is as unique as his or her personality.

Late walkers are more likely to be content to entertain themselves with seeing and fingering different toys and objects than with beginning to walk. They may be concentrating on other developmental areas, such as language or fine motor skills. The early walker, on the other hand, may be the impulsive, motor-driven baby who has raced through each motor milestone. While there is no definite profile of early walkers, they tend to be high-need babies who left the lap stage early on and did not like sitting in their infant seats. Body type may also affect the age of walking. Lean babies tend to walk earlier.

Parents who carry their babies a lot often ask, "Will I delay his or her walking by carrying them around so much?" The answer is no. In fact studies have shown that babies who are the product of the attachment style of parenting (for example, worn in a baby sling for several hours a day) often show more advanced motor skills. No matter which baby in the neighborhood walks first, the age of walking has nothing to do with eventual intelligence or motor skills.

Some information taken from askdrsears.com

Encouraging Walking

There are many ways to encourage your baby to walk. The first step is to help your baby gain confidence. Provide sturdy and safe surfaces for your baby to walk along, such as a coffee table (make sure pointed edges are protected) or a couch. Offer your hand out to your baby to encourage him or her to take steps from one piece of furniture to the next.

After your baby is confident in walking around with your help, encourage his independence. Line up several of your sturdy kitchen chairs, placing them slightly apart. Encourage him or her to reach and move to the next chair by moving a favorite toy from chair to chair. Always supervise your baby as he may tumble.

Encourage your baby to stand alone by standing them in the middle of a room and offering a small inviting toy to each hand. Your baby may concentrate on the toys he is holding and not feel scared as he might if he realized he were holding onto nothing. After your baby is comfortable with standing alone, move a few steps away. Hold out your arms and encourage your baby to take the few steps to you. You can do this activity with another person and each take turns encouraging your baby to take a few steps toward you.

Finally, provide boxes or laundry baskets for your child to push across the floor. You may need to fill these boxes or baskets to weigh them down so your baby can walk slowly and gain more control and confidence.



Walking Shoes

You worry about your children's health, their eyes, their teeth, their immunization and even their general health. You teach them about bathing, brushing their teeth, and grooming their hair, but what are you teaching them about their feet?

Since many adult foot ailments have their origin in childhood, early education about good foot health can yield tremendous results throughout life.

Try these "Healthy Feet Are Happy Feet" tips and get your child off "on the right foot."

- **Cover babies feet loosely.** Tight bed coverings can restrict the movement of the feet and legs. The kicking and thrashing of the feet and legs that you see is not always associated with an impending diaper change. With each thrust of the leg or wiggle of the toe, the brain receives a signal and is processing the foot or legs position- trying to master the art of controlled movement. Restricting this movement can cause developmental delays.

- **Barefoot is beautiful for babies.** Allow babies to be barefoot or in socks as much as possible, with the obvious exceptions when they are outside. As above, their developing brain needs the feedback provided by the little nerves and muscles touching the floor and adapting to the terrain in order to properly develop.

- **Practice what you preach.** After the child has become an accomplished walker (usually approximately three to four months after starting to walk), the shoes need to go on first thing in the morning and don't come off until bed time. (For seasonal changes, have a pair of indoor shoes sitting by the entry way that are changed into immediately upon entering the house.) Being barefoot often causes the muscles, joint and ligaments of the foot to go through too much motion, leading to aches and pains.

Plant the seed of good foot health habits throughout life by following these simple tips.

Dr. Adam Richardson
Affinity Medical Group





Development for Months 9 and 10

Experts taken from : Your Baby's First Year

You will probably be amazed at your baby's mobility and coordination during these two months. He crawls rapidly and smoothly and will even venture far enough from your side to explore the next room. His once-tentative attempts to stand are nearly always successful these days, and he is starting to take a few steps sideways while holding onto furniture or his playpen for support. Your baby's powers of concentration have expanded to match his physical development. He will pursue a game or play with a toy persistently, ignoring distractions. And his developing memory means that he is less patient now with repetitive games.

Muscle Control and Body Awareness

Crawling now is almost certainly the baby's chief form of locomotion. He can turn around to reverse direction when necessary, crawl while holding a toy in one hand and may crawl on hands and feet, a precursor to walking. Some babies will start crawling up steps during this period, so stay close when your child is near a stairway. Going down stairs is usually too difficult for a baby of this age.

With better control over his legs and feet than in earlier months, your baby may be able to stand unsupported for a few moments. When holding onto something for support, he is confident enough to let go with one hand in order to turn to the side often to crouch down to pick up a toy. Sitting down from a standing position, a skill that may have eluded your baby previously, will become increasingly easy during these two months. And the baby enters the prewalking stage known as cruising—taking small sideways steps while holding onto furniture for balance. If you hold him securely under the arms, he may take a few forward steps.

Your child's control over his hands and fingers has kept pace with his other physical achievements. Now he may be able to bang one object while running the fingers of his other hand over another, demonstrating considerable coordination. And the baby can keep his grip on one object while reaching for a second one. He is learning to use each finger separately and can pick up objects between his thumb and index finger, so small items no longer escape his grasp. Still somewhat awkward at releasing objects, he may throw or drop them when he loses interest. With his newfound dexterity, your baby probably cannot resist poking his index finger into every nook and cranny, including into your ears and nostrils, to better explore his surroundings.



Emotion and Social

Around this time, babies may start to be afraid of events that previously did not disturb them—taking a bath or visiting a strange place, for example. This is natural, since they are becoming more conscious of themselves as separate entities and are developing concerns for their own well-being. The baby's emerging sense of self also means that sometimes he may protest loudly if you stop him from doing what he wants to do.

As the baby matures, his interest in people grows. He loves to play games with you and will take the initiative more and more, grabbing your hands to elicit a round of pat-a-cake, for instance. This is an important development, because the most productive learning exchanges between parent and child are those the child initiates. And he is turning into quite a ham, gleefully showing off when he has an appreciative audience. Other people's moods now have more effect on the baby: He may be excited when you are, or start to cry if he sees another baby tears. Because he knows both you and himself better, he is even more likely than before to be wary of strangers and may look to you for reassurance when someone new approaches him. Yet his attachment to favorite cuddly toys indicates his capacity to extend affection beyond you; this is a healthy development.





Babysitting Tips

Has it been hard trying to find a babysitter? How can we find someone that we trust with our child? There are many good ways to find a good babysitter. There are also some good tips on how to make sure that your child is safe and in loving hands.

Where to find a good sitter...

- Ask family, friends, and close neighbors for references
- Look to see if your local church has a list of babysitters
- Go to local childcare centers or girl scout/boy scout troops

What to do after you have found some sitters...

- Ask for credentials such as a babysitting course and CPR or first aid classes
- Ask for references and be sure to check them (references should include families that they have babysat)
- Then narrow them down to the best person qualified to care for your child

Once you have found your sitter...

- Have them come over and meet the children
- Ask the sitter to watch the kids while you do house work so that you can see how they are with the kids

Now it is time to leave your child with the sitter for the first time.

What do you need to tell your sitter...

- Give them your child's schedule (when and what they can eat, when they sleep, when they have television time...etc.)
- Leave all important numbers or show them where to find the numbers that might be needed
- Also be sure to write down your address in case they need to tell an emergency contact

~Number where you can be reached

~Emergency numbers (Doctors, poison control, police department etc.)

~Emergency contacts

*family member or friend to contact if you can't be reached

- Give them a tour of the house if you haven't already from the prior visit
- List your child's preferences
- Share any rules that you have
- Tell them what's off limits as far as what activities they can do, what they can play with, which rooms they can go in etc.

What to pay your sitter...

There isn't a set rate to pay your babysitter. It depends on your area, the number of children and their ages, the amount of time they are there and how often they come. Ask what his/her rate is? Ask them if it varies with the number of children? It is also suggested to ask people around your area what they charge and go from there.

FINGER FOODS NOT RECOMMENDED FOR CHILDREN UNDER 12-18 MONTHS OF AGE

Difficult to Digest

Corn



Leafy Vegetables

Cucumbers



Bacon Rind

Baked Beans



Chocolate

Onion, uncooked



Peas, whole with skins left intact



May Cause Choking or Gagging

Nuts

Popcorn

Raisins

Olives

Hard Candies/Gum

Raw carrot sticks

Marshmallows

Whole grapes

★ Also, peanut butter should be used sparingly (spread thinly upon crackers) or thinned with milk for young children so it will not stick to roof of mouth and cause gagging.

Putting Blocks into a Container

- ✎ Baby picks up blocks and puts them in a container
- ✎ Baby is coordinating eye movements and hand movements
- ✎ Baby is improving his grasp and releasing skills
- ✎ Baby is imitating what you do



Materials:

- ✎ Nontoxic plastic or wooden blocks small enough for baby to handle easily but not too small to swallow
- ✎ A container: a plastic bowl, a small cardboard box, or a metal pot
- ✎ A large cardboard box (optional)

Activity:

Seat your baby opposite you on the floor. Place several blocks and an empty container on the floor between the two of you. Tell your baby that you're going to play a game with him: **"Look at the blocks, (baby's name). Do you see them all? Now watch what I'm going to do with them."**

Hold a block just above the rim of the container and say, **"I'm going to drop the block *in* the (bowl)".** As you say *in*, drop the block. Take two or three more blocks and drop them in, one at a time.

Stress the word *in* in your sentence as you drop each one. Your baby is too young to understand the meaning of the word, but he will start to connect the word with the action.

Shake the bowl so the blocks make some noise. Then tilt the bowl so your baby can see the blocks. **"The blocks are *in* the bowl. Now you put a block *in* the bowl."**

Overturn the bowl so your baby has a choice of blocks. Encourage him to pick one up and put it in the bowl. If he needs help, give him a block and hold the bowl just under his hand. **"Put the block in the bowl, (baby's name)."**

You may have to loosen your baby's grip. When the block falls in the bowl, shake the bowl and show him where the block went. **"Good for you! You dropped the block right in the bowl."**

Empty the container and play the game each day until your baby can pick up a block and drop it in the container by himself. Encourage him to drop three, four, or more blocks into the container. The noise the blocks make may spark an interest in filling the container. For variety, use other safe objects.

When your baby can play the game well, have him try something harder. Encourage him to push objects through a small opening.

On each side of a large cardboard box (open end down), cut a hole about 2-3 inches in diameter. Then give your baby several objects that can be pushed through the holes.

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 nose

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 now name; "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.