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University of Wisconsin-Extension ■ Cooperative Extension ■ NCR Publication No. 321

Parenting the First Year

MONTH

1

What is baby like?

If your baby doesn't have much hair, has short arms and legs and a head that looks too big, your baby looks pretty normal! Baby might not be what you expected, though.

Maybe you didn't get the boy or girl you wanted, or maybe the baby just doesn't fit the picture of the "dream baby" you thought about during pregnancy or saw in magazines and on television.

It can take time to get used to the baby you do have. Some parents love their new arrival right away; others have to get to know the baby better. That's normal.

It may be a little bit scary at first to care for a tiny infant. But you'll gain confidence with time.

Do yourself a favor...

Becoming parents is an exciting change in your lives. But it will take time to feel comfortable in your important new roles. Parents and babies learn together. Don't expect to know how to handle everything overnight.

During the first few weeks after your baby is born, you may be surprised by your strong feelings. You may feel down — or on the verge of tears at times — for no reason. And you may feel worn down and tired — with good reason!

For mothers, some of these feelings may come from the changes your body goes through to get back to normal. You may also feel thrilled, proud, or on top of the world.

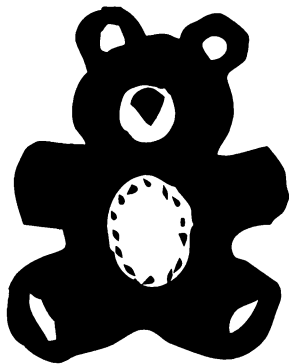
Moms and dads may feel torn between wanting to be home and having to go back to work to pay expenses.

Most parents have these feelings. You will recover your energy and good humor in time. Meanwhile, keep your days as simple as possible. Ask nothing of yourself but the basics. Plan to nap when your baby does. Be flexible.

When you are having a rough time, talk with someone close to you, or with someone who has been through the same experience. There may be new parents groups in your area.

Your baby wants you to know:

- ♥ I like to look at your face the most, also bright colors, mirrors and patterns.
- ♥ I feel comforted when you hold me and talk to me.
- ♥ I stare at things, but I don't grab for them yet.
- ♥ Loud noise, bright light and rough handling scare me. Handle me gently.
- ♥ I may quiet when someone picks me up and cuddles me.
- ♥ Please change my position sometimes so I can look at different things.
- ♥ I like your hand behind my neck when you move me, so my head doesn't flop over.



He or she, him or her?

This series gives equal time to both sexes. That's why we take turns referring to children as "he" or "she." Keep in mind that we are talking about all children when we use "he" or "she."

Every baby is different.

The relationship between parents and their babies depends on both. Busy, active parents may understand a fast-moving, active baby better than a very sleepy, quiet one.

Calm, mellow parents may understand a happy, alert baby better than an active, jumpy one.

If your baby acts the way you expect, parenting may come a little easier. But if you didn't get the type of baby you expected, don't despair! It may take a little more work, but getting to know your baby is worth it.

Watch your baby closely, and see how she reacts. Is baby very active? Does she sleep and eat regularly, or do her habits change from day to day? Is she content, or does she cry a lot? Your baby can give you clues about the way she likes to be handled.

Sleep position

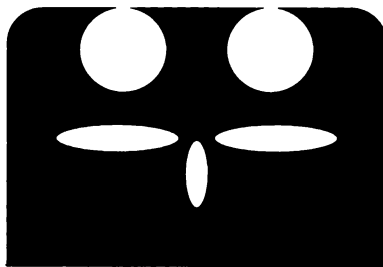
Most doctors now suggest that baby sleep on his back or side, not on his stomach. This prevents a small risk of breathing problems. Between 4 and 6 months, baby will learn to roll over, and any position will be OK.

Crib safety

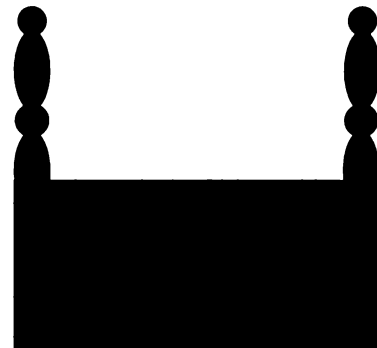
Crib accidents have seriously injured and even killed babies. Look for these things when shopping for cribs:

- ♥ Slats should be no more than $2\frac{3}{8}$ inches apart, so baby can't wiggle through, become trapped and choke.
- ♥ If the paint is old, it may contain lead that can poison baby. Cribs made after 1977 are not painted with lead paint. If you repaint an old crib, proceed with extreme caution. For advice, contact the U.S. Environmental Protection Agency (EPA) Hotline: **(800) LEAD-FYI**
- ♥ Be sure there are no sharp metal edges or splinters.
- ♥ Crib sides should be high enough so baby can't fall or roll out, even when the sides are down.
- ♥ The manufacturer's name and the crib's model or code number should be permanently labeled on the crib in case there is a recall.
- ♥ The mattress should fit tightly against all four sides of the crib. If you can fit two or more fingers between the mattress and the sides, get a better-fitting mattress.
- ♥ Bumper pads should be tied in place with six or more straps.
- ♥ Baby doesn't need a pillow — it could cause suffocation.
- ♥ Don't buy a used crib with plastic latches holding up the mattress. If a latch breaks, one corner can slip down and baby can get his head caught under the side.
- ♥ Don't buy a used crib with decorative cutouts in the ends. Remove corner posts that stick up more than half an inch above the crib's sides. A baby can get his neck or clothing caught and choke. See the drawing below.

Avoid these designs:



Decorative cut-outs



Too-high corner posts

Buckle up baby, too!

Each year, infants and toddlers die in car accidents. Don't let this happen to your baby.

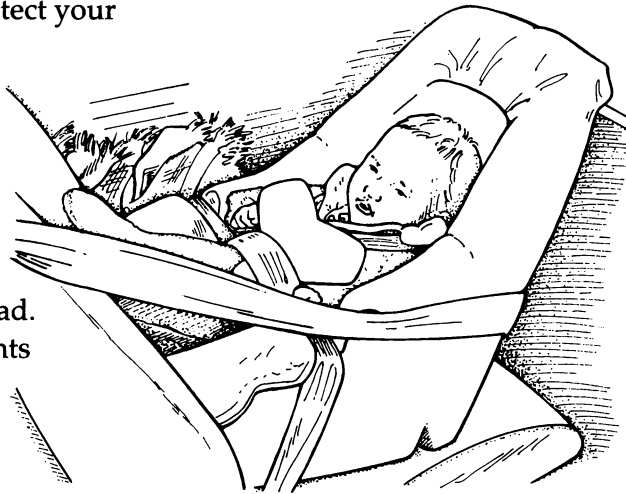
Laws in most states require children younger than four years to ride in a child car safety seat. At all ages, a seat belt is required.

Using a car seat is the only way to protect your baby in a moving car. Infants less than 20 pounds and 26 inches long must face the rear. The car seat will hold baby safely in most crashes. If you hold the baby on your lap, a crash could rip the child from your arms and throw him into the dashboard with the same force as a fall from a three-story building. The child could also be crushed between your body and the dashboard, or be thrown out a car window.

Everyone riding in a car should wear a seat belt and a shoulder harness if available. Any person or object not strapped down could be thrown into and injure your baby. Tool boxes or other heavy objects become dangerous flying missiles in a crash, or even a sudden stop. Keep them in the trunk, or on the floor of the car.

To protect your baby, use car safety seats correctly:

1. Put baby in the seat. Be sure the straps are snug and over her shoulders. Don't put thick blankets under baby. If it's cold, put baby in a snowsuit, with blankets on top of the straps.
2. Place the car seat so it faces the back window. Fasten the car's seat belt through the slots. **Never** set a rear-facing infant car safety seat forward.
3. Use the car seat every trip. A car seat can only protect your baby if you use it on every ride. You may be a very safe and careful driver, but you can't be sure of the other drivers on the road. Many car accidents occur within two miles of home at speeds less than 30 miles per hour.



The National Highway Traffic Safety Administration and the National Transportation Safety Board recommend that **all children age 12 and under sit properly restrained in the back seat** due to dangers from air bags.

Where to rent a car safety seat for baby

Contact your county or area extension office, county nurse or the American Red Cross to see if any groups in your area have rental programs. Many hospitals have rental programs.

Warning: Honey is harmful for babies.

Babies under one year old should not be fed honey. Honey has spores that can cause a disease called "Infant Botulism." Older children have more well-developed intestinal tracts, so honey is safe for them.



Books on feeding

Child of Mine: Feeding with Love and Good Sense, by Ellyn Satter (Palo Alto, Calif.: Bull Publishers), 1986.

The Nursing Mother's Companion, 2nd Edition, by Kathleen Huggins (London, England: Souvenir Press), 1993.

The Womanly Art of Breast Feeding, 5th Edition, by La Leche League International (Schaumburg, Ill.), 1991. Available in English or Spanish from: La Leche League International
1400 N. Meacham Road,
Schaumburg, IL 60173
(847) 519-7730
FAX (708) 519-0035

Crying is a call for help.

During the first few weeks, baby can't control when she starts to cry. She cries only when in need, and can't stop until those needs are met — or until she's too tired to go on.

Studies show that mothers who responded quickly to their baby's cries had babies who later cried less.

If you are breast feeding, you might notice your baby is fussy after you eat some foods or beverages with caffeine. If this happens, cut back on those foods for a few days, and watch to see if baby is happier.

When you've had enough

Sometimes, it may seem your baby never stops crying. This can be very stressful and hard to listen to. But don't take your angry feelings out on baby — he can't help it.

If you can stand the crying, then hold your baby and walk or dance or rock in a chair. Babies like to be held, and some babies calm with gentle movement like this.

If you've tried everything — feeding, changing, cuddling — and baby still cries, try this: Call a friend or relative to watch your baby for an hour. Everyone needs a break like this at times.

As a last resort, put baby in his crib and shut the door. Take a shower, or vacuum. You won't hear him, and the noise might calm your baby. In 15 minutes, try again to comfort him.

If you think baby is ill, call your doctor or county nurse.

Why does baby cry?

Hungry — When babies are only a few weeks old, they may need to eat more often than you expect. Don't insist on a rigid schedule — at least not at this early stage. If it has been an hour or more since your baby was last fed, he might be crying because he's hungry.

Lonely — If baby calms and stays calm as soon as you pick him up, he missed you! Remember, baby was in a snuggly womb, hearing a heart beat for 9 months. Baby's need for closeness is very real. You can't spoil a baby by cuddling him when he needs it — or when you need it.

Cold or hot — Feel baby's back or tummy to see if he is too cool or too hot. Adjust clothing to make him comfortable. Dress baby like yourself, or one layer warmer.

Over stimulated — Lots of people bouncing or talking to baby at once may overdo it. Give baby some calm and quiet. Rocking him in a dimly lit room may help.

Undressed — Some babies don't like to be undressed. Put a cloth on baby's tummy until you redress him.

Startled — Baby may move suddenly, startle and cry. Wrapping a blanket securely around him and holding him firmly may calm him.

Wet diapers — Some babies don't mind; others do.

Pain — Baby may be ill or uncomfortable because a pin is pricking him or his clothes have sharp tags or zippers.

Sleepy — Some babies need to fuss a bit before sleeping.

Some babies develop colic.

Colicky babies have tummy pains and loud, piercing cries. These cries can last a few minutes or several hours, usually at the same time each day. Nobody knows what causes colic. Sometimes a colicky baby won't stop crying even after you've tried the usual things. It's not your fault, or the baby's fault.

For a colicky baby, try these ideas:

- ♥ Lay baby across your knees; rub or pat his back.
- ♥ Rock baby at 60 rocks per minute — a slow adult walk, or use an infant swing. Walk with him tucked under your arm, with your hand under his tummy. Or hold baby so he can look around to see things.
- ♥ Change his bath time to evening.
- ♥ Give the evening feeding with baby upright, not lying down. Burp him well to get air out of his tummy.
- ♥ Offer a pacifier. Sucking helps relax his stomach.
- ♥ Go for a ride in the car, putting him in a car safety seat.
- ♥ Sing to him, or play soft music. Sometimes a vacuum cleaner, fan or radio tuned to static may help calm him.
- ♥ Talk to baby's doctor to see if he or she has other ideas.

Make your baby's world more interesting.

Your amazing newborn has all the same senses you do. Even at birth, babies can see, hear, smell, taste and touch.

Vision — Babies prefer to look at faces. For the first few weeks of life, they see best at a distance of 8 to 12 inches — about the distance between your face and theirs when you hold them close to feed or to talk to them.

Bright colors, high-contrast patterns and shiny things are more interesting to babies than pale colors. Babies may follow moving objects with their eyes for a few seconds. During the first weeks, their heads turn to the side when they lie down. So hang mobiles from the side of the crib, not from the top.

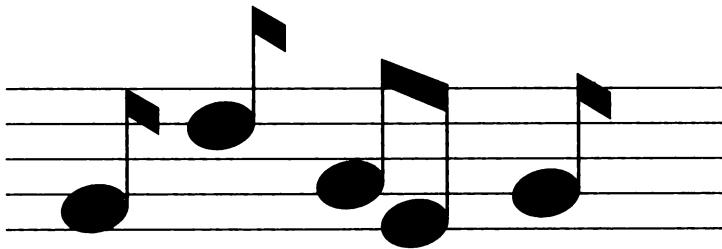
Hearing — Infants may turn their heads toward the source of an interesting noise. They prefer gentle voices. By the time babies are three weeks old, they may recognize their mom's and dad's voices. When your baby is upset, soft music may help calm him.

Smell — Young babies react to smells. Strong, harsh smells make baby turn his head away and cry. By one week of age, babies know the smell of their own mothers.

Touch — Touching is very important to babies. Being held close and cuddled helps babies know that their world is a friendly place. In fact, studies have shown that holding babies for more hours each day causes them to cry less. Hold your baby, or use a frontpack. Being in your arms and hearing your heart beat make baby feel safe.

Cuddle and hold your baby whenever you want to. Don't worry about spoiling him. Babies are supposed to be babied! While you're at it, share a hug with the rest of your family. You'll all feel better for it.

Babies can also sense movement from very early on. Motion, like rocking and walking, helps calm a crying baby. Remember, he spent nine months floating inside the uterus; he's used to rocking and moving around. Holding him upright also lets him look around, so he may cry less.



Q and A

Is it safe to make my baby's formula with well water?

Water from many private wells is not safe for infants and pregnant women. In some parts of the Midwest, the water in about one out of 10 private wells contains bacteria or high levels of nitrate.

Nitrates keep a baby's blood from carrying enough oxygen. This is called "**blue baby**" disease — babies turn a bluish color around the lips, cheeks, fingernails and toenails.

Boiling water makes nitrates or chemicals more concentrated and more dangerous.

You can test your water. Ask your local health department for help testing your water (listed under city, county or tribal government in your phone book). The U.S. Environmental Protection Agency (EPA) recommends getting drinking water tested by a certified public health lab. For help finding the lab near you, contact EPA toll-free: Safe Drinking Water Hotline **(800) 426-4791**

For example, in Wisconsin you can contact: State Lab of Hygiene, 465 Henry Mall, UW-Madison, Madison, WI 53706, (800) 442-4618; in Madison: 262-1293; or the Environmental Task Force Lab, UW-Stevens Point, Stevens Point, WI 54481, (715) 346-3209. Test kits cost about \$15 (price subject to change).

continued

Q and A, continued

How much is too much? More than 10 parts per million of nitrate nitrogen (NO₃N, reported as ppm or milligrams per liter) is considered unsafe for babies. If the test reports the levels as nitrate (NO₃), the acceptable level is less than 45 milligrams per liter of water.

What can you do if your well has too many nitrates or other chemicals? You may need to redrill your well, or use bottled water from a safe source during your baby's first year. For more information, contact your county or area extension office (listed under county government in your phone book).



Breast feeding

Milk from mother's breast is best. It has all the nutrition babies need, prevents some food allergies, and even protects against some diseases. If you have started breast feeding, we recommend you continue.

Whether baby's milk comes from a breast or bottle, feeding can be a special time to develop love and trust between parent and child.

Feeding your baby

Hold your baby so she can see your face when you feed her. Feeding is an important learning time for a new baby. Baby learns to know and trust you.

Schedule or self-demand?

When a tiny baby needs to eat every two or three hours, it's hard to believe you'll ever get sleep again! As she gets bigger, she won't need feeding so often.

When should you feed your baby? Watch the clock, but also watch your baby! Babies usually cry when they are hungry.

If fed when they're hungry, many babies will start to get on a regular schedule by themselves in about a month. It may take a little time to work out the details. If you try to establish a rigid feeding schedule, you and your baby may both be frustrated and unhappy. So be as flexible as possible — especially during these first few weeks.

Your baby will stop eating when she is full. Don't try to get baby to take more than she wants.

Breast feeding tip

Breast-fed babies usually need to eat more often than bottle-fed babies — especially during the first months. It is common to nurse a baby every hour or so during the part of the day when baby is most active.

Baby will take in more milk during each feeding, and the breasts will produce more milk to meet that demand. That is why it's best to stick with breast milk as the baby's only food for the first two or three weeks. After that, you can let baby have a bottle of iron-fortified infant formula now and then.

One way to know your baby is getting enough milk is to count wet diapers — there should be at least six a day.

If you have nursing problems such as sore nipples, call your doctor for advice. Your county WIC breast feeding staff also has helpful information for nursing mothers. You may have received information from the hospital on WIC (Nutrition Program for Women, Infants and Children). Or ask your local health department (listed under city or county government in your phone book), tribal maternal-child specialist or clinic.

Bottle feeding tip

Don't heat bottles in a microwave oven. The bottle may feel cool on the outside, but still have hot spots inside that could burn baby's tender mouth. Instead, heat the bottle in a pan of warm water off the burner, or hold it under hot tap water for a minute or two. Shake the bottle well to mix the formula. Test the temperature by sprinkling some on the back of your hand. If it feels luke warm, it's OK for baby.

Who is important to baby?

Many people besides mom and dad will be important in your child's life. Here are just a few:

Brothers and sisters — It may be hard for older brothers and sisters to get used to a new baby, especially at first. Infants need lots of attention, and sometimes it can feel like there's no time left for anyone else. A good way to have some special time with older children is to read to them while baby is feeding.

Encouraging an older brother or sister to help care for the baby can give them a feeling of importance in the family. Older children can help you figure out why the baby is crying. They can help calm the baby by fetching diapers, talking or singing to the baby, or drawing pictures to hang by the baby's crib or changing table.

Don't leave a child younger than 4 years old alone with a baby. Young children don't know that babies can be easily hurt.

Grandparents — Baby's grandparents may have time to spend visiting or helping with the new baby. Even if they live far away, they may have good advice on things like colic or laundry.

Sometimes it's hard for grandparents to see their own children as parents, especially with a new baby. You may get more advice than you want! You can always listen. But it's up to you to decide what's best for your baby.

Child care providers — They are like family to your infant. Pick your provider carefully. We'll say more next issue.



Credits

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Funded in part by a grant from the Children's Trust Fund of Wisconsin.

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Cooperative Extension Publications
630 W. Mifflin St., Room 170
Madison, WI 53703
Voice & TDD (608) 262-3346
FAX (608) 265-8052

In cooperation with the NCR Educational Materials Project. Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture and Cooperative Extension Services of Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin. *

* Publishing state

North Central Regional Extension Publications are subject to peer review and prepared as part of Cooperative Extension activities of the 13 land-grant universities of the 12 North Central States, in cooperation with the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture, Washington, D.C. Programs and activities of the Cooperative Extension Service are available to all potential clientele without regard to race, color, national origin, age, gender, religion or disability.

Parenting the First Year NCR 321 is a set of 12 newsletters also available in Spanish, *El Primer Año del Bebé* NCR 452. For copies of these or other NCR publications, contact your county or area extension office. If your state does not have copies — or if you need this material in an alternative format — contact the publishing state (note new address):

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NCR 321 Parenting the First Year, Month 1-2 (Revised 1996) R-8-96-10M-500



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No. 350-01
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University of Wisconsin-Extension ■ Cooperative Extension ■ NCR Publication No. 321

Parenting the First Year

MONTH

2-3

How baby is changing

Life with a new baby may be hectic. Your needs seem to take a back seat to your baby's needs. But by the second month, baby may be settling into a more predictable schedule. For many babies, nighttime sleeping lengthens (thank goodness). Feedings may be needed only every three to four hours.

Baby is beginning to be more interested in things, looking around and listening to voices. Movements are getting smoother, less jerky, and he may have better control over his head and neck. Maybe he can hold his head and chest up while on his tummy.

He might even be able to roll from his side to his back. Don't leave your baby alone on a counter, table or bed — he might flip or wiggle off.

While you're keeping a watchful eye on your little one, you'll be rewarded with smiles. Smiles usually start in the second month. When you smile at baby, he smiles back.

Even though your baby is still young, he needs your praise and approval. When you get excited about your baby's new talents, he does, too. The more attention you pay to your baby, the more he will respond and be fun for you.

Thumb or pacifier?

Babies need to suck, and sometimes feeding isn't enough to meet their sucking needs. Extra sucking on a finger, thumb, fist or pacifier can help baby calm down when she is upset.

Finger sucking is natural. Some babies suck their thumbs even before they are born. Most children will stop thumb-sucking by themselves by the time they are 5 years old if no one draws too much attention to it.

Pacifiers can also calm babies. While sucking on a pacifier, a baby is more content and prepared to learn about her new world.

Don't overuse the pacifier. Try other ways to comfort her first, like holding, rocking or singing. **Never** tie a pacifier around baby's neck.

Another word on colic

All babies cry. Some cry long and often enough to be called "colicky." No one knows exactly what causes colic. The baby screams and seems to have stomach pains, but is not seriously ill.

A screaming, colicky baby can make parents feel helpless and angry. Everyone wants a sweet, peaceful baby, not one who won't stop crying no matter what you do.

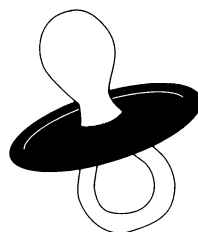
As hard as it is, try to keep calm. Trying one thing after another to soothe the baby may only make matters worse. Pick a few things that seem to work best, and give them a chance.

Get some time away from baby. Others won't mind the crying as much as you do.

Talk to baby's doctor, and see what can be done. Sometimes, a change in mother's diet, if nursing — or in baby's formula — can help.

Medication can be used as a last resort, but doctors disagree on how well it works.

Try to be patient. Colic goes away, usually by 3 to 4 months. If you can forgive and forget the colic, you may even find you have a sweet, peaceful baby after all.



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Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. **This is important:** Look for and notice your child's growth in each area. Then you can encourage each new ability.

Your baby wants you to know:

How I grow:

- ♥ I can hold my head up for a short time when I'm on my tummy. But it still wobbles a little when I'm propped up.
- ♥ I wave my arms and "bicycle" with my legs when I am excited.
- ♥ I can hold onto things you give me for a little while. Did you notice that my hands are open most of the time now?
- ♥ I'm more interested in things. I like to look around and to listen.
- ♥ I might stay awake as long as 10 hours a day, and sleep as long as seven hours a night. But don't count on it! Please be patient with me when I wake up during the night.

How I talk:

- ♥ I gurgle and smile when I'm happy.
- ♥ I try cooing sounds. Say them back to me!
- ♥ I cry to let you know when I need something.

How I respond:

- ♥ I'm fascinated by my hands, and can bring them together.
- ♥ I like to follow you with my eyes when you move around. I watch objects, too.
- ♥ I smile at people.
- ♥ Sucking on my hand or a pacifier helps me calm down.
- ♥ I perform to get your attention. I love it when you get excited about what I can do.

How I feel:

- ♥ I feel happy, sad or uncomfortable at times.
- ♥ I need lots of cuddling and holding.

How I understand:

- ♥ I recognize some people by their voices.
- ♥ I recognize a few things, like my favorite rattle or a bottle.

How you can help me learn:

- ♥ Keep me close to you when you move around the house. Talk to me about what you're doing. I like to listen!
- ♥ Put me in my infant seat and change my position often, so I can see different things. Support my head when you move me around.
- ♥ On a nice day, lay me on my back under a shady tree so I can watch the leaves blow. Remember my sunscreen lotion, so I don't get sunburned.
- ♥ Take me for a walk or out to the store. I like to see and hear what's happening.
- ♥ Give me a massage after my bath. I like your touch. I like the feel of soft fabric and different textures on my skin.
- ♥ Give me easy-to-hold toys that make sounds when I move them. Then I can make the connection between what my hands do and what happens.

When to call the doctor

You're learning more about your new baby, and now you can probably tell when she isn't her usual self. No doctor wants to be called for every snuffle, but any doctor would rather have you call with a question than let a problem become serious.

All babies need to eat, sleep, urinate and have bowel movements. If your baby can't do one of these things as she normally does, call the doctor. Babies can become dangerously **dehydrated** (dried out) very quickly.

Call the doctor if a newborn baby has a fever, seems "floppy" or unresponsive, has bulging or sunken-in soft spots, has convulsions ("fits"), or has trouble breathing. Sharp crying while lying down that stops when she is picked up, or rubbing or pulling at an ear can be signs of an ear infection. Hoarse crying and refusal to eat might mean a sore throat. Call the doctor for these, too.

You know your baby best. If the baby doesn't seem quite right to you, trust your judgment and call your clinic.

Write down the doctor's advice, and insist he or she repeat anything you don't understand. Don't be afraid to ask questions.

When you call the doctor, this information may help:

Temperature: _____°

Rectal _____

Armpit _____

Pain:

Screaming _____

Head rolling _____

Pulling up legs _____

Appetite:

None _____

Very little _____

Vomiting _____

Breathing:

Difficult _____

Fast _____

Slow _____

Coughing _____

Wheezing _____

Eyes/Ears:

Discharge _____

Pulling or rubbing _____

Skin:

Flushed or sweaty _____

Pale _____

Rash _____

Bowels:

Watery _____

Slimy _____

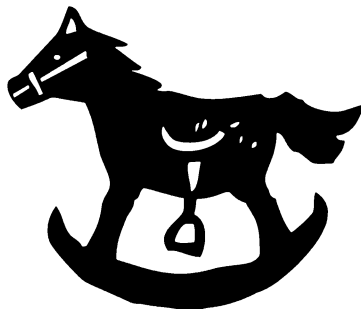
Hard or dry _____

Mood:

Too quiet _____

Fussy _____

Sleepy _____



Sleeping through the night

Some babies will begin to sleep through their middle-of-the-night feeding by the time they weigh about 11 pounds.

If your baby sleeps through the last feeding of the day, you may want to try waking him an hour later for a feeding. Baby may then sleep until 5 or 6 in the morning. But other 2-month-olds will wake up every few hours to be fed, day or night.

Books on child health

Baby and Child Care, Sixth Edition, by Benjamin Spock (New York: Dutton), 1992.

This is still the standard reference to help you decide if your child has chicken pox, pinworms or an earache.

Caring for Your Infant and Young Child: Birth to Age 5, by Stephen Shelov (New York: Bantam), 1993.

This book is by the American Academy of Pediatrics.

Your Baby and Child: From Birth to Age Five, by Penelope Leach, (New York: Knopf), 1987.

This is a comprehensive book with some medical information, some child care information on feeding, diapering and sleeping, and some information on development. It answers many of the questions you might ask a doctor.



Special for dads

Researchers tell us that new dads are often just as good with babies as new moms are. New dads are even as good at bottle-feeding.

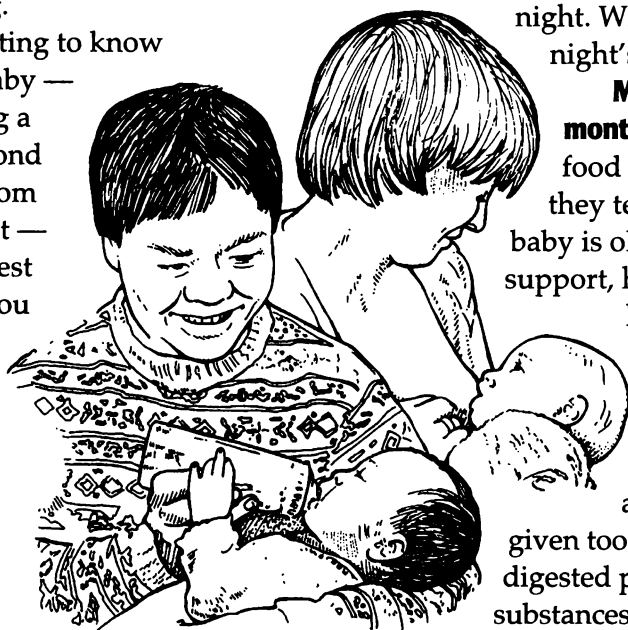
Well-adjusted babies tend to have fathers who are sensitive and help out the child's mother. Are there ways you can make your partner feel special and cared for each day?

Try to let your love for mom and baby show. Hugs and kisses are great — and so is helping with the household and child care.

How about taking over for a few hours on an evening or weekend so your partner can have a break? Caring for your baby alone gives you a chance to get to know her better. In time, you will develop your own ways to do things with your child.

Time with your baby can be scary at first. Try short periods of time to start, maybe carrying her for a walk, or letting your partner sleep while you do the morning feeding.

Getting to know your baby — forming a close bond right from the start — is the best thing you can do.



Baby shots

Doctors recommend starting a series of shots to protect your baby from serious diseases. Five types of shots are needed, and they protect baby from 10 diseases — some for life.

Baby shots — **immunizations** — are available from baby's doctor or at a clinic. Free immunizations are available in most communities. Ask your health department (listed under city or county government in your phone book), tribal maternal-child specialist or clinic.

Here's a schedule we recommend for the first two years:

Month	Immunization
1	Hepatitis B (HBV) #1
2	HBV #2, diphtheria/haemophilus influenza B (DTP/HIB) #1, and oral polio #1
4	DTP/HIB #2, oral polio #2
6 – 9	HBV #3, DTP/HIB #3, oral polio #3
12 – 18	DTP/HIB #4, German measles (MMR) #1, chicken pox

Your doctor or clinic may suggest a slightly different timing of shots. That's OK. If you get "behind" on the shots, don't worry. It's easy to catch up at any time.

Baby shots do have some very rare risks and side effects, but they are safer than the diseases would be. If you have questions about shots for your baby, talk to your baby's doctor or nurse.

Too soon for solid foods

By now, someone has probably told you that feeding your baby solid foods — like cereal — will help him sleep through the night. While you may want to try anything to get a full night's sleep, solid foods probably aren't the answer.

Most babies are not ready for solids before 4 to 6 months of age. Younger babies are not good at moving food to the back of their mouths and swallowing it. So they tend to push food out of their mouths. You'll know baby is old enough for solid foods when he can sit well with support, has good head and neck control, and can turn his head away on purpose if he doesn't like a food or has had enough. This usually happens around 4-6 months.

Babies don't need solids until 4 to 6 months. Breast milk and iron-fortified infant formula have all the nutrients babies need. Sometimes, solids given too early can cause food allergies. The foods are not digested properly, and the body treats them as "foreign substances."

Next month, we'll tell you how to start baby on solid foods.

Comforting crying babies

The second month of life tends to be the peak month for crying. So when you get through this month, things should begin to get quieter.

Babies cry if they are hungry, afraid or uncomfortable — ill, too cold, wet diaper, etc. What if you check for these problems, and baby still cries? Try touching and talking first, then here are more suggestions to help calm crying babies:

- ♥ **Provide steady, monotonous sounds.** Vacuum cleaners, fans, or radios tuned to soft music, loud music with a beat or even static can help. Try singing quietly to baby. Some times recordings of a human heartbeat are helpful.
- ♥ **Cuddle for a while.** Rock in a rocking chair, or snuggle. Babies need lots of holding and touching.
- ♥ **Leave a soft light on in baby's room.** Keep the room a little bit warmer, to help make baby sleepy.
- ♥ **Wrap baby in a light blanket** to reduce thrashing around and startling.
- ♥ **Keep baby dry.** If baby tends to get diaper rash, wash her bottom with water and leave the diaper off for a while to let the skin dry. If it is cold in the house, wrap her in a blanket.
- ♥ **Give her a new view.** Baby may be bored. Hang something over the crib that she can look at but can't reach. Put her where she can keep an eye on you.

Never shake a baby. This can cause blindness, brain damage or death.



Q and A

Won't I spoil my baby if I go to him every time he cries?

Sometimes parents think that if they go to their baby each time he cries, they are teaching him to cry even more to get attention. Babies don't work this way!

Infant researchers agree that it is very important for parents to go to baby promptly when he cries. This leads to less crying later.

By about the fourth week of life, infants use fussing or complaining noises when they need something. By about 6 weeks, just making eye contact with baby can sometimes quiet him.

If you answer quiet cries consistently, baby learns he doesn't have to scream.

Babies are social. They like to know that they can have an effect on their world. When crying means that someone comes, it helps babies cry less, "talk" more, learn more, make more eye contact, and explore the world more. This is better for baby, and for you!

Will my baby be OK in child care?

Placing babies in child care is common. But is it good for babies? Yes, if it's good child care.

First, no one has ever expected one or two parents to raise their children all alone, without help from anyone. Good parents have always counted on family, friends, neighbors, and churches or temples.

Today, the paid child care provider is another person in the community who helps parents and families.

If you want to stay home to raise your baby and you can, then you certainly should. You and your baby will gain from your time together.

On the other hand, if you want to or have to work outside the home, then staying home with your baby might be a mistake.

There are two important questions to ask yourself before you decide on a caregiver:

- ♥ First, does he or she enjoy your child? Babies need lots of loving and attention.
- ♥ Second, will he or she be there during the hours you need in the months to come? Babies need to form close bonds with people, and can suffer if they have too many caregivers.

Children do best when their parents are happy, and when they have a caring, sensitive caregiver at home and in child care.

Your county or area extension office has more information on child care (listed under county government in your phone book).

Child care: What to look for

You may worry about leaving your child in someone else's care. The more you trust your caregiver, the more secure you will feel.

Does the caregiver...

- ♥ have child-rearing attitudes similar to yours?
- ♥ have training to understand what children can and want to do at different stages of growth?
- ♥ spend time holding, playing with and talking to your baby?
- ♥ have enough time to look after all the children in care?
- ♥ welcome visits from parents?

Does the home or center have...

- ♥ a license?
- ♥ few children? Infants do better in small groups.
- ♥ a clean and comfortable look?
- ♥ equipment that is safe and in good repair?
- ♥ nutritious meals and snacks?
- ♥ a policy of babies being held while they are being fed?

Are there chances for children to...

- ♥ be held, cuddled, rocked, smiled at, talked to?
- ♥ relax and rest when they need to?
- ♥ crawl and explore safely?
- ♥ play with objects that develop their senses of touch, sight and hearing, such as mobiles, mirrors, rattles, things to squeeze and roll, pots and pans, soft toys, etc.?
- ♥ learn language through the caregiver talking to the child, naming things, describing what he or she is doing, responding to the child's actions?



Talking for baby to see

Your baby is beginning to know your voice, and likes to look into your eyes when you talk. Why not make a game out of it?

Put baby on your lap, facing you, with her face about 8 to 12 inches away from yours. Lean toward her and talk happily. Pause, and give her a chance to smile, gurgle, wriggle or move her mouth back at you!

Try doing these things one at a time: smile, stick out your tongue, open and close your mouth or eyes widely, or shake your head back and forth while you talk. Watch closely. What does your baby do? Does she smile, gurgle, wiggle?

Give her time to respond. She doesn't have full control of her body yet. If she turns away, give her time to turn back to you. She just needs to take a break. If she makes a sound, repeat it. She will be thrilled. In a few months, she will babble back when you talk to her, just like a real conversation. Taking turns like this helps your baby learn to talk.

Other things that help a baby learn are:

- ♥ Music played regularly, but not all the time or too loud.
- ♥ A bell sewn securely to baby's sock.
- ♥ Singing to baby, and telling her nursery rhymes.
- ♥ Wind chimes or a mobile hung in baby's room.



Credits

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Advisory Board: Marguerite Barratt, professor, Child and Family Studies, UW-Madison; Lorraine Davis, social worker, Wisconsin Department of Public Instruction (retired); Stan Englander, pediatrician, All-Saints-Kurten Medical Group; David Espinoza, director, La Causa Day Care Center, Inc., Milwaukee; Jude Morse, executive director, Wisconsin Children's Trust Fund; Judith Myers-Walls, human development specialist, Purdue University Extension; Susan Nitzke, associate professor of nutritional sciences, UW-Madison and UW-Extension; and Mary Roach, child psychologist, UW-Madison.

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Cooperative Extension Publications
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Madison, WI 53703
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In cooperation with the NCR Educational Materials Project. Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture and Cooperative Extension Services of Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin. *

* Publishing state

North Central Regional Extension Publications are subject to peer review and prepared as part of Cooperative Extension activities of the 13 land-grant universities of the 12 North Central States, in cooperation with the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture, Washington, D.C. Programs and activities of the Cooperative Extension Service are available to all potential clientele without regard to race, color, national origin, age, gender, religion or disability.

Parenting the First Year NCR 321 is a set of 12 newsletters also available in Spanish, *El Primer Año del Bebé* NCR 452. For copies of these or other NCR publications, contact your county or area extension office. If your state does not have copies — or if you need this material in an alternative format — contact the publishing state (note new address):

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NCR 321 Parenting the First Year, Month 2-3 (Revised 1996) R-8-96-10M-500

2000

Virginia Cooperative Extension

Publication 350-010



VIRGINIA POLYTECHNIC INSTITUTE
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VT/133/0600/800/203977/350010



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University of Wisconsin-Extension ■ Cooperative Extension ■ NCR Publication No. 321

Parenting the First Year

MONTH

3-4

How baby is changing

Your baby probably spends less time crying and sleeping now, so she has more time to learn about herself and the world. Baby has just found that she has hands and feet she can control, and she loves to watch them.

Try putting a toy in her hand. Baby will probably hold on and watch it as she moves her arm. Baby might even reach for things and grab them. Even if she can't do it yet, it's fun to practice.

She can get her hand to her mouth, and suck on her fingers. But your baby doesn't have full control over her arms and legs yet. So she may get angry or frustrated when she can't make her body do what she wants it to.

Baby likes to watch things. She may even stop nursing to follow a toy with her eyes. Hold the toy near, then move it away. Bring it close again, or move it out of sight. Did you notice that she doesn't seem to know yet that things still exist when she can't see them?

Baby loves making noises. She can even laugh now! The more you respond to her when she "talks," the more baby will answer back and smile at you. This is good practice for real talking later, and makes life more fun for everyone.

If your baby...

- ♥ reacts with fear or anger to new situations...
- ♥ adapts very slowly to any change in schedule...
- ♥ doesn't keep a regular schedule...

then you could easily get...

- ♥ angry...
- ♥ impatient...
- ♥ confused...

but your baby really needs you to...

- ♥ be patient.
- ♥ introduce new people, foods, situations, etc. very gradually.
- ♥ offer several chances to get used to anything new.
- ♥ make life simpler, quieter, less stimulating.

This is the best way to help your baby overcome feelings of fear or insecurity.

Some babies cuddle more than others.

Most babies love to be held, rocked and cuddled. But other babies don't need as much.

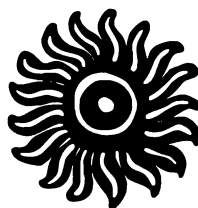
If your baby seems to need less cuddling, it doesn't mean that he doesn't like you. It may be the way your baby is made, part of what makes him a unique new person.

Some very active babies don't like to slow down long enough to cuddle. Watch this kind of baby closely. Is there a time of day — maybe first thing in the morning, after naps or at bedtime — when he's slowed down and more ready to be held?

Other babies may be extra-sensitive to the world around them. Bright lights, loud noises, sudden changes, even holding can sometimes be too much. These babies are often jumpy.

For this type of baby, try to reduce the stimulation level. Turn down the radio or TV, put a dimmer switch on the nursery light, and handle him gently.

Show love to him in other ways. Smile and make eye contact when you talk to him. Sing to him. **Remember**, all babies want and need to be held lovingly sometimes, and not just when they are crying.



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Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. **This is important:** Look for and notice your child's growth in each area. Then you can encourage each new ability.

Your baby wants you to know:

How I grow:

- ♥ I hold my head and back pretty straight when you support my body.
- ♥ When I'm on my tummy, I can lift my head, lean on my elbows, arch my back, and rock.
- ♥ When I'm on my back, I wave my arms and kick my legs.
- ♥ When you hold me, I push with my arms and legs.
- ♥ With support, I can be pulled from lying down to sitting up.
- ♥ I touch my face with my hands.
- ♥ I grab for things with both hands, but sometimes I miss.

How I talk:

- ♥ I coo simple sounds like ooh, ah, ee.
- ♥ I answer sounds I hear by gurgling, cooing and squealing.
- ♥ I don't cry as much as before. Have you noticed?

How I respond:

- ♥ I stare at the place things drop from, but I don't watch where they go when they fall.
- ♥ I get excited when I see people or things I know.
- ♥ I stop sucking to listen to sounds or to look at things. Then I look and suck.
- ♥ I like to listen. Talk to me in simple sentences.

How I understand:

- ♥ I'm starting to have a memory. I like some toys better than others.

How I feel:

- ♥ I usually love to be cuddled.
- ♥ I don't like to be left alone. Let me sit where I can watch you!

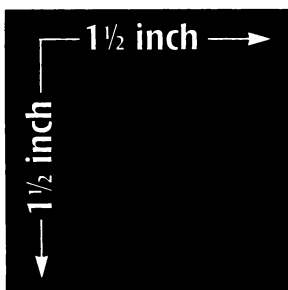
How you can help me learn:

- ♥ Give me safe squeaky toys and rattles to grab or kick.
- ♥ Play pat-a-cake with me.
- ♥ Look into my eyes when you talk to me.
- ♥ Let me see myself in the mirror. Or, get me a safe mirror of my own for my crib or changing table.

Choosing safe baby toys

Toys don't have to be bought at a store, or even specially made for babies. Here are some tips for choosing toys:

- ♥ Babies can put things in their mouths, but they can't always take them out. Never give babies toys smaller than 1½ inches on all sides. See the small parts diagram.
- ♥ Avoid toys with small parts that could come off, like plastic eyes on stuffed animals, or the squeakers in rubber toys.
- ♥ Toys for babies should not be made from anything that could break or splinter.
- ♥ Don't give baby anything with sharp edges, points or corners that could hurt his mouth or eyes.
- ♥ Watch out for stuffed toys or foam toys. Be sure baby can't tear or bite off pieces on which he could choke.
- ♥ Be sure all strings are less than 12 inches long, so baby can't get his neck or fingers trapped.
- ♥ If you have older children or pets, be extra careful to see that small parts of their toys stay out of baby's reach.



NEVER let a baby play with anything smaller than this box.

Baby shots reminder

Remember to make a date at your health clinic or doctor's office for more baby shots when baby is about 4 months old. Today's shots protect against 10 serious diseases, some for life. To work, baby needs a **series** of shots over the first few years.

If baby hasn't had any shots yet, don't worry. It isn't too late to start. The shots are much safer than are the diseases.



Books on parenting

Your Baby and Child: From Birth to Age Five, by Penelope Leach (New York: Knopf), 1987.

What to Expect the First Year, by R. Eisenberg et al (New York: Workman Publishing), 1989.

Baby's sisters and brothers

How are your other children reacting to the baby now? It's normal for sisters and brothers to be upset at the change in their family, especially if they're younger than 5 years.

A toilet-trained child may go back to diapers for a while. Good eaters may lose their appetites. You may notice other changes, too.

Since young children can't always control their actions, don't leave the baby alone with a child younger than four. He or she may hurt the baby accidentally.

Include older children in caring for baby, and praise their efforts. They want to do the right thing, but need to be shown how. Teach them how to hold baby, how close to sit, and games baby might like.

If baby gets lots of gifts, ask your family and friends to remember your older children, too. Keep a few small gifts on hand for them, or let them open the baby's presents.

It's important for you and your partner to spend special time alone with each older child, even if it's just 15 minutes or half an hour.

Try to find time to take your older child for a walk or an ice cream cone, or play a favorite game. Read to your older child during baby's feeding, or after baby's bedtime.

Try to do this often so your older children feel that they're important, too.

Activity: Baby games

Babies love to be with people, and games are a good way to have fun and learn at the same time. Brothers and sisters can play these games, too.

Here are some suggestions about how to play with your baby:

- ♥ Show baby you're really interested in the game. Open your eyes wide, look surprised, smile, talk excitedly.
- ♥ Move baby's arms and legs in rhythm with the game, fast to get her excited, slow if she gets too overworked.
- ♥ Reward her with lots of praise, smiles, and gentle touching.
- ♥ Talk while you play. Baby understands your tone, even though she doesn't understand words. Naming things baby sees helps her learn that words stand for things.
- ♥ If baby's attention starts to wander, it's time to stop.

Peek-a-boo:

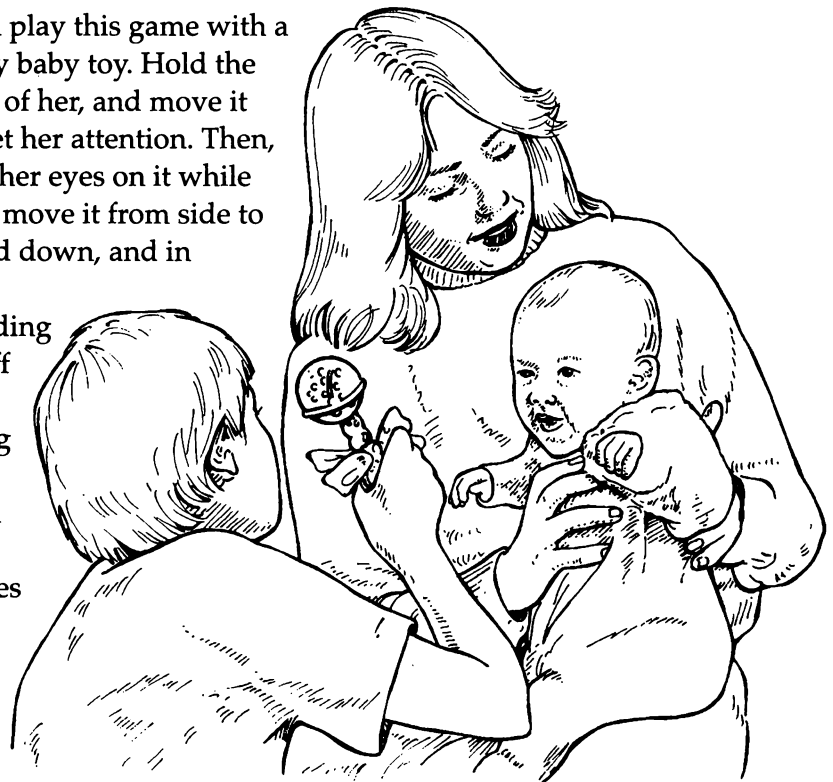
If baby can't see something, she doesn't know it's still there! For example, hide your face behind your hands and say, "Where's Mama (or Papa)?" Then take your hands away and say, "Peek-a-boo!"

Play peek-a-boo by hiding baby's face **very briefly** with a washcloth, or with a shirt when you're dressing her.

Shake the rattle:

You can play this game with a rattle or any baby toy. Hold the toy in front of her, and move it gently to get her attention. Then, try to keep her eyes on it while you slowly move it from side to side, up and down, and in circles.

Try holding the rattle off to one side and shaking it. Does she look to find where the sound comes from? She soon will.



NEVER hit or shake a child!

You probably haven't thought about discipline for your baby. After all, your baby is only 3 months old! But there are some things about discipline you may want to start thinking about.

"Discipline" comes from the word "disciple," meaning student. Think of discipline as **teaching**, not punishing.

The most important thing you can teach your baby now is to trust you. You can do this by meeting her needs, so she learns that you are there when she needs you. Later on, you will need to set limits to keep her safe. The trust your baby has in you will help her try to obey so she can please you.

Tiny babies like yours don't do things on purpose to annoy you, even if it seems like that sometimes. Baby can't help crying, messing her diapers, or waking up at night when you want to sleep. Spanking won't help; it will only hurt. You can't teach your baby to stop pulling your hair, stop dropping toys, or stop putting things in her mouth by slapping her. Be patient. Baby is doing the best she can.

NEVER hit or shake a child. Shaking can cause permanent brain damage, blindness or even death.

Every parent gets upset and frustrated sometimes. But if you ever feel so angry that you're afraid you might hurt your baby, get help.

Call a sitter or friend so you can take a break. As a last resort, put baby safely in her room, shut the door for 15 minutes, and rest. Call Parents Anonymous or another group to talk.



Make baby's room interesting.

Baby is more alert and active now, and his vision is more like yours. He discovers he can change his view of things by lifting up his head, turning it to either side, and rolling over. Help increase his interest in his world by putting fun things to look at where he can see them.

Walls

Hang bright-colored wall hangings or pictures. Pictures can be posters, art prints, family photos, or cutouts from magazines.

Change the display often. If you have older children, they can supply lots of original art. An unbreakable mirror in the crib or over the changing table is good, too.

You might also hang a bright-colored toy or stuffed animal from the ceiling and out of reach.

Windows

If you put baby's crib so the infant can look out a window, he will have lots of new things to look at. Don't put baby in reach of the window or in direct sunlight.

A hanging plant or bird feeder outside can make it even more interesting.

A crystal prism in front of the window will throw rainbows into the room. How about wind chimes? Your baby can look at and listen to them. Be sure to keep these out of his reach.

Smokers

You already know smoking is bad for your health. It is also bad for your baby's health, and anyone else who breathes your smoke. Smoking is the most frequent environmental cause of health problems in children in the United States — it is even related to Sudden Infant Death Syndrome.

Consider trying to quit for your baby.

Fire escape plan

In case of fire, decide on a place outside where everyone in your family will meet, so you'll know they're all out. Practice, and time how long it takes to get everyone out of the house.

Make sure someone is responsible for getting out young children. Who will carry the baby? Plan on more than one escape route. Practice with your eyes closed, in case of heavy smoke.

Teach everyone to crawl along the floor if they smell smoke. In a fire, smoke rises, and usually air along the floor is cooler and better to breathe.

Feel doors with your hand before opening them in a fire. If the door is hot, don't open it. Use an alternate route, like a window. Fire ladders are a good idea for homes with more than one level.

Get everyone out of the house first, then call the fire department.

Family fire safety

The best way to prevent burns or deaths from fire is to be prepared ahead of time.

Every home needs at least one smoke detector located outside the bedrooms. Having one on each level of a home is a good idea. Test the smoke detector on the first of each month, and replace the batteries every six months.

In the kitchen:

- ♥ Don't keep food or flammable objects near the stove.
- ♥ Check to be sure all burners and the oven are off when you're done cooking.
- ♥ Always turn pot handles toward the back of the stove, so children can't pull them down. Never leave cords dangling from coffeepots, hot pots or other appliances.
- ♥ Keep a box of baking soda on hand to put out grease fires. Put a tight lid on a pot to smother a fire. Turn the burner off if you can reach it safely.
- ♥ Keep an all-purpose fire extinguisher in the kitchen, away from the stove.
- ♥ Children have very delicate skin. Don't drink hot coffee with a child on your lap; it might spill and cause burns.

In the bathroom:

- ♥ Plugged-in electrical appliances, like hair dryers or radios, can cause shock or death if they fall into water or

if someone in water touches them — even if they are turned off. Electricity and water don't mix.

In other rooms:

- ♥ Don't run electric cords under rugs. The pressure from walking on them can wear them out and cause fires.
- ♥ Be sure cigarettes are out. Flush butts down the toilet. Don't throw them in the trash.
- ♥ Never smoke where you sleep.
- ♥ When you light a fire in the fireplace, be sure the flue is open and the chimney is clean. Close the screens. Before you go to bed, be sure the coals are out. They can flare up while you're sleeping. Never use gasoline, kerosene or any flammable liquid to start a fire.
- ♥ Keep portable heaters away from people, drapes and furniture. Use only the fuel recommended by the maker. Electric heaters should have automatic shut-off controls.

In storage areas:

- ♥ Keep flammable objects like rags and papers far away from the furnace and the water heater.
- ♥ If you must store gasoline, keep it only in specially designed gasoline cans, and keep it away from heaters and sparks.

Breast feeding tip

Breast feeding mothers do not have to give up nursing if they go back to work, but they do need to plan ahead. If you can, take Wednesdays off for the first few weeks, so that you have every third day to catch up on your rest and be with your baby.

Start building up a supply of frozen breast milk for your child care provider to give baby while you're at work. Pumping twice a day in addition to nursing will build up your milk supply. Refrigerate expressed (pumped) milk and use it the next day, or freeze it right away — just enough for a feeding in each container, about 3 ounces.

If you want your child care provider to use infant formula, introduce bottles to baby once or twice a day several days before you go back to work. That way, baby will get used to formula.

Bottle feeding tips

Don't prop the bottle.

If you are bottle feeding, don't prop the bottle and leave your baby alone. A baby left alone with a bottle could spit up and choke.

It is important for your baby to have the closeness of being held in someone's arms at every feeding. If feeding takes a long time because baby gets distracted, feed her in a dimly lit, quiet room to help speed things up. Other family members, even older children, may be able to give the baby a bottle.

When your baby drinks while lying on her back, formula can back up into the tubes between her throat and ear, called **Eustachian tubes**. This formula can grow bacteria and cause painful ear infections that could hurt your baby's hearing.

Avoid baby bottle mouth.

If baby has a bottle in her mouth all night, the juice or milk sugars can decay her new teeth! Children lose their baby teeth later, but they are important for keeping space in the mouth for permanent teeth. Decayed baby teeth can be painful, and may need to be pulled.



Credits

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NCR 321 Parenting the First Year, Month 3-4 (Revised 1996) R-8-96-10M-500



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Parenting the First Year

MONTH

How baby is changing

Baby is starting to tell people apart, and knows his mom and dad. He will smile more at real people than at pictures of faces. Baby might also have favorite toys.

Baby can probably roll from side to side, and might even be able to go from his tummy to his back. Watch out — your little athlete could roll off a counter, changing table or bed.

Baby is starting to learn that things go together. When he hears you in the kitchen, he expects dinner. Your infant likes to splash in the bathtub, and he loves to look in the mirror.

Your baby's reaching and grasping skills are improving. Watch baby when he wants a toy. At first, baby had to look from his hand to the toy. As he gets better, baby grabs for it directly without looking at his hand first.

Whatever baby reaches goes right into his mouth! You'll want to be sure he can only reach things that are clean and safe to chew on.

Baby may be getting teeth, though most babies begin teething at 6 months. Usually, the two lower front teeth are first. Look for information on teething on page 4.

4-5

Do yourself a favor...

Researchers have found that when a parent responds to a baby's cry **more quickly** at age 4 months, then the baby cries less and calms easier by age 8 months.

This surprises many people. They think that responding quickly to a cry will spoil the baby. But babies aren't like that. You can spoil a child, but you can't spoil a baby.

A quick response teaches baby to trust you. Baby learns to give a small cry instead of a big one, because you will respond to the small cry. You need to do less to settle a crying baby if you respond quicker. Because you are meeting baby's needs, she needs to cry less.

It may take a little extra effort now. **But remember:** You will have a happier and easier baby in the months ahead.

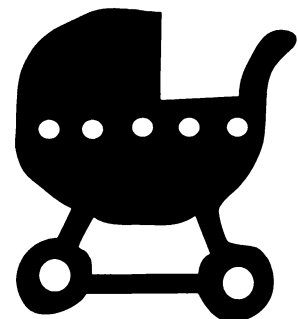
Can a baby obey?

It is important for a child to obey her parents, but a 4-month-old infant does not understand what you say to her. She hears your tone of voice, and may sense that you are angry.

Research shows that a baby this young is not able to control her actions long enough to do what you tell her. And your baby won't be able to for some time. So spanking or slapping her hand will only confuse her, and won't help at all.

Being kind and gentle with your baby will help more than anything else. Baby doesn't do things to bother you on purpose.

To learn and grow, your baby needs a calm and loving home. It's very easy to get your baby interested in different things at this age. Instead of slapping her hand or shouting at her, try redirecting her attention to something else.



VPI & SU LIBRARY

Activity: Baby exercises

One way to have fun together is to have a daily exercise time. There may be books on exercises for baby in your public library. Here are a couple of examples to try:

Pull to sitting

Lay baby on her back on a blanket or rug, and hold both of her hands. Slowly pull baby up until she is sitting. To encourage her, you can say things like, "Up we go!"

At first, you may do more of the work. But baby will get the idea, and may soon work hard to help herself up.

Rolling over

Lay baby on her back on a blanket and sit behind her head, holding a toy. Squeaky toys work well for this. Hold the toy where baby can see it. Slowly move it so baby has to turn her head to follow it.

Praise baby if she arches her back and starts to turn. If she turns with her shoulders but her legs aren't following, gently push on her bottom to help her over. Save this game for a later time if baby doesn't try at all.

Later, you'll be able to help baby practice crawling.

Your baby wants you to know:

How I grow:

- ♥ I turn my head in all directions.
- ♥ I lift my head forward when I'm on my back, and grab my feet with my hands.
- ♥ I sit up for about 15 minutes with my head and back straight if you support my body.
- ♥ I prefer sitting, instead of lying down; it's more interesting!
- ♥ I roll from my back to my side, but sometimes I get my hand caught under my stomach.
- ♥ I put things in my mouth.
- ♥ I splash and kick with my hands and feet in the bath.

How I talk:

- ♥ I babble and imitate sounds, coughing and clicking my tongue for long periods of time.

Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. **This is important:** Look for and notice your child's growth in each area. Then you can encourage each new ability.

- ♥ I coo, grin or squeal with joy when you talk to me.

How I understand:

- ♥ I love to see myself in the mirror.
- ♥ I'm fascinated by my hands.
- ♥ I like some people, and am shy or scared of others.
- ♥ I can remember things for about five seconds.
- ♥ I remember important people, like my parents, from night to morning or even longer.
- ♥ I know if something is near or far.

How I feel:

- ♥ I get excited when I have fun. Everything is a game to me.
- ♥ I cry and get mad when you stop paying attention to me or take a toy away.

How you can help me learn:

- ♥ Put me on my tummy and hold up a toy for me to follow. This helps me learn to roll over.
- ♥ Blow soap bubbles for me to follow with my eyes.
- ♥ Read nursery rhymes to me. I like to listen to your voice.
- ♥ Play "This little piggy..." with my toes or fingers.

High chair safety

When baby starts to lean forward out of her infant seat — and you're afraid she'll tip over — it's time for a high chair. Here are some things to look for, to be sure the high chair is safe for your baby:

- ♥ It should be sturdy, with a wide base so it won't tip easily.
- ♥ There should be a seat belt with a crotch strap to go between baby's legs to keep her from sliding out.
- ♥ The tray should lock securely on both sides, with no sharp edges.
- ♥ Belt buckles and tray locks should be easy for you to use, but not easy for your baby to use.
- ♥ The seat should not be slippery. If it is, put rubber bathtub stickers on it so she doesn't slide around.

DOs and DON'Ts for using a high chair:

- DO** always use the seat belt and crotch strap.
- DO** lock the tray into place.
- DO** be sure baby's fingers are out of the way when you lock the tray.
- DO** keep the high chair at least 12 inches away from the counter or table when baby is in it. Baby could push off and tip over.
- DO** watch baby closely when she is in the high chair. Some babies have slipped down between the leg straps and strangled.
- DONT** let baby stand up in the high chair.
- DONT** let other children climb on the high chair.



Learning through touch

Baby spends a lot of time playing with his hands and feet and learning about his body. This is also how he learns about others. Baby may grab for your hair or pat your face as a way of learning who you are. He doesn't mean to hurt you. He is just curious.

Feeling a blanket, a cuddly toy or the bath water helps him learn about other things in the world. Give your baby different textures to feel, like soft and fuzzy things, hard or bumpy things. Avoid small things that could choke baby. And make sure mittens or bulky clothes don't prevent him from touching things and moving around easily.

Your baby also learns by being touched. From your handling, he senses how you feel about him.

If you hold your baby only when you have to bathe or change him, you both miss time to be close and to learn.

Touch and hold your baby often. That's how baby learns that you're near and that you care. Most of all, baby learns that he is loved. Research shows that when parents hold their babies more, the babies cry less. You can use a specially made front pack or scarf pouch to keep baby next to you while you are up doing things.

Give baby lots of hugs and kisses, pats, rocking, stroking and massages.

Q and A

I think my baby is teething. She's cranky and drools a lot. What can I do to make her more comfortable?

Some babies begin to get teeth at this age. While first teeth usually come in at 6 months, some babies get them as early as 3 months, while others don't get any teeth until they're a year or older. The age doesn't matter. Once she starts, baby will "teethe" off and on for months.

As teeth push through the gums, your baby may feel some soreness and become cranky and irritable.

You can ease soreness by putting an ice cube in a clean cloth and rubbing it on baby's gums for a few minutes.

Chilling a teething ring in the refrigerator and then letting baby chew on it may also help.

Your baby may drool a lot. Wipe the drool so his chin doesn't get sore. Baby may also have some diarrhea. If the diarrhea continues, it may be caused by something other than teething.

Don't blame fever, vomiting, diarrhea or other signs of illness on teething. If your baby shows any of these signs, have a doctor check your baby.

Learning to talk

Learning to talk is a process with many steps. Each child is on his own time schedule. You may have noticed that baby is now listening very closely to you and watching your face when you talk.

Baby will even talk back to you now. At first, he makes mostly vowel sounds like "Aaah" and "Oooh." But soon, he will add consonant sounds like M, B and P. Each sound your baby makes is a step toward true speech

Encourage baby to talk by talking to him and **pausing to give him a chance to answer**. At first, baby may smile and wave his arms instead of making a sound. That is OK. Talking is hard work. Give him lots of chances to practice making sounds, and praise him when he succeeds. Baby is learning that conversation involves **taking turns**. He is also learning that you are a fun person to talk to.

Research shows that parents who talk more to their babies have babies who learn language sooner and better

Even when you are working, talk to your baby! Some parents find it easy to chat to baby while cooking, cleaning, or sorting the mail. Other parents may feel silly doing this at first. It doesn't matter what you talk about. Your baby can't really understand much of what you say yet, anyway. But he'll be pleased to be included.

Use bath times, meal times, and diaper changing times to "teach" language. Parents can help baby learn by telling baby what they are doing as they do it. For example, say "up" as you pull him to sit. Say "banana" as you offer him some. Say "toes" as you wash his toes in the bath. It will take a long time, but this practice helps baby to learn the meaning of words.

What about baby talk?

Baby talk such as "Isn't oo mama's precious uzzums" probably doesn't help your baby learn to talk. This is hard to understand, and some of the words don't mean anything.

There is another kind of baby talk that is useful. Researchers call it "motherese." Motherese means keeping your sentences short and simple, repeating words, raising the pitch of your voice, and ending words with an "ee" sound. For example, say "dog" out loud. Now say "doggie." Isn't it much easier to hear the "g" in "doggie?" You are giving your baby extra chances to hear the sounds of language.

Researchers have found that people all over the world talk a bit differently to babies than they do to adults. Even young children use "motherese" when talking to babies. It's natural, and it really does help.

So talk directly to your baby when you get the chance. Ask questions, and wait for responses. But above all, be a good listener and always try to answer your baby when he talks to you.

Moving to a big bathtub

If you've been using the kitchen sink or a special baby tub for baths, your baby may be starting to outgrow it.

To make the move to a big bathtub easier for you and your baby, here are a few things you can try:

- ♥ If you use a baby tub, try putting it into the bathtub for a few days and bathing baby inside it.
- ♥ Take a bath with baby. Don't hold your baby in your arms when you get in or out, you could slip and fall.
- ♥ Keep the water shallow.
- ♥ Put a towel in the bottom of the tub to reduce slipping.
- ♥ Bathe baby slowly and gently until he gets used to it. Hold him securely.
- ♥ **NEVER** leave your baby alone in a bathtub, even for a minute. If the phone rings, wrap him in a towel and take him along — or just let it ring.

Bathing baby in a big tub can be hard on your back.

Try this:

1. Bend from your knees, not from your hips. Use your stronger leg muscles to help when you lift baby.
2. Hold heavy objects, like baby, close to your body.
3. Don't lift and twist at the same time. Lift, then turn.
4. When you can, rest lying down with your knees bent and your feet up.



Babies need water.

Babies get thirsty, too. Offer water to your baby, especially in hot weather or when she has a fever. A sip of water from a spoon sometimes cures hiccups.

This month, try giving her tiny sips of cold water from a small, plastic measuring cup — ¼-cup size. Go slowly.

When you travel with baby, take some of your tap water along in a bottle, or buy distilled water. A change of water can make a baby sick.

Activity:

This little piggy...

Hold big toe, and say: "This little piggy went to market."

Next toe: "This little piggy stayed home."

Third toe: "This little piggy had roast beef." (Or pizza!)

Fourth toe: "But this little piggy had none." (Look sad.)

Little toe: "And this little piggy went, 'Wee, wee, wee,' all the way home!"

He or she, him or her?

This series gives equal time to both sexes. That's why we take turns referring to children as "he" or "she." Keep in mind that we are talking about all children when we use "he" or "she."

Is your water safe?

If you have a private well, we recommend you have it tested for nitrates now, and for bacteria once a year. Water from private wells in some parts of the country have nitrate levels that are dangerous for babies under 6 months old and for pregnant women.

When water contains more than 10 mg. of nitrates per liter (reported as nitrogen, NO_3N), it does not meet standards. Ask your local health department for help testing your water (listed under city, county or tribal government in your phone book). The U.S. Environmental Protection Agency (EPA) recommends getting drinking water tested by a certified public health lab. For help finding the lab near you, contact EPA toll-free: Safe Drinking Water Hotline **(800) 426-4791**

For example, in Wisconsin you can contact: State Lab of Hygiene, 465 Henry Mall, UW-Madison, Madison, WI 53706, (800) 442-4618; in Madison: 262-1293; or the Environmental Task Force Lab, UW-Stevens Point, Stevens Point, WI 54481, (715) 346-3209. Test kits cost about \$15 each (price subject to change).

If your water has high levels of nitrates, you may need to redrill your well or use bottled water from a safe source during your baby's first year. For more information, contact your county or area extension office (listed under county government in your phone book).

New foods for baby: Starting solid foods

Does your baby sit well with support? Hold his head up without wobbling? Put things into his mouth and chew on them? These are some signs that your baby is ready to start eating solid foods.

Many doctors recommend starting with rice cereal.

This is fortified with iron and not likely to cause food allergies. Mix a tablespoon of cereal with breast milk or iron-fortified infant formula until the mixture is smooth and about as thick as cream.

Pick a time when baby is hungry, but not starving. It may help to give him some breast milk or infant formula, then try cereal, and finish with more milk or formula. Hold him on your lap.

Use a small, narrow spoon. Put cereal, a little at a time, toward the middle of baby's tongue. Baby's tongue may push the food back out. Be patient — it takes time to learn how to chew and to swallow. Using a bib will cut down on the mess. Start with small amounts.

Do not use an infant feeder, syringe or bottle to feed solid foods. These can cause choking. They don't help baby learn to eat from a spoon, and they can cause overeating.

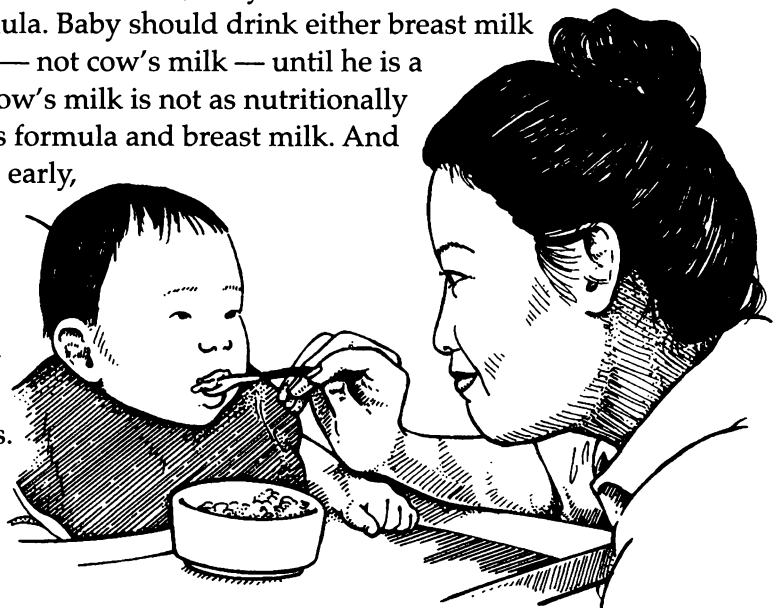
Fruits and vegetables are probably the next things to try.

Try each single new food for three or four days before adding another new food. This gives you a chance to see if the new food causes an allergy or tummy upset. For the same reason, give single foods, like pears, before trying mixed foods, like peaches and pears together.

If you feed your baby food from the jar, you'll need to throw the uneaten food away. Baby's saliva on the spoon causes food to spoil quickly. To prevent this, put a small amount of food into a small dish to feed baby.

Even with solid foods, baby still needs breast milk or iron-fortified infant formula. Baby should drink either breast milk or formula — not cow's milk — until he is a year old. Cow's milk is not as nutritionally complete as formula and breast milk. And if given too early, cow's milk can cause allergies.

Baby's doctor may have other suggestions.



Think twice about baby walkers.

Baby walkers have had so many safety problems that some officials think they should be banned. Experts believe that up to 40 percent of babies using walkers will be hurt by them.

Babies in walkers have fallen down stairs and have been badly hurt or killed — even with safety gates on the stairs.

Some babies have lost fingers when the walkers folded up.

Some babies have strangled in some models when the strap buckle slipped and allowed them to slide down.

There are other safety concerns with walkers, too. Babies in walkers can move 3 feet per second — faster than parents can react. And babies are up higher so they can reach things — like cleaners or other poisons — parents may not have put away yet.

Some parents think walkers help children learn to walk, but they don't. If walkers are used too much, they take away time that a baby could use learning to crawl or walk.

If you do decide to use a walker:

- ♥ Close doors to stairways, and latch safety gates.
- ♥ Keep a close eye on baby.
- ♥ Remove dangerous things from baby's reach.
- ♥ Use it for short periods of time, less than two hours a day.

The JPMA (Juvenile Products Manufacturers Association) now certifies walkers and puts labels on safer models. To get the JPMA approval, walkers must be made so they don't collapse accidentally, pinch fingers or tip over easily. Watch for the JPMA label if you are buying a new walker.

Crib toy safety alert

Be sure to remove crib toys that fit across the crib by the time your baby is 5 months old.

When babies can push up on their hands and knees — some time around 5 months — they can fall over the toy, and not be able to get free. This could cause strangling.

Hooded sweatshirts and other loose clothing could also be caught on parts of these toys, causing strangling. Babies really should not wear these kinds of clothes.

The U.S. Consumer Product Safety Commission has a toll-free number you can call to ask questions, report problems with baby products, or find out about product recalls: **(800) 638-CPSC**



When baby is 5 months old, remove crib gyms or toys that string across the crib.

Credits

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NCR 321 Parenting the First Year, Month 4-5 (Revised 1996) R-8-96-10M-500

2000

Virginia Cooperative Extension

Publication 350-010



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Parenting the First Year

MONTH

How baby is changing

Baby has lots of energy! She seems to be moving all day when she isn't asleep. Many 5-month-olds can move around by rolling or wriggling. You may need extra patience to keep up with her!

Baby knows her mom and dad from strangers, and may cry when one of you leaves. Don't sneak out! Tell her "Good-bye," and that you will be back. Help her learn to trust you.

Soon your baby will show signs of being afraid of some people she doesn't know well. Let her get used to new people slowly. She may be less afraid if you are nearby.

Baby may like toys that make noises now. Ring a bell or squeeze a squeaky toy, and watch her try to find out where the sound came from. Then let her try it herself. Say different sounds. Does she copy you?

Your baby has discovered her feet, and may love to suck on toes. She is getting stronger, and may start to push up on her hands and knees. For safety, remove toys like crib gyms that are strung across the crib.

From this age on, your baby will be very interested in toys that she can touch, look at, chew, suck and bang together.

5-6

Do yourself a favor...

Some parents are able to make a regular date to be with other parents and babies. Once a week, two or three parents and babies get together for an hour or more.

Babies enjoy these play groups. Parents may enjoy them even more! You can watch your babies grow together, and learn from each other.

You may be able to use each other for emergency baby-sitting, too. Every parent has days when baby drives him or her crazy. It helps to have a friend you can call on for an hour or so if you need to run an errand, or even if you just need some time alone.

No one raises a baby well without help. Is there someone in your neighborhood who likes to talk about babies?

Child guidance: Discipline and safety

Baby is starting to get into things, and may get a hold of something you don't want him to have. Since everything he picks up goes into his mouth, it's time to think about safety.

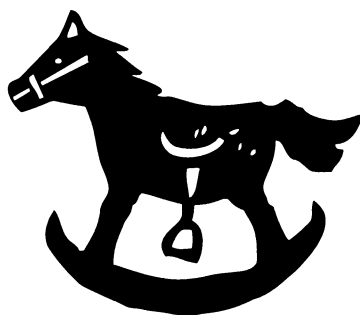
One way to guide your child — and simplify your life — is to take the time now to **babyproof** (see page 5).

Baby needs and wants to explore. So it makes sense to babyproof, rather than to follow him around saying "No" to everything he does.

Another form of child guidance is to **redirect**. This means moving him away from a hazard — such as a lamp cord — to some place safe.

And you can **substitute** — interest your baby in a toy he can play with, then gently remove the thing you don't want him to have. For example, find a different drawer in the kitchen that is OK for him to empty.

DO NOT slap your baby's hands or yell at him. Baby can't control his behavior yet. If you spank him, he learns that it is OK to hit. It's up to you to keep him out of danger, not to punish him for getting into it. Try the three methods listed above, instead.



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Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. **This is important:** Look for and notice your child's growth in each area. Then you can encourage each new ability.

Your baby wants you to know:

How I grow:

- ♥ I rock, roll and twist my body.
- ♥ I kick my feet and suck on my toes.
- ♥ I stand up if you hold me under my arms, I jump up and down and stamp my feet.
- ♥ I have pretty good aim when I grab something.
- ♥ I can roll over.

How I talk:

- ♥ I watch your mouth, and try to imitate you when you talk to me.
- ♥ I make sounds like ee, ah, ooh, dada, bye-bye, mama.
- ♥ I babble to myself, to my toys and to people — I get attention that way!

How I respond:

- ♥ I may cry when I see strangers.
- ♥ I smile at faces and voices that I know.
- ♥ I look around when I hear sounds.
- ♥ I make sounds and interrupt your conversations, because I want attention.
- ♥ I want to touch, hold, turn, shake and taste everything.
- ♥ I put a lot of energy into everything I do.

How I understand:

- ♥ I recognize my name.
- ♥ I can tell the difference between myself and others in the mirror.
- ♥ I remember what I just did.

How I feel:

- ♥ I usually cling to you when you hold me.
- ♥ I stop crying when you talk to me.
- ♥ I show fear, anger and disgust.

How you can help me learn:

- ♥ Talk to me in complete sentences about what you're doing.
- ♥ Face me, so I can watch your lips when you talk. Then I can try to imitate you.
- ♥ Play peek-a-boo with me.
- ♥ Let me listen to the radio for short periods of time. Let me have quiet times, too.

What is your baby like?

Now that you've had a few months to get to know your baby, you're probably noticing that she has a personality all her own. Research on babies' personality — or temperament — shows that babies may differ in these ways:

Rhythms: Some babies eat, sleep, even mess their diapers at around the same times each day. Others never do things at the same times from one day to the next.

Approach or withdrawal: Some babies shy away from new things, while other babies seek them out.

Adaptability: Some babies won't take their formula if it isn't the right temperature, and some babies can only sleep in their own cribs. Others seem to do fine no matter where they are, or with whom.

Intensity of reaction: Some babies whimper quietly if they're cold or hungry. Others howl as soon as they're unhappy.

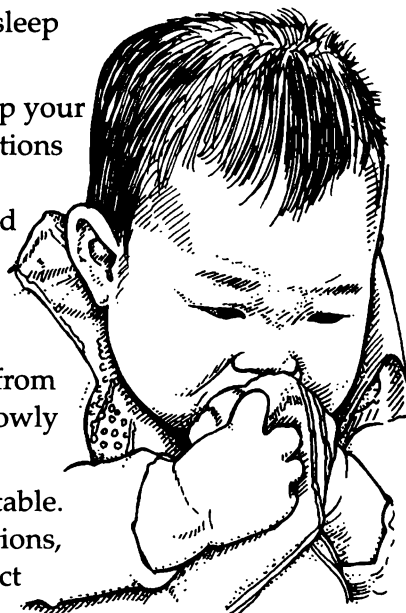
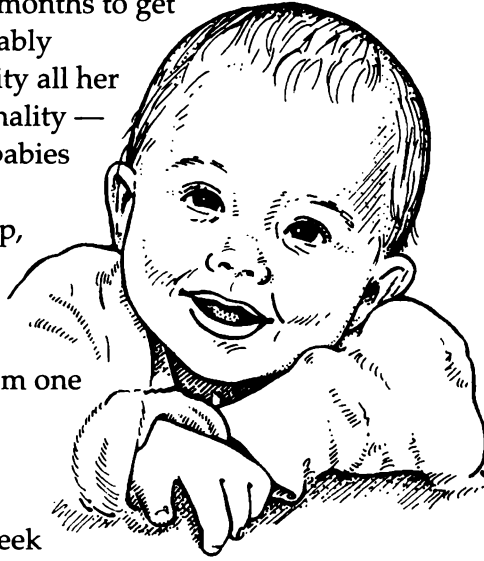
Threshold of responsiveness: Some babies notice the tiniest change in their surroundings. Others can sleep through thunderstorms.

All these things together make up your baby's temperament. Some combinations are easier to live with than others.

Easy babies are somewhat active and predictable. They adapt easily to change, and are usually happy.

Slow-to-warm-up babies pull away from new things a little, and adapt slowly to change.

Difficult babies tend to be unpredictable. They withdraw from new situations, adapt slowly to change, and react very strongly.



If your baby is difficult, remember these three things:

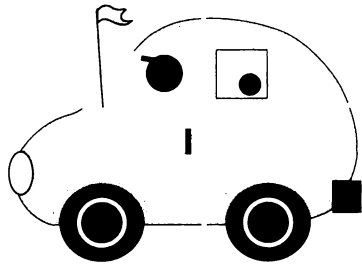
1. Baby is not difficult on purpose, and is not a bad baby. He can grow up just as bright and loving as other children.
2. Your baby was born with this style of adapting, but he may change as he grows.
3. A difficult baby needs more caring and patient parents who will accept him and help him learn.

To help a difficult baby, introduce new things slowly so he gets used to them. Pay attention to your baby's signals, and adjust your plan to his temperament. Over time, you will find just the right amount of stimulation to suit him. The style of adapting that makes baby difficult at this age can help him with problem-solving when he is older.

Warning: Honey is harmful for babies.

Babies under one year old should not be fed honey. Honey has spores that can cause a disease called "Infant Botulism." Older children have more well-developed intestinal tracts, so honey is safe for them.





Baby gets moving

Baby's first year is filled with milestones — first smile, first tooth, first time sitting alone. Last month, you read that learning to talk is a process with many steps. Physical development is the same way.

In between the milestones of sitting, crawling, standing and walking are smaller steps. Your baby's control starts with her head and moves down to her feet. She learns to control her trunk first, then her hands and feet.

One baby may sit sooner than another, but every baby first holds up her head and neck, then learns to use her arms and hands, and finally her body, legs and feet.

If your baby seems to be developing more slowly than other babies, remember she has to do things in order, and on her own schedule. For example, some babies are too busy working on language or grasping to work on sitting or crawling.

Speedy physical development by itself does not mean she is advanced in other areas. And, slow physical development doesn't mean she is slow in other areas. If baby is slow in more than one area, talk to your doctor.

Activity: Helping baby's memory

As your baby reaches 5 and 6 months, watch how he reacts when things disappear from view. Does baby lean over to look for things he dropped? Does baby put a toy down and go right back to it later?

These are signs that baby's memory is growing. When he was younger, things were "out of sight, out of mind." Now, he is learning that things exist even when not in sight.

You can have fun with your baby, and help his memory:

- ♥ Show baby a toy, then cover it — slowly at first — with a cloth or cup. Does your infant try to pull the cover off? What if you cover only part of the toy? Try different toys, and different covers.
- ♥ Play peek-a-boo to help baby learn that you come back when you go away. Sometimes cover your face, and sometimes cover his.

If your baby doesn't play these games now, wait a few weeks and try again.

Prevent lead poisoning.

Old paint often has lead in it, and even tiny amounts can poison an infant. If your home was built before 1980, you may have a problem. Lead reduces memory, intelligence, concentration and hearing. Damage to babies' developing nervous systems cannot be cured — only prevented.

Lead paint becomes a problem when it chips or turns to dust. It becomes dust when doors or windows rub while moving, when people walk over a painted floor, during remodeling, or as outdoor paint weathers.

When baby begins to crawl, then puts her fingers in her mouth, she may be eating lead. If she is teething, then chewing on the window sill may feel good. It may also taste good, since lead tastes sweet.

You can reduce dust levels by washing floors and walls monthly with cleaners made for lead paint. Ask for these at your hardware store, and heed label warnings. Or, painting over lead-painted surfaces can keep them covered.

But to rid your home of danger, you need to remove the lead. This can be hard — and risky. Do not use a power sander or open flame. Removing old paint causes dust that may be breathed in, so keep the work area clean and keep children out. A regular vacuum cleaner will just stir up this dust. You need to rent a HEPA (high efficiency particulate air filter) vacuum.

For advice and help, call your local health department (listed under city, county or tribal government in your phone book). For a list of labs that test paint chips and dust for lead, call: **(800) 424-LEAD**

If your baby spends time in a home or any place built before 1980, ask your doctor, clinic or tribal maternal-child specialist about a blood test for lead.

Babyproof your home.

As a parent, it's your job to make baby's world a safe place for him to learn and grow. Babyproofing helps protect your baby from dangerous things in your home — and helps protect your precious objects from damage.

Start by getting on your hands and knees and looking around your home from a baby's eye view. Watch out for:

Small or sharp things

Anything baby can reach will go into his mouth. Keep floors and tables clear of popcorn, cigarettes, dust balls, coins, paper clips, staples — and anything smaller than 1½ inches that you wouldn't want him to eat. Inspect toys often. Safe toys can become dangerous when broken.

If knobs on your television or stereo are small and come off, electronic stores sell larger ones.

Keep knives, scissors and razor blades out of baby's reach. Throw out broken glass and other sharp objects right away — don't leave them in open wastebaskets.

Electrical things

Cover unused electrical outlets with plastic plugs you can buy at the hardware store. Keep lamp cords out of the way behind furniture. Move fans up high.

In the kitchen, don't leave cords dangling. Turn pot handles toward the back of the stove.

Poisons

If you can, move cleaning supplies to a high place. Put childproof locks on cupboards

with dangerous chemicals. Children drink things just to try them, even if they taste bad. Some house plants are poisonous.

If you have a party, pour left-over drinks down the sink. It takes very little alcohol to poison a child. Cigarettes can also poison children who eat them.

Medicine cabinets should lock. Don't take medicine in front of your child. Never tell baby medicine is "candy." In large amounts, even aspirin, acetaminophen or vitamins can kill. Keep the Poison Control Center phone number near your phone.

Plastic bags

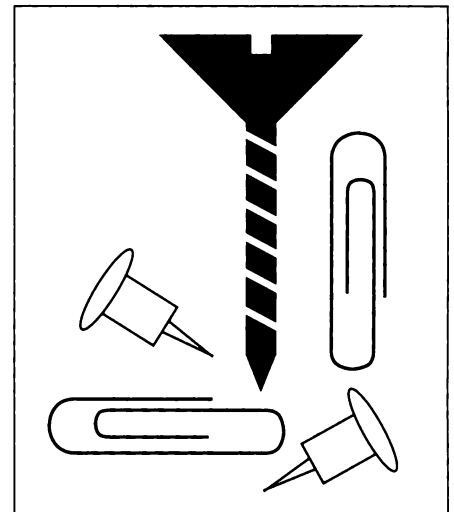
The plastic bags covering dry-cleaned clothes are very dangerous. Baby can get a bag over his mouth and nose and suffocate. Balloons — except the shiny Mylar® kind — can choke baby. Throw broken balloons out immediately.

Stairs

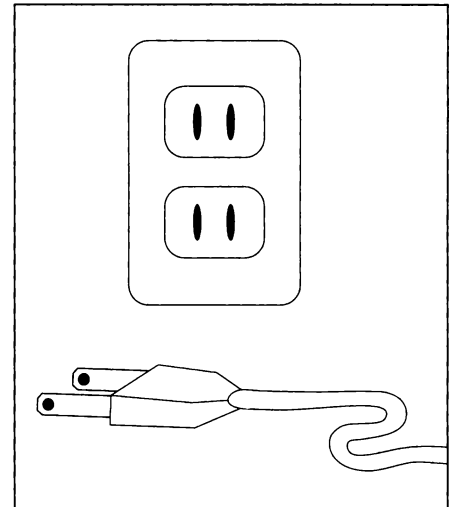
Install safety gates at the top and bottom of open stairways. Be sure to keep gates fastened at all times when baby is around.

Valuables

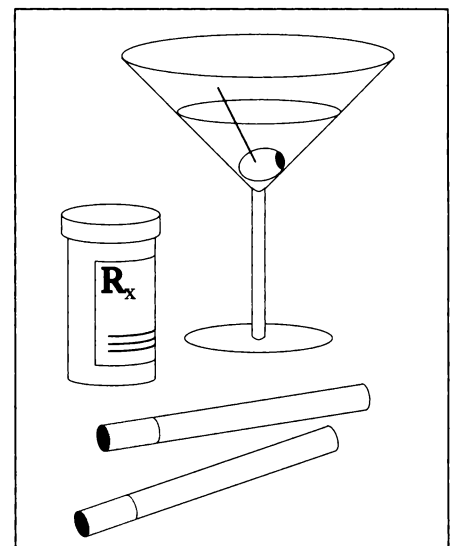
Hide your valuables away for a while, or move them to high shelves. It's easier to change your home than to change your baby, and it saves you saying "No, don't touch that."



Small or sharp things



Electrical things



Poisons

Introducing the cup

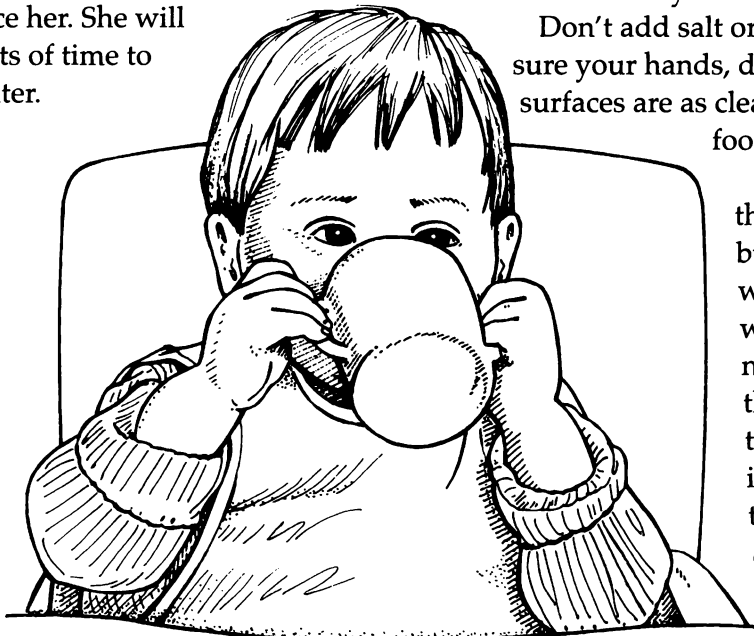
Many 5-month-old babies are ready to start learning how to drink from a cup, although they still need to use a bottle most of the time.

Choose a non-breakable cup with handles to hold. A small cup is best. A large cup could cover her eyes when she drinks from it, and scare her. Try these steps:

1. Give baby the empty cup to hold and to look at.
2. Let baby watch you and her brothers or sisters drinking from a cup.
3. Put a spoonful of water or juice in the cup, and let baby help you tip it so she can drink.

As baby gets better, put more in the cup and encourage her to hold the cup. Be ready for spills and drips!

If baby rejects the cup, do not force her. She will have lots of time to learn later.



New foods for baby

Breast milk or iron-fortified infant formula is still your baby's main food. But you can now start adding some semi-solid foods to the baby's diet. Most parents start with a thin mixture of baby rice cereal and breast milk or formula. Check with your doctor or clinic. Ask for specific advice for starting new foods.

Give each new food for 3 or 4 days in a row before starting another new food.

That way, you will know which food is suspect if your baby gets a rash, diarrhea or a stomach ache. Check with your baby's doctor if your baby seems to have a reaction to a new food. Don't worry, though, if your baby's stool changes color with each new food.

Use a small spoon that comfortably fits your baby's mouth. Your baby may take some time to get used to the spoon, so a few spoons of cereal is enough for these early feedings. Be ready to give the baby his usual formula or breast milk after a few minutes.

Once your baby has become skilled at eating cereals, you can add other new foods to his diet.

Try one or two spoons of puréed vegetable. Squash, carrots or sweet potatoes are good for starters. A few days later, try a green vegetable like peas or beans. You can use baby food from the store or make your own by mashing cooked vegetables with a fork, baby food grinder, or blender.

Remember: Honey is dangerous for babies; avoid it.

Don't add salt or seasonings to foods for your baby. Make sure your hands, dishes, and kitchen equipment and surfaces are as clean as possible whenever you prepare food for the baby.

If you use commercial baby food, be sure the safety button on top is down when you buy the little jars. Listen for the "pop" when you open the jar so you know the jar was not opened before. If you find a jar is not sealed, throw it away or return it to the store. Don't feed baby straight from the jar — put a small amount in a dish instead. If food is left over from the dish, throw it out. Refrigerate the rest of the jar, and use it within the next day or two.

For more information about nutrition, food preparation and food safety, contact your doctor or county or area extension office (listed under county government in your phone book).

What if my child care provider and I don't agree?

Parents often have to make some compromises between “ideal” child care and the actual choices available. Some compromises — such as cost or a far-away location — you may simply have to live with.

But if you have real concerns about your baby’s care — or if there is something in particular you want your child care provider to do differently — then you need to talk with your provider. A good provider will welcome this, knowing that you are partners who need to cooperate.

Be careful **NOT** to say something like:

♥ “You shouldn’t do that with the children.”

This may offend the provider, or start an argument. Plus, there is usually more than one right way to do things.

Instead, start out by saying:

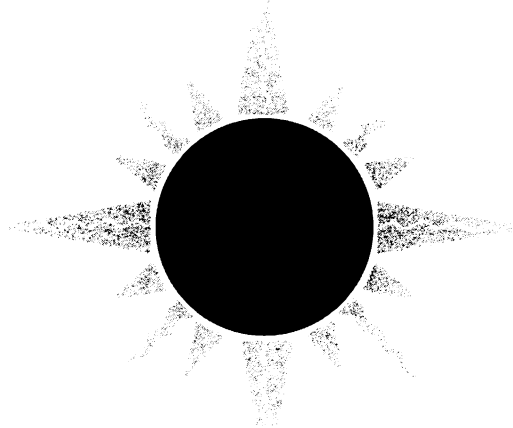
♥ “In our family, we prefer to do it this way.”

This shows that you know that other parents may choose to do things differently than you do. A good provider can then listen, and get a better understanding of what is important to you.

Try to be flexible. Try to get to know your provider as a person. Parents and providers can usually work things out. But sometimes your child-rearing ideas will be too different. In that case, you may need to look for another provider.

What do providers complain about?

- ♥ Parents who are late picking up their children.
- ♥ Parents who are late paying their child care bills.



Credits

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Advisory Board: Marguerite Barratt, professor, Child and Family Studies, UW-Madison; Lorraine Davis, social worker, Wisconsin Department of Public Instruction (retired); Stan Englander, pediatrician, All-Saints-Kurten Medical Group; David Espinoza, director, La Causa Day Care Center, Inc., Milwaukee; Jude Morse, executive director, Wisconsin Children’s Trust Fund; Judith Myers-Walls, human development specialist, Purdue University Extension; Susan Nitzke, associate professor of nutritional sciences, UW-Madison and UW-Extension; and Mary Roach, child psychologist, UW-Madison.

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Madison, WI 53703
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Parenting the First Year NCR 321 is a set of 12 newsletters also available in Spanish, *El Primer Año del Bebé* NCR 452. For copies of these or other NCR publications, contact your county or area extension office. If your state does not have copies — or if you need this material in an alternative format — contact the publishing state (note new address):

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NCR 321 Parenting the First Year, Month 5-6 (Revised 1996) R-8-96-10M-500

2000

Virginia Cooperative Extension

Publication 350-010

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Parenting the First Year

MONTH

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How baby is changing

Teething often begins during the sixth month. Baby may drool more than usual, and be uncomfortable and fussy. Teething rings can soothe sore gums. Try rings that are cold or warm, smooth or bumpy, and different shapes.

Your baby may be able to roll from his stomach to his back and then over to his stomach again, with a rest in between. Some babies can get across a room this way.

Baby's legs are strengthening. He probably loves to stand up, with you holding under his arms. He may bounce up and down. These exercises help his legs prepare for crawling and walking.

Some babies will begin learning to sit up. Be sure he has soft surfaces to fall on. Keep an eye on him — he may get stuck in an uncomfortable position.

Is your baby showing more fear of strangers? This is a good sign. It means he can tell people he knows from people he doesn't.

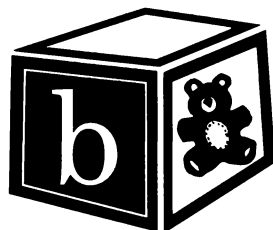
Hold your baby when he meets people. Let him get used to them slowly, especially child care providers. Or you could have the new person hand him a favorite toy.

Babies love babies.

When you are around town, you will meet other parents with their babies. Notice how much the babies like to look at each other? Babies really like other babies.

Make a date to meet another parent and baby at the park or at your home. Make it a fun time. See what the babies will do with each other.

It's great to watch another parent and baby together. You can learn a lot just by watching, and they learn from you. Sometimes it's just fun to laugh together about the good times and the hard times with a baby!



Changing child care

There are many reasons to change your child care provider. You may find one that is of higher quality or that is more convenient. What will your baby think about the change?

Babies need more regularity and sameness in their lives than the rest of us do — especially when it comes to the people who meet their everyday needs.

A baby needs to trust the people she counts on. This trust is the basis for good relationships later. Your baby will form this trust with you and others who meet her needs, including child care providers.

This is important: Baby needs to feel secure in every place she spends time.

When baby has many different child care providers, she may have a hard time forming close bonds. She needs a provider who will care for her needs quickly and sensitively, someone she will learn to trust.

So try to find a provider who enjoys your baby and will be available regularly. If you need to change providers for a good reason, that's OK. Baby will adjust. But try to limit the changes.

Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. **This is important:** Look for and notice your child's growth in each area. Then you can encourage each new ability.

Your baby wants you to know:

How I grow:

- ♥ I turn and twist in all directions.
- ♥ I sometimes sit up for several minutes.
- ♥ I creep backwards and forwards, with my stomach on the floor.
- ♥ I hold onto an object with one hand, and then put it in the other hand.
- ♥ I hold one building block, reach for a second one, and look for a third one right away.
- ♥ I grab for an object when it drops.

How I talk:

- ♥ I still babble a lot, but I have more control of sounds.
- ♥ I may begin to understand some words by your tone of voice.

How I respond:

- ♥ I pick up things, shake them, and then listen to the sound they make when I drop them.
- ♥ I play games with people I know.
- ♥ I get upset when I'm around grown-up strangers, but I'm friendly to children I don't know.
- ♥ I coo, hum or stop crying sometimes when I hear music.
- ♥ I keep very busy doing something all the time.

How I understand:

- ♥ I know that I have to use my hands to pick up something.
- ♥ I look at and study things for a long time.
- ♥ I turn objects upside down just to get another view of them.
- ♥ I turn when I hear my name.
- ♥ I may have one favorite toy or blanket.

How I feel:

- ♥ I haven't learned how to control my feelings yet.
- ♥ I complain and howl when I don't get my way.
- ♥ I giggle, coo and squeal with joy when I'm happy.
- ♥ I may have very strong likes and dislikes about food.

How you can help me learn:

- ♥ Take me to see other babies.
- ♥ Blow soap bubbles for me to watch on a sunny day.
- ♥ Give me things that make noise to play with. A crinkley paper bag or some blocks I can bang together are great.
- ♥ Float a toy in my bathtub for me to play with. I'd like something to pour water out of, too.
- ♥ Read nursery rhymes and stories to me. Sing me lullabies.

Child guidance: Discipline is teaching.

Babies this age cannot obey or disobey parents. Their minds are not developed enough for them to know right from wrong. However, they may do things that are unsafe or that you think are wrong.

For the next year or so, parents need to help infants learn how to behave. Discipline really means **teaching**, not punishing.

If you are a warm and loving parent, your baby will learn to trust you. The more baby trusts you, the more easily she will accept the occasional limits you set. She will want to do the right thing to please you. Research with older children shows that discipline works best for parents who have a warm relationship with the child.

Here are some ways to teach your baby what is acceptable:

- ♥ **Praise your baby** when she does things you like. Infants like adult attention, such as words, hugs or smiles. The more positive you are when baby is good, the more she will tend to listen when you disapprove.
- ♥ **Ignore misbehavior** — such as spitting food — if it is not harmful. Don't look at, smile at or scold the baby. Until she stops, pretend she isn't there.
- ♥ **Pick the baby up and move her to something safe** if she is doing something dangerous. For example, take baby away from a stairway, put her in the middle of the room, and say: "You can crawl here." This is **redirecting**.
- ♥ **Remember to praise your baby** for doing something that is OK after you have ignored or redirected her.
- ♥ **Babyproof your home** so your baby has safe places to explore and move around. A curious baby won't learn very much in a playpen.
- ♥ Good parents try to **prevent** problems. If your baby gets into trouble, there may be some things you could do to prevent problems until she learns to control her behavior. For example, put a gate on the stairs. Move the vase to a higher shelf.
- ♥ **Make your baby's world interesting.** If she has fun things to explore, she will be too busy to get into trouble. For example, when you visit another house, take interesting toys to hold her attention.
- ♥ **Teach your baby to do things right.** If she pulls the cat's hair — or yours — show her how to pet gently.

Q and A

Does my baby need to wear shoes?

Shoes protect feet from rough or sharp surfaces. They don't help a baby stand or walk. Until he starts walking in places that might hurt his feet, your baby doesn't need to wear shoes.

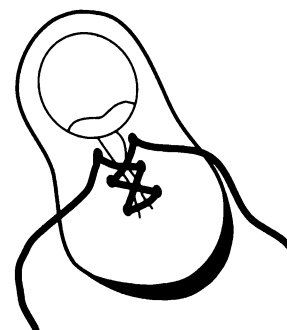
Socks, booties or clothes with feet are enough. Bare feet are fine unless it's cold in your home. When he starts to walk, going barefoot around the house or in sand or grass is good exercise, and may feel good, too.

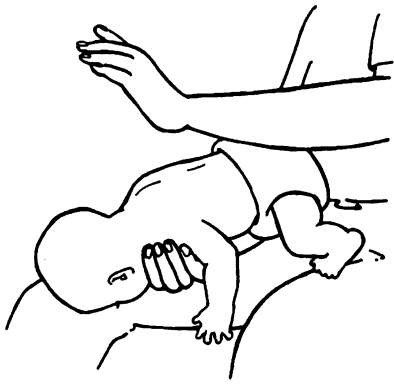
When your baby does need shoes, be sure they are well-fitted. There should be $\frac{1}{2}$ inch of room in front of his toes. Too-big shoes can cause falls; too-small shoes can cramp growing feet.

Soft, flexible shoes are best for walking. The sole should bend easily. High-topped shoes are not needed to support his ankles.

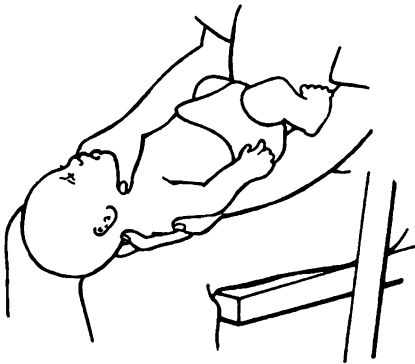
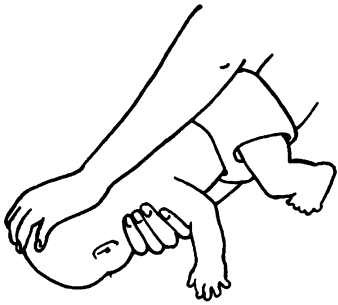
Buy the cheapest shoes that fit well. A 1-year-old will outgrow them every 6 to 8 weeks. Change sock sizes when you change shoe sizes.

Hand-me-downs are fine *except* in the case of shoes. A worn shoe molds to a child's foot. Used shoes can cause walking problems.

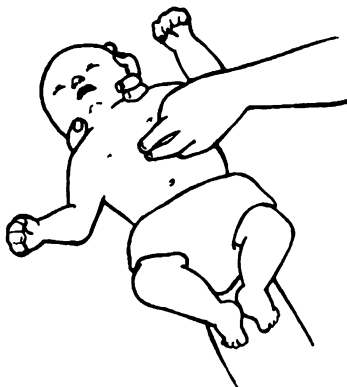




Five back blows with heel of hand.



Turn baby over between your hands.



Five pushes on the chest with two fingertips.

First aid for infant choking

You may see an infant choke on food. Or you may suspect choking if an infant collapses while eating or putting things into her mouth.

Signs of breathing difficulty are: wheezing, gasping, choking and grasping the throat.

An infant with a completely blocked airway **cannot breathe, cough or cry.**

If the airway is almost completely blocked, there are high-pitched noises when inhaling, great difficulty breathing, and very weak or no coughing. First aid is the same for a completely blocked airway and an almost completely blocked airway.

The basic steps for removing an object from the airway of an infant are back blows and chest thrusts. **DO NOT do this if baby can breathe, cough or cry.**

Back blows — Lay the baby on top of your arm, with her head lower than her chest. Support baby's head with your hand around the jaw and under the chest. Rest your arm on your thigh. Give five blows rapidly between the shoulder blades with the heel of your hand. Then turn the infant over.

Turning the infant over — Place your free hand on baby's back, and sandwich the child between your hands and arms. One hand holds the chest, neck and jaw while the other hand holds the back, neck and head. Holding her between your hands and arms, turn her face up. Rest your arm on your thigh, so her head is lower than her chest.

Chest thrusts — Push on the chest five times with your fingertips on the sternum (breastbone). Your finger tips should be one finger width below an imaginary line between the baby's nipples. Your hand should come in from the side, as shown here, so that your fingertips run up and down the sternum.

If the baby is still choking, repeat back blows and chest thrusts, and call for help.

Learning first aid

The American Red Cross and the American Heart Association teach parents and other concerned adults what to do if people of any age start choking, stop breathing or need CPR (cardiopulmonary resuscitation).

Brain death from lack of oxygen can begin in just four minutes. Ambulances often take longer to arrive.

The instructions on this page **are not a substitute** for taking a class and practicing the techniques.

For more information on learning what to do if your infant's breathing or heart stops, call your local American Red Cross chapter or Heart Association office.

Hearing checklist

Age	Question	Behavior
3-6 months	What does baby do when you talk to him?	Awakens or quiets to sound of parent's voice.
	How does baby react to your voice when he can't see you?	Typically turns eyes and head toward the source of sound.
	What does baby do when you drop a saucepan behind him?	Shows signs of being startled.
7-10 months	When baby can't see, how does he react to: familiar footsteps... the dog barking... the phone ringing... candy paper rattling... someone's voice... his own name?	Turns head and shoulders toward sounds even when he can't see what's happening. Such sounds do not have to be loud to cause a response.
11-15 months	Can baby point to or find familiar objects or people when asked to? Examples: "Where is Jimmy?" "Find the ball."	Shows understanding of some words by behavior; for example, points to or looks at familiar objects or people on request.
	Does baby respond differently to different sounds?	Jabbers in response to a human voice, is apt to cry when there is thunder, may frown when scolded.
	Does baby enjoy listening to some sounds and imitating them?	Imitation means that baby can hear sounds and match them.

Baby's hearing

Much of baby's first year is spent learning **how** to listen. Through listening, your infant learns about the world, makes sounds, and learns to talk.

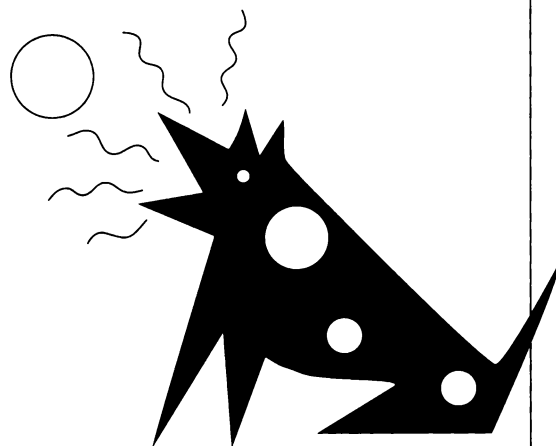
Doctors can now check even a newborn's hearing. If you suspect your child has a hearing problem, tell your doctor right away.

A hearing problem interferes with a baby's ability to communicate and to learn.

A lot of language learning happens in the first five years, so it is very important to treat problems early. Don't wait until your child begins school.

The checklist shown here will help you follow your child's progress. It lists how children should behave at different age levels.

If your child often does not act as the checklist suggests, there may be a problem needing further testing by a doctor. But remember, a tired, hungry or sleepy baby may not respond the way he would if he were awake and content.



Planning baby's meals

Most babies are ready for three meals a day plus snacks sometime after 6 months of age.

If your baby has been introduced to eating baby cereal and puréed vegetables, you can start giving him some soft mashed fruits such as bananas, peaches, apricots, prunes, plums or pears, or apple sauce. You may also mash canned fruits packed in juice or light syrup. Start out slowly — one new mashed fruit at a time — as you did for cereals and vegetables.

Finger foods: Try crackers; pieces of soft flour tortilla; mild cheese cubes or strips; cooked noodles or rice; pieces of soft-cooked vegetables like potatoes, sweet potatoes, carrots, green beans, peas or zucchini; or pieces of soft peeled fruit such as bananas, peaches, pears, melon (no seeds), or chopped mandarin orange segments. Give just a few bits at a time — no more than you're willing to pick up off the floor.

Prevent choking: Some foods can easily slip into a child's throat and cause choking. Do not give foods that are hard, round and slippery. These include peanuts, raisins, whole grapes, hard candies, popcorn, raw carrots, and circles of hot dog. Cut hot dogs the **long** way for children under 4 years old. Never let a child walk or run with food in his mouth. Don't let your baby lie on his back with food in his mouth.

Building good food habits

Did you ever stop to think why you don't like some foods?

Food habits are usually formed during childhood. If a variety of foods is offered in the early years, most children will eat a variety of foods throughout life.

Children copy their parents, brothers and sisters. If your baby sees her family eating healthy foods, she probably will, too.

Ways to help your baby develop good eating habits

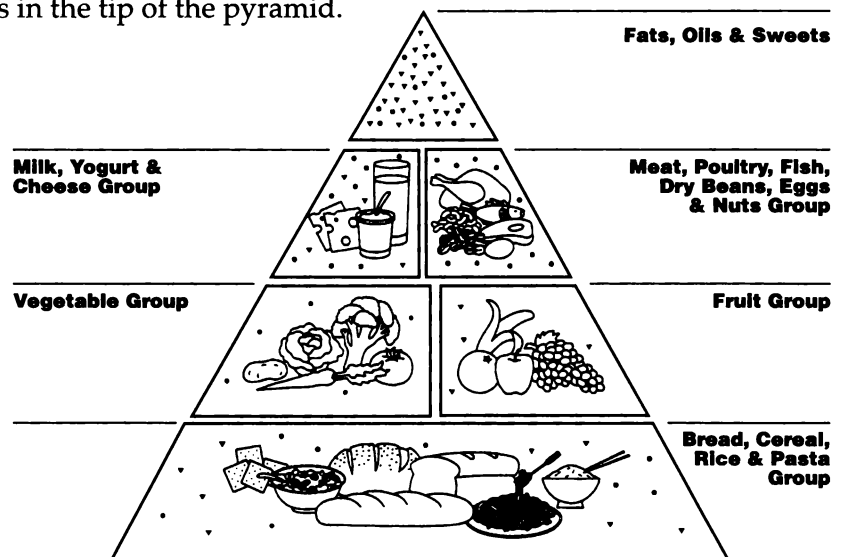
- ♥ **Provide a pleasant, relaxed mealtime.**
- ♥ **Feed her with the rest of the family.** Baby will feel like she belongs, and can see family members eating different foods.
- ♥ **Feed her only as much as she wants to eat.** Your baby's appetite will vary from day to day. Avoid making meals a battleground.
- ♥ **Give her a variety of foods as you introduce them.** She may only be eating baby cereal and soft vegetables by now, and may be ready for soft fruits, apple or pear juice, and cheese. But by the time she is 2, she should be eating some foods from each of the Food Guide Pyramid food groups: grains; vegetables; fruits; milk, yogurt and cheese; and meat, poultry, fish, dry beans and eggs.

Note: Plain fruits are more nutritious than cobblers or combinations. Read baby food labels. Wait until your baby is about a year old to try orange or tomato juices.

- ♥ **Use colorful foods to make eating more interesting.**
- ♥ **Give different textures to help develop chewing skills.**

Food Guide Pyramid: A guide to daily food choices

Use the Food Guide Pyramid to eat well every day. Start with breads, cereals, rice and pasta. Add vegetables and fruits. Include food from the milk and meat groups. Go easy on fats, oils and sweets — the foods in the tip of the pyramid.



Fathers are changing.

Men today are becoming different kinds of fathers than their fathers were.

Researchers tell us that some fathers have always been very involved in the everyday raising of their children. Other fathers in the past were not as involved with their children. They often believed that child rearing was a woman's job.

Today, more and more fathers are taking an active role in raising their children. These fathers play with their baby, feed and change the baby, and create a warm, close relationship with their baby.

More women work outside the home than in the past. And some men are doing more in-home work, including caring for their children. In some two-parent families, the parents work different shifts so one of them is always at home. By taking care of their children each day, fathers have a chance to form a strong, close bond with them.

Even if you don't take on a "house parent" role while your partner works, you can still create that close bond with your children. Give each child some special attention each day, paying attention to nothing else, just that child. In this way, you tell your child that he or she is important to you.

Research shows that the more a father is involved, the better a child develops. This holds for uncles, grandfathers, and other adult males too, especially when no father is present.

Men who try to increase their child-rearing responsibility sometimes feel awkward at first. But research shows that they learn quickly, and they report that they enjoy it. They like the close feelings and shared love with their children. They like themselves better; they think they have become better people by making the effort to care for their young children.



Credits

Authors: David Riley, professor, Child and Family Studies, School of Family Resources and Consumer Sciences, University of Wisconsin-Madison and child development specialist, UW-Extension; and Dorian Schatell, technical writer, Madison. Thanks to Linda Boelter, professor and family resource management agent, Oneida County UW-Extension, and Joan LeFebvre, family living agent, UW-Extension, Florence, Forest and Vilas counties, for inspiring *Parenting the First Year*. Produced by Cooperative Extension Publications, UW-Extension: Susan Anderson, designer; Rhonda Lee, editor. Illustrations by Nancy Lynch.

Advisory Board: Marguerite Barratt, professor, Child and Family Studies, UW-Madison; Lorraine Davis, social worker, Wisconsin Department of Public Instruction (retired); Stan Englander, pediatrician, All-Saints-Kurten Medical Group; David Espinoza, director, La Causa Day Care Center, Inc., Milwaukee; Jude Morse, executive director, Wisconsin Children's Trust Fund; Judith Myers-Walls, human development specialist, Purdue University Extension; Susan Nitzke, associate professor of nutritional sciences, UW-Madison and UW-Extension; and Mary Roach, child psychologist, UW-Madison.

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NCR 321 Parenting the First Year, Month 6-7 (Revised 1996) R-8-96-10M-500

2000

Virginia Cooperative Extension

Publication 350-010



VIRGINIA POLYTECHNIC INSTITUTE
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Parenting the First Year

MONTH

7-8

How baby is changing

Baby is sitting up better as his lower back gets stronger. He may be able to keep busy for a while playing with toys on the floor.

Your baby is ready to get moving! Soon you'll see him pushing up on his hands and knees, and crawling across the floor.

If your baby isn't moving on his tummy yet, encourage him. Sit in front of him and put a favorite toy just out of his reach. Praise him when he tries to get the toy.

When a baby rocks back and forth on hands and knees, crawling isn't too far off.

Watch his hands. He can pass a toy from one hand to the other. Give him two toys at a time. What does he do when you hand him a third toy?

Your baby may like finger foods that let him practice picking things up and feeding himself.

Baby is trying new sounds. Keep listening! He may choose a favorite or two that he says often. Imitate the sounds so he can hear them again. He will love to hear you saying his "words."

Child guidance: Keeping calm

When your baby is pulling leaves off your favorite plant one by one, or smearing cereal in his hair, it's hard to stay calm.

If tempting things like house plants or wastebaskets are left in your baby's reach, he will explore them. The easiest way to keep him out of trouble is to put things where he can't see or reach them.

Small babies do things that are upsetting to parents. But they don't do these things on purpose to annoy you.

Feeding babies is messy. They like to help, and their efforts help them learn to feed themselves. You can reduce the mess, though, without spoiling the fun.

Let your baby help with less-messy foods. Feed only as much at a time as you're willing to pick up off the floor. Try giving him two cubes of soft cheese. When he finishes, give two more.

Remember: Your baby does not drop food to upset you. He is just learning where things go when they fall.

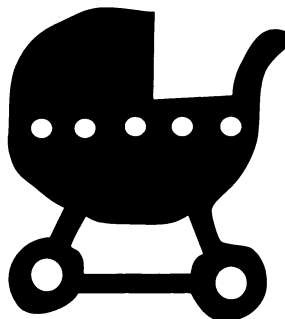
When your baby bangs toys together, it's because he likes the noise. If that gets on your nerves, give him a quiet toy and take the noisy ones away. He's still just a baby. Try to see things from his point of view.

Have you met other parents?

Out for a walk or at the market, you may meet other parents with their babies. Stop and talk. Ask how old their baby is. It's fun to compare notes. Try asking them:

- ♥ How has your baby changed in the last week or two? Has he or she learned anything new?
- ♥ What is his or her favorite time of the day? What does he or she enjoy doing the most?

You will have your own questions, too. Perhaps other parents know a trick to soothe a crying baby, or to make feeding easier. Ask them. They are like you: They have learned a lot, and they love to talk about their baby!



Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. **This is important:** Look for and notice your child's growth in each area. Then you can encourage each new ability.

Your baby wants you to know:

How I grow:

- ♥ I creep on my stomach — I may even crawl.
- ♥ I can get around on my back by lifting my bottom and pushing with my feet.
- ♥ I balance myself and sit for a while with no support.
- ♥ I keep my legs straight when you pull me up, and I try to stand by myself.
- ♥ I explore my body with my mouth and hands.
- ♥ I can keep my diaper dry for up to two hours.
- ♥ I may have some teeth.
- ♥ I feed myself finger foods — but I'm pretty messy!
- ♥ I play with a spoon and a cup, but I'm not so good at using them yet.

How I talk:

- ♥ I may begin to imitate the sounds I hear — that's how I learn.
- ♥ I say several sounds in one breath, like ma, mi, da, di and ba.

How I respond:

- ♥ I want to be included in all family activities.
- ♥ I like to see and touch myself in the mirror.
- ♥ I get excited at pictures of babies.
- ♥ I like to grab, shake and bang things and to put them in my mouth.

How I understand:

- ♥ I concentrate better now, and I spend lots of time examining things.
- ♥ I can tell if something is near or far.
- ♥ I can tell when people are angry or happy by the way they look and talk.

How I feel:

- ♥ I'm afraid of strangers, so stay with me when they're around.
- ♥ I feel strongly about what I want and don't want to do.
- ♥ I feel playful, and like to tease.

How you can help me learn:

- ♥ Give me toys that make noise, such as bells, music boxes or rattles.
- ♥ Let me try to feed myself, even though I'm messy.
- ♥ Say different sounds for me to imitate.

Baby's eyes

Since babies learn a lot by looking, it is helpful for you to know about their eyes and vision.

Vision specialists say it is normal for an infant's eyes to look crossed sometimes for a moment during the first 5 or 6 months of life. This can last up to 18 months.

It takes time to develop **binocularity** — having both eyes work together. If your baby's eyes are crossed often, or she isn't getting better at using both eyes together, talk to a doctor or to an eye specialist.

Eye screening is done regularly by the pediatrician or family doctor. Unless there are problems, the first visit to an eye specialist (ophthalmologist) should be at about 3½ years old.

Keep these thoughts in mind:

- ♥ Put baby in the crib different ways so neither eye is favored when she looks around the room.
- ♥ Play with baby in ways that use both eyes and both sides of her body.
- ♥ Take baby for walks, or even to the store, so she can see different things. Zoos, parks, flea markets and museums are fun places for you and baby to see new things together.



Language games

Has your child learned to blow air? Does baby use his tongue on the roof of his mouth to make clicking sounds? These are two important tricks for learning to speak.

If you make a game out of blowing air and clicking your tongue, your child will try to imitate you.

Put a small ball on baby's high-chair tray. Blow on the ball until it rolls toward him. See if your baby blows it back to you.

Now is also a good time to play the "touch and name" game. Touch different parts of your baby's body and name them: "This is Billy's foot. Here is Billy's nose. Where are Billy's fingers?"

Touch parts of your own or your partner's body, and do the same thing: "Here is Mommy's nose. Here is Daddy's nose. Here is Billy's nose."

This game helps your baby learn about himself and his body, and understand the connection between words and objects.

Most infants cannot point to a named body part until about 17 months of age. But research shows that beginning to play language games now will help your child learn more quickly.

Storing baby's toys

Your baby probably has many books and toys by now, and you need an organized place to put them.

Shelves or low bookcases can be good places to store toys because everything is easy for you and baby to see and to get. Organize the shelves. Make them attractive, and change them so baby discovers different toys on different days.

A large basket, even a plastic laundry basket, will keep all the toys in one place, and is easy to move. Baby can even play inside the basket.

A toy chest is the traditional place for toy storage. It makes the room look neat, but a baby will be less likely to explore toys that are out of sight. If you decide on a toy chest, look for these safety features:

- ♥ A lightweight lid that a small child can lift.
- ♥ Air holes, in case your child climbs inside the chest.
- ♥ Slow-release hinges, so fingers don't get pinched and so the lid can't drop suddenly on your child's head.
- ♥ Closings that don't lock automatically.
- ♥ No splinters or sharp metal edges.

Throwing things on the floor

Don't be surprised if your little 8- to 10-month-old gets carried away dropping things on the floor. He is experimenting, watching to see where the things go when they fall! Baby doesn't do it just to make you pick the items up — although that may become part of the fun.

If a meal gets too messy because baby throws food on the floor, take the food away. Baby probably isn't hungry any more if he is playing. Put an old shower curtain or newspaper under the high chair to make clean-up easier.

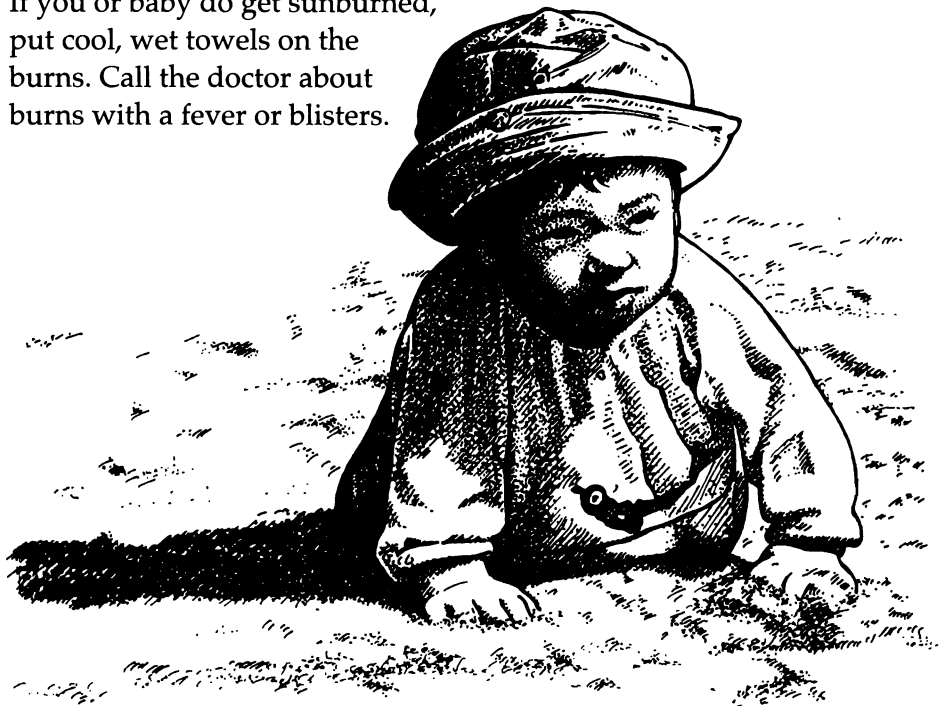
Sun safety

Babies need fresh air and light. But too much sun can be harmful. Baby skin is delicate, and burns easily.

Researchers have recently found that severe sunburns in childhood can lead to a greater risk of the most deadly form of skin cancer (malignant melanoma) later in life.

Some simple steps can help you and baby enjoy the sun without sunburns:

- ♥ Stay out of the sun from 10 a.m. to 2 p.m., when the sun's rays are strongest.
- ♥ Keep baby in the shade.
- ♥ Put a hat on baby.
- ♥ Always put a sunscreen lotion with a 15 or higher SPF (Sun Protection Factor) on baby and yourself when you'll be in the sun. Reapply lotion every two hours.
- ♥ If you use a stroller, keep the sun shade on.
- ♥ If you or baby do get sunburned, put cool, wet towels on the burns. Call the doctor about burns with a fever or blisters.



Traveling with baby

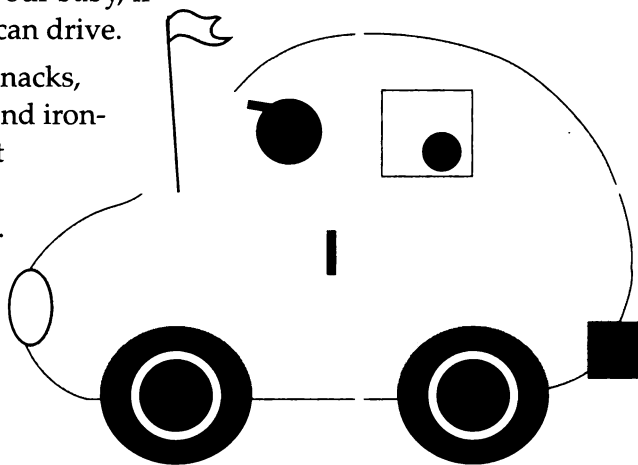
Becoming a parent doesn't have to mean giving up vacations. With a little extra care, you can travel with children — even babies.

General tips:

- ♥ Make a checklist of everything you'll need, and use it.
- ♥ Try to stick to normal routines for mealtimes and bedtime.
- ♥ Take along a favorite blanket or stuffed animal to help baby feel more secure.
- ♥ Call ahead to reserve a crib if you'll be staying at a motel, or bring your own portable crib or playpen.
- ♥ Bring disposable diapers, a thermometer, bandages, any medicines (in the original bottles) that baby is taking, and baby's doctor's phone number.

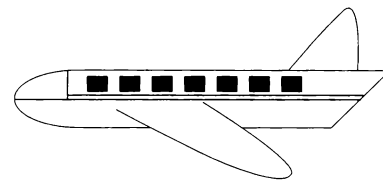
Travel by car:

- ♥ Always use an approved infant car safety seat buckled properly in the back seat.* If your baby is unhappy, stop. Don't take her out of the car seat while the car is moving.
- ♥ Bring toys for her to play with in the car seat, but give her only one or two at a time. Save some toys for later.
- ♥ Be sure the passenger area is free of heavy things that could fly around and injure someone in a sudden stop.
- ♥ Allow more time than you think you'll need, and stop at least once every two hours for a change of scenery and a stretch.
- ♥ Bring a tape recorder and tapes of yourself reading stories or singing baby's favorite songs to play in the car.
- ♥ Plan to spend time reading stories and playing with your baby, if someone else can drive.
- ♥ Bring simple snacks, finger foods, and iron-fortified infant formula if not breast feeding.



*See "Buckle up baby, too," *Parenting the First Year* Month 1-2, page 3.

R-7/97



Travel by airplane:

- ♥ Front seats have more room for baby things. Ask for them when you make your reservation.
- ♥ Travel at non-peak times to improve your chances of having an empty seat next to you for your child.
- ♥ Ask the airline whether your infant car seat is approved for air travel, and whether you need to reserve another seat. Or, bring the car safety seat as luggage. Rental car agencies may not have car safety seats.
- ♥ Baby may not get a meal — Ask ahead. Bring baby food along.
- ♥ Change baby in the airport restroom before boarding the plane. There is more room there than in the plane.
- ♥ Pack your carryon bag with: baby's medicine, small toys, a change of clothes for yourself and for baby, non-messy snacks or baby food for each meal if baby does not get a meal, infant formula if you are not breast feeding, and enough disposable diapers to last until the next day.
- ♥ Sucking a bottle or pacifier or nursing may help keep baby's ears from clogging painfully during take-off and landings. Or yawn, and try to get your baby to copy your actions.

Baby shots reminder

Baby shots (immunizations) can protect your infant against 10 serious diseases. The shots are a lot safer than the diseases would be.

A **series** of shots is needed. **If you haven't started the series yet, don't worry. You can start now.** Call your doctor or clinic. Free immunizations are available in most communities. Ask your health department (listed under city, county or tribal government in your phone book).

If you have followed the schedule we gave earlier, your baby is ready for the fourth set of shots — anytime between 6 and 9 months. This will include the third shots for HBV (hepatitis B) and DTP/HIB (diphtheria and flu), and oral polio. The next shots on the schedule aren't until about 12 to 18 months. If you aren't sure if your baby needs more shots now, call your doctor, clinic or tribal maternal-child specialist.



Another baby?

Raising a baby is hard work. Raising two children can be a lot harder, especially if they are close in age.

Imagine trying to bathe an active 2-year-old while your newborn is crying.

Imagine how your 2-year-old will complain when you can't give her the time you do now. You know how young children can demand your attention whenever you want to talk on the phone. Imagine how the older one will feel when you have to ignore her to care for the new baby.

And how will you feel? Happy, we hope — but also worn out!

That is why experts give this advice: If you want to have another baby, don't do it too soon. Wait a while, at least until your baby is 2 or older. Research shows that siblings get along better when they are not too close in age.

There are many safe ways to prevent pregnancy. Talk with your doctor, clinic or spiritual advisor before deciding which to use. If you don't know where to ask for advice, look in the Yellow Pages® of your phone book under "Birth Control."

Birth control takes planning on your part. But it can make your life easier, and can help you be a better parent.

Grasping and holding

In the early months, your baby held things in her hands in a single, clumsy way no matter how the object was shaped.

Slowly, your child learned to hold different things in different ways. By now, she may be able to hold things between her thumb and forefingers, move them from hand to hand, and turn them skillfully around.

At first, your baby was interested in the size, shape and texture of things. By now, she may also want to know how things fit together. If a toy has several parts, it will hold her interest.

Give baby nesting cups, such as plastic measuring cups, to play with. Babies this age also like to put things into containers. Try plastic bowls and small blocks.

At 7 or 8 months, most babies will put one thing down before picking up another. But baby is learning to use each hand by herself. She may be able to pass a toy from one hand to the other now. Soon your baby will be able to hold two objects at the same time.

Around 9 months, baby will hold and compare two toys, bang them, and try to fit them together or put one inside the other.

New foods for baby

Protein foods

Between 7 and 9 months, you can add strained or puréed meats, poultry and fish to your baby's daily diet, if your doctor recommends them. You can either buy the foods or prepare them at home. Many infants are eating mashed foods by 8 months, and diced by 10 months.

Plain, single-ingredient foods such as strained chicken, strained beef and strained fish are a better buy than vegetable-meat "baby dinners." There is as much protein in one jar of strained chicken as there is in more than four jars of strained chicken and noodles. Read baby food labels.

Note: Wait until your baby is about a year old to give whole eggs or egg whites. When you do, make sure they are fully cooked. Egg whites can cause allergic reactions in young infants. Undercooked eggs can cause food poisoning at any age.

Grains

In addition to iron-fortified baby cereal, you can add bread, toast, crackers, bagels, cooked rice or noodles, or soft flour tortillas. To avoid choking on crumbs, be sure your baby eats biscuits, crackers or small pieces of toast **only** while sitting up.

Fruit juice

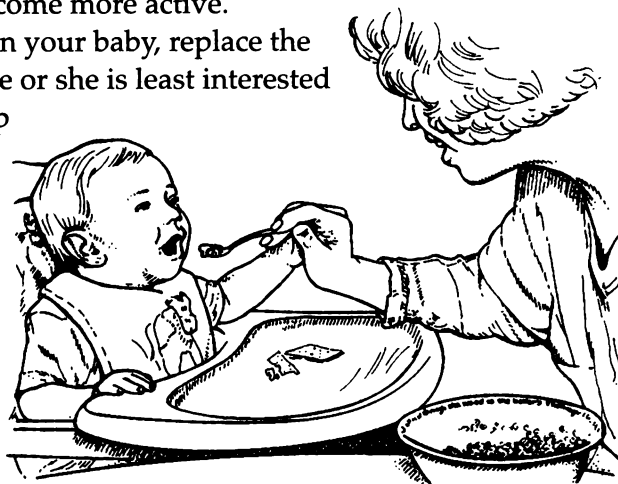
By now, you may be giving your baby fruit juice from a cup. Read the labels to be sure you're buying 100 percent juice, and not fruit-flavored drinks that are mostly sugar and water.

Note: Wait until your baby is about a year old to try orange or tomato juice, because they can cause allergic reactions.

About weaning

Some mothers decide to wean their babies from the breast (or bottle) about now. Others wait until later. Some babies lose interest in nursing as they become more active.

When you wean your baby, replace the feeding in which he or she is least interested with a bottle or cup feeding. After a week or two, replace another feeding. Do this gradually until baby is weaned. During weaning, be sure to give your baby extra hugs and kisses.



Credits

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NCR 321 Parenting the First Year, Month 7-8 (Revised 1996) R-8-96-10M-500

2000

Virginia Cooperative Extension

Publication 350-010

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VT/133/0600/800/203977/350010



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University of Wisconsin-Extension ■ Cooperative Extension ■ NCR Publication No. 321

Parenting the First Year

MONTH

8-9

How baby is changing

Have you noticed that your baby understands more of what you say? When you say, "Look at the kitty," he listens, then looks around until he finds it. Baby is beginning to grasp whole ideas, and is linking his eyesight and hearing together.

Baby may notice when you put something new in his room. He remembers what the whole room looks like, so he sees the new item right away. Try it!

Does your baby move toward the door before Daddy or Mommy walks through? Does he drop a toy and cover his ears, waiting for the thud? His mind is developing.

Baby may sit up on his own for longer periods. He can reach for things without falling, because he doesn't need to prop himself up with his hands. His neck and back are getting stronger, so he sits up straighter, too.

Is your child crawling? If not, he probably will soon. Some babies never crawl. They scoot on their bottoms or roll. Then, they walk when they're ready. Is your baby like that?

Here are some games your baby may enjoy.

Activity: Games babies play

"How big is baby? So big!"

At first, you might need to gently show your baby how to raise her arms up over her head while you say, "So big!"

Hide and seek

Big brother or sister can hide nearby. You can say, "Where is _____?" The baby can try to help you find the missing one.

Hiding things

Let your baby watch you as you hide a small toy under a cloth or cup, or in your pocket. Does she try to find it? If not, try covering only part of the toy.

Music fun

Your baby will like listening to many kinds of music with you and trying to dance. Inexpensive music boxes can be fun, and she can learn to start and stop the music all by herself.



Child guidance: Using words

Your baby can't talk yet. But he can understand a lot of words. You can use this to help him behave.

If you see the baby crawling toward your slippers — and you know they'll go into his mouth — say, "Yukky" or "Tastes bad," and give him something else to play with.

If your baby tries to touch the hot oven, say "Hot," and move him away.

Don't just say "No" to things your baby does. Give him one- or two-word explanations to help him learn **WHY** he can't behave in certain ways. Research shows this really helps.

As your baby gets older, you can make explanations a little longer — three or four words instead of one or two.

Baby's memory is not as good as yours. Remember how many tries it took him to learn pat-a-cake or peek-a-boo? Don't expect him to learn to stay away from dirty slippers or hot stoves just because you tell him a few times.

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Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. **This is important:** Look for and notice your child's growth in each area. Then you can encourage each new ability.

Your baby wants you to know:

How I grow:

- ♥ I may crawl backward and forward on my stomach.
- ♥ I hold onto a toy, such as a rattle, for several minutes.
- ♥ I pick up small things like pieces of string.

How I talk:

- ♥ I let you know if I am happy, sad or scared by the sounds I make.
- ♥ I still babble a lot, and shout to get attention.
- ♥ I may recognize some words.
- ♥ I watch and try to imitate your mouth movements.

How I respond:

- ♥ I like to pat and kiss my reflection in the mirror.
- ♥ I turn and listen when I hear familiar sounds, such as the telephone or my name.
- ♥ I love to imitate people I know.

How I understand:

- ♥ I am very curious, and I want to explore everything.
- ♥ I know how to solve simple problems, such as making a toy bell ring.
- ♥ I remember events that just happened.

How I feel:

- ♥ I am frightened by new experiences and by new people.
- ♥ I may be upset when you leave me, even for a short time.
- ♥ I feel so relieved when you return. *Some babies show this less than others.*
- ♥ I'm upset when people make a lot of fuss over me.
- ♥ I get frustrated or lose my temper when I can't find something.

How you can help me learn:

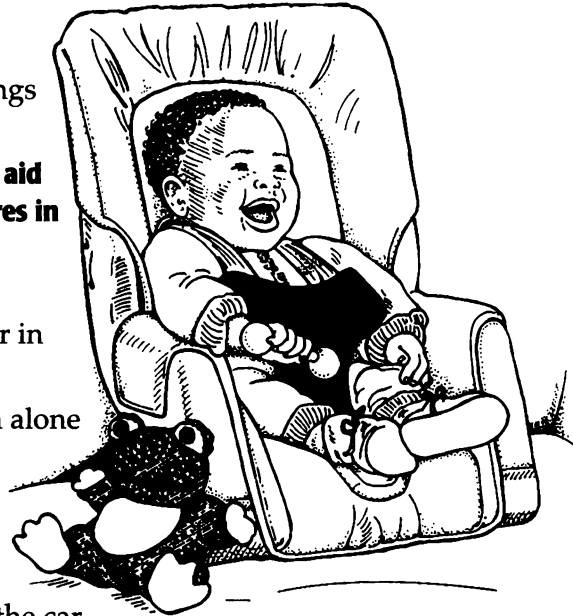
- ♥ Read books to me. Point out pictures of things I see each day. For example, show me a picture of a ball and give me my toy ball at the same time.
- ♥ Hide a small toy under a cup or cloth for me to find.
- ♥ Take me for a walk outside to see leaves and flowers — or icicles and snow figures!

Car safety

Baby will soon be big enough to sit in a forward-facing car seat. Your infant will be able to look out the car windows, and may be happier in the car.

Car accidents are the most serious threat to your baby's safety. Here are a few points to keep in mind to help you keep your whole family safe in the car:

- ♥ **Use baby's car safety seat for every ride.** It won't protect baby if he isn't in it, or if it isn't installed right.
- ♥ **All passengers and the driver should wear seat belts, with all children age 12 and under properly restrained in the back seat.**
- ♥ **Don't allow yelling, horseplay or other distractions when you drive.** If your child needs attention, pull off the road and stop. Never turn around in your seat when you're driving.
- ♥ **Provide quiet games to keep children busy on long trips.** Tape-recorded stories or favorite songs are good, too.
- ♥ **Keep a flashlight, first aid kit and emergency flares in the car.**
- ♥ **Stop every two hours.** Don't try to go too far in one day.
- ♥ **NEVER** leave children alone in a car, even for a few minutes.
- ♥ **NEVER** let children play with the car controls, even when the car is parked.



Fear of separation

Around 8 months — or perhaps earlier — baby begins to move around and sometimes may get separated from you. This can be scary, so your baby may cling to you more than before.

That is natural. Accept his fear as real, and keep him close when you can. When he feels more secure, he will want to explore more. Research shows that babies who feel the **most secure and protected** now will become the least “clingy” children later.

Your baby may also need more comforting while away from you — especially when he is tired or bored. A pacifier or thumb, blanket or stuffed toy may help him feel more secure.

Fear of strangers

Mixed up with baby's fear of separation from you is a new fear or wariness of people he doesn't know well.

Sometimes your baby will just have a serious, watchful stare at new people. Other times, he will look at the new person, then look away a few times before warming up and smiling. And sometimes he may cry and try to get away from a new person.

Usually, baby is afraid of what the stranger **DOES** rather than who that person **IS**. Try to see things from your baby's point of view. You don't want a stranger hugging you; your baby doesn't like it, either. So don't just hand him to someone he doesn't know well. Hold him while he gets to know the person. Have the new person smile and talk to him, and perhaps offer him a favorite toy. Let your baby make new friends at his own pace.

Grandparents or friends may have a hard time understanding why your baby gets upset when they pick him up. Assure them that it will be worth the effort to get acquainted slowly.



The National Highway Traffic Safety Administration and the National Transportation Safety Board recommend that **all children age 12 and under sit properly restrained in the back seat** due to dangers from air bags.

Spanking baby doesn't work.

Every parent uses some form of punishment with children — such as taking away a toy.

NO ONE should ever hit a child. **NO BABY** should ever be spanked or slapped. In many countries, hitting a child is even against the law, just like hitting an adult. Hitting or spanking a child is against the law in child care homes and centers in many states.

Spanking a baby is dangerous. Many babies are injured this way every year. Also, spanking doesn't work. Babies are too young to understand, so they don't learn from spanking. It just makes a baby cry more, and it will make you feel bad.

When your baby does something you don't like, redirect her to an activity you do like. Show her a better way.

Your baby may upset you by waking you up all night, crying a lot, or messing a diaper just as you put it on. **Remember:** Baby doesn't do this on purpose to make you mad. Baby's not smart enough for that yet. She can't help it, so it makes no sense to get angry.

What can you do? Call a friend and ask what she would do. Get someone to watch your baby while you get some fresh air. You may come back with a new outlook on living with your baby.

Sleep problems

Many 8-month-olds have trouble settling down to sleep. They're so excited about sitting, crawling and exploring that they don't want to go to bed!

Parents need time to themselves. Don't feel guilty about wanting to enjoy some peace and quiet, or time with your partner. Baby's bedtime is your decision.

Here are a few tips to make bedtime easier:

- ♥ Always put your baby to bed at around the same time.
- ♥ Put your baby to bed in the same place in which he will wake up.
- ♥ Spend some time each evening cuddling, reading, singing or talking to your baby at bedtime. **Routines** — doing the same thing in the same way — help children settle down to sleep.
- ♥ Put a night light in his room.
- ♥ Do not put your baby to bed with a bottle.
- ♥ Put your baby to bed when he is drowsy but awake.

Some parents like to hold and rock their baby or walk with him until he falls asleep. If you like this, and he stays asleep, then do it!

Some babies make a game of calling out for you or dropping toys out of the crib for you to pick up. If you don't stop these habits right away, baby may wake up a few times a night.

When your baby cries after you put him to bed, check on him right away but keep the lights dim. If he is OK, pat his back for a minute or two, and leave.

If you try this for a few weeks and your baby still wakes and cries during the night, you may try letting him cry. Only try this if you have given your baby plenty of time hugging and playing that day. If not, then your baby may be awake and crying because he needs you.

Here is a way that works for many parents. Pick a weekend night. When baby cries, check on him and rub or pat his back, then tell him you'll be back in two minutes.

Even if he is still crying, check on him every few minutes until he falls back to sleep. Slowly increase the time until you are checking every 10 minutes. It probably won't take more than a night or two to end the habit for good.

Letting your baby cry like this can be hard on you. Be sure you're up to it. He may cry for hours. If you give in after an hour, you could be training him to cry for long periods.

Activity: Reading to baby

Showing books to your baby is a great way to help her feel good about reading. You'll probably agree that success in school and in later life depends on reading.

Keep books where your baby can see and get them. But also find time **every day** for sharing books together.

Babies like books with big, colorful pictures of things they know about, such as clothes, food, trees, cars and animals. Sometimes you can read the story. Sometimes you can point to the pictures and talk about them. For example: "Look at the kitty. She's smelling the flowers." Sometimes you can just make up a story.

If you don't have many books at home, maybe you can borrow them from a friend or the library. Or it's fun to make a book.

You can make a book for your baby:

1. Cut sturdy fabric or cardboard into eight or 10 square pieces.
2. Glue a large, colorful picture and, if you want, write a single word or phrase in big letters on each page.
3. Sew the book together or punch holes and tie it with yarn.

Here are some suggestions for pages:

- ♥ Pictures of baby, other family members and pets.
- ♥ A small shatterproof mirror.
- ♥ A picture of baby's favorite toy.
- ♥ A picture of baby's favorite food.
- ♥ Pictures of familiar things cut from magazines.
- ♥ A picture of plants or flowers like ones that grow nearby.
- ♥ A bunny made from fake fur.
- ♥ A shoe made from a scrap of leather, with holes and laces.
- ♥ A piece of sandpaper.



Q and A

Are women better with babies?

The answer is no, and yes.

- ♥ **NO.** Researchers find that moms and dads are equally sensitive with newborns.

For example, dads are just as successful at bottle feeding, and just as sensitive in how they hold babies. Researchers have not been able to find any "mother instincts." So moms are not naturally better than dads at raising babies — except that moms can breast feed. About 1 million U.S. children are being raised by single fathers, and they are mostly doing fine.

- ♥ **YES.** Most women work harder at parenting than do most men.

Through this effort, women get better. They hear the baby cry at night because they care, and have trained themselves to hear — just like a man who learns to hear an engine problem.

Men **can** be as skilled at parenting as are women, and many men are. Getting better at parenting takes effort, like any skill.

Tooth care

By now, your baby may be teething. In about two years, she will have 20 teeth.

If any of these teeth are decayed, your child may have what dentists call “nursing bottle mouth.” Bacteria in baby’s mouth react with sugar to make acid.

When she is awake, swallowing helps wash acid away. When your baby sleeps, more acid stays on her teeth to cause cavities. So don’t put your baby to bed with a bottle.

Even though your child will lose her baby teeth, it is important to keep teeth healthy. Baby teeth help keep space open in the mouth so adult teeth aren’t crowded.

You can care for your baby’s teeth by providing her a balanced diet, and by wiping her teeth with a clean washcloth or gauze pad after meals.

The American Dental Association recommends:

- ♥ Do not put your baby to bed with a bottle.
- ♥ Do not give your baby sugar-coated food. Avoid sugar and honey whenever you can.
- ♥ Do not put sweets on the pacifier.

New foods for baby

Mashed foods — Now that your baby is 8 months old and may have some teeth, you can give her some foods that are mashed with a fork in addition to puréed foods.

Mash a favorite cooked vegetable or meat with a fork. Use a potato masher or a blender for foods like bananas, or cooked apples, winter squash, white or sweet potatoes, or carrots.

Make sure the food has no big lumps, pieces of skin, seeds or strings. Mashed foods are a little thicker than puréed foods.

Baby food tips:

- ♥ Don’t add salt, sugar or seasonings to baby foods. Foods that taste bland to an adult are new to babies. There is enough natural sodium in foods to keep baby healthy.
- ♥ Don’t give honey to a baby less than 1 year old. Honey may carry botulism spores that can make babies sick.
- ♥ Don’t make baby foods out of leftovers — they may be contaminated with bacteria. Use fresh, frozen or canned food. If you use frozen or canned food, buy the form with the **least** amount of added sugar, salt and fancy sauces that baby doesn’t need. For example, use fruits canned in juice rather than heavy syrup.
- ♥ Raw or soft-boiled eggs and unpasteurized (raw) milk are not safe for babies. They can cause food poisoning.
- ♥ Don’t give baby chunky foods such as corn, nuts, popcorn and seeds, or coarse-textured foods such as crumbly cookies. These foods are hard for baby to eat and can cause choking. Whole grapes and round pieces of hot dog are especially dangerous.
- ♥ It’s OK to serve foods cold. Most babies don’t mind. If you want to warm baby food, do it just before serving. If you use a microwave oven, take care to stir the food after heating and re-check for hot spots.
- ♥ **NEVER** leave a baby alone while eating.



Children of battered women

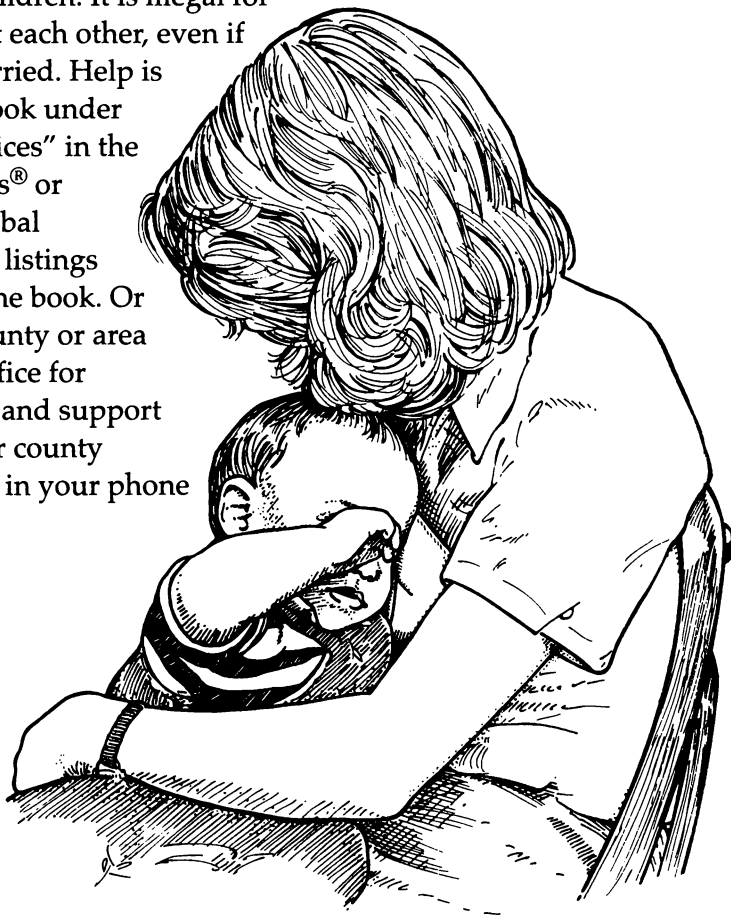
About one out of six U.S. families contains some violence against women. Even if the children in these homes are not being beaten, they are affected by what they see their parents doing.

Research shows that seeing parents hit each other has different effects on girls and boys. Girls who see their parents hitting each other are more likely to be beaten themselves when they grow up and enter their own relationships with men. Boys who see their parents hitting each other are more likely to be violent against women later in their lives.

Children in violent families learn that it is OK to hit the people they love. They also learn to solve family conflicts with violence.

Most families solve their disagreements by talking them out, not by hitting. When partners don't agree, they can try to compromise, take turns doing what they want to do, or seek outside help to come up with a solution.

If you or someone you know is living in a violent home, think about the children. It is illegal for people to hit each other, even if they are married. Help is available. Look under "Social Services" in the Yellow Pages® or county or tribal government listings of your phone book. Or call your county or area extension office for information and support (listed under county government in your phone book).



Credits

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Advisory Board: Marguerite Barratt, professor, Child and Family Studies, UW-Madison; Lorraine Davis, social worker, Wisconsin Department of Public Instruction (retired); Stan Englander, pediatrician, All-Saints-Kurten Medical Group; David Espinoza, director, La Causa Day Care Center, Inc., Milwaukee; Jude Morse, executive director, Wisconsin Children's Trust Fund; Judith Myers-Walls, human development specialist, Purdue University Extension; Susan Nitzke, associate professor of nutritional sciences, UW-Madison and UW-Extension; and Mary Roach, child psychologist, UW-Madison.

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Madison, WI 53703
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In cooperation with the NCR Educational Materials Project. Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture and Cooperative Extension Services of Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin. *

* Publishing state

North Central Regional Extension Publications are subject to peer review and prepared as part of Cooperative Extension activities of the 13 land-grant universities of the 12 North Central States, in cooperation with the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture, Washington, D.C. Programs and activities of the Cooperative Extension Service are available to all potential clientele without regard to race, color, national origin, age, gender, religion or disability.

Parenting the First Year NCR 321 is a set of 12 newsletters also available in Spanish, *El Primer Año del Bebé* NCR 452. For copies of these or other NCR publications, contact your county or area extension office. If your state does not have copies — or if you need this material in an alternative format — contact the publishing state (note new address):

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NCR 321 Parenting the First Year, Month 8-9 (Revised 1996) R-8-96-10M-500

2000

Virginia Cooperative Extension

Publication 350-010



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Parenting the First Year

MONTH

How baby is changing

Many babies begin crawling during the ninth month. It's exciting for babies to move around on their own, but it's scary, too!

Your baby's first efforts to crawl will probably be toward something — a favorite toy, or you. Don't be surprised if she falls on her face a few times while getting started. Keep her on a soft blanket or carpet.

Once your baby crawls, pulling to a stand isn't far behind. Watch out! She may get up and not know how to get back down. She may cry to be rescued again and again. You can try to teach her to get down onto her knees or bottom. Be patient. She will learn soon.

Does your baby like to drop things from her crib or high chair for you to pick up? This can be annoying. It's a sign that her memory is developing. Now she knows that the toy or food she drops will land on the floor, and she likes to see and hear the food drop.

Baby's developing memory means she gets mad when someone takes a toy away.

Note: Do not tie toys to your baby's crib or playpen so she won't drop them. The string can strangle her.

Learning to talk

Talking to your baby makes a difference. Research shows that when you imitate and respond to your baby's sounds, it helps him learn language.

Parents who respond when baby "talks" help draw his attention to his own sounds. This makes talking more interesting and important to your infant.

Encourage him to practice talking by playing games with him. When baby makes sounds, repeat them back to him. Pause and give baby a chance to answer. Let him see your face when you talk.

Your imitation excites him and may cause him to repeat the sounds. Keep listening! You may hear certain tones of voice and sentence patterns in your child's babbling.

Your baby may have a sound, like "ba," that he uses to mean many different things. These "words" indicate talking isn't far away. Between 9 and 12 months, your baby might have a real word or two mixed in with the babbling.

Child guidance: Reward good behavior.

At this age, discipline is simple. It means loving care and guidance. The key is reward.

Many parents pay attention to their children's behavior only when it upsets them. This teaches a child that attention only comes when he does something bad.

Your attention is baby's best reward. Use it to encourage good — not bad — behavior!

When your baby plays nicely with the cat, makes sounds or tries to talk, reward him with a smile, or talk to him.

When he touches something you don't want him to have, distract him with a toy or gently guide him toward something else.

Ignore behavior that is annoying but not harmful. Save "No!" for times when baby's safety is in danger.

Sometimes your baby won't be happy with the decisions you make, and will fuss. You may even be tempted to give in to baby.

Keep in mind that limits are necessary for your child's safety and welfare. You can set limits while giving baby freedom to explore and to grow.



Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. **This is important:** Look for and notice your child's growth in each area. Then you can encourage each new ability.

Your baby wants you to know:

How I grow:

- ♥ I may crawl and turn around while holding something in one hand.
- ♥ I can crawl up stairs, too. But I may not be able to crawl back down yet.
- ♥ I may sit by myself and turn my body all the way around — without losing my balance.
- ♥ I stand for a little while if you hold my hand.
- ♥ I poke my fingers into holes and other interesting places.
- ♥ I pick up small things with my finger and thumb, and big things with both hands.
- ♥ I pull myself up by holding on to furniture, but I may have trouble getting back down.

How I talk:

- ♥ I understand some words, my name and simple sentences.
- ♥ I repeat one or more sounds over and over.
- ♥ I listen to people talking and try to imitate the sounds.
- ♥ I begin to say two-syllable sounds like choo-choo, da-da and ma-ma.

How I respond:

- ♥ I like to watch people scribbling on paper.
- ♥ I like to perform for people. I love it when they applaud!
- ♥ I sometimes want praise for my accomplishments.

How I understand:

- ♥ I try to figure things out by myself.
- ♥ I know that if I look at things upside down or cover my eyes, they'll look different.
- ♥ I get upset if my toy is taken away from me.
- ♥ I may remember a game, person or toy from yesterday.
- ♥ I can tell what mood people are in by looking at them.

How I feel:

- ♥ I'm very sensitive. If I see another baby cry, I may cry, too.
- ♥ I may become afraid of a lot of things that didn't bother me before, like taking a bath. I'm afraid of heights.
- ♥ I'm very determined, and sometimes stubborn. It's all part of my growing up!

How you can help me learn:

- ♥ Talk to me. Listen to me. Take turns.
- ♥ Praise me when I do something new. I need your encouragement.
- ♥ Give me finger foods so I can practice picking up small things.

Babyproofing when baby can stand

Once your baby can stand, she can reach farther and higher. She can reach things that were out of reach before. If you can, keep her safe by taking her with you from room to room. Also, look at each room in your home again.

Watch for *new hazards*:

- ♥ When baby uses furniture to pull herself up, she may pull things over. Remove wobbly tables and lamps that could tip over. Fasten bookcases to the wall if they are not sturdy.
- ♥ Set your crib mattress to the lowest level. Remove bumper pads and large stuffed toys baby could step on to climb out.
- ♥ Be especially alert for dangling electric cords, tablecloths or curtains that baby could pull down or get tangled in.
- ♥ Keep medicines, cleaners, pesticides, alcohol and other poisons locked out of baby's reach. This includes vitamins and iron supplements.
- ♥ Turn pot handles toward the back of the stove.
- ♥ Turn your water heater down to 120° F (medium), as baby can be burned by water hotter than this. This saves money, too.
- ♥ Never leave your baby alone in or near water, even for a minute.
- ♥ Don't let baby stand up in the grocery cart at the store. You may be able to find a safety strap to keep her seated.
- ♥ Don't let baby stand up in her high chair.
- ♥ Watch out for things that pinch fingers, such as door hinges or folding chairs.



Act – Don't just react.

Researchers find that babies who hear "No!" and "Don't!" all the time grow up to be less intelligent than other babies. To learn, babies and children need to be able to explore and to experiment.

Listen to yourself. If you find yourself saying "No" all the time, perhaps you need to improve how things are arranged in your home.

For example, move that glass vase to a higher shelf. Put safety latches on the kitchen and bathroom cupboards. Move the house plants to a spot where she can't go. Figure out a way to cover the radio or TV buttons.

This will make life easier for you, and you won't have to discourage baby's curiosity so often. Besides, it's easier to change your living room than to stop your child's curiosity!

Sometimes, you have to say "No" to a baby. That's OK. Just don't overdo it.

Fears and insecurities

When baby can stand up alone, he becomes aware of many new things, and some of them can be scary.

Many 9 month-old children become afraid of heights and will no longer climb down from chairs, even though they have before.

Loud noises, such as the vacuum cleaner or the blender, may now frighten him.

Your baby may even refuse to be bathed in the big bathtub. Try bathing with him, or give him sponge baths in the tub.

Don't laugh at your infant's fears. They are just as real to him as your fears are to you. Comfort baby. Try to avoid scary things, or encourage him to face the thing he is afraid of. For example, let him touch the turned-off vacuum cleaner.

Baby will grow out of these new fears with your understanding and help.

Helping curiosity grow

Researchers who have studied young children report that curiosity is important for success in school.

Teaching babies formally is probably a bad idea. Avoid "flash cards" and similar lessons. Young children learn best when they direct their own learning, not when you try to force something on them.

Given freedom to explore, a child interested in the world around her will observe and learn.

Your child's first year is very important in laying a foundation for a lifetime of curiosity. You can help by making your baby's world an interesting, stimulating place, and by joining in your baby's excitement.

Here are some ideas:

Sight — Surround your 9-month-old with bright, moving colors in clothing, toys and room décor.

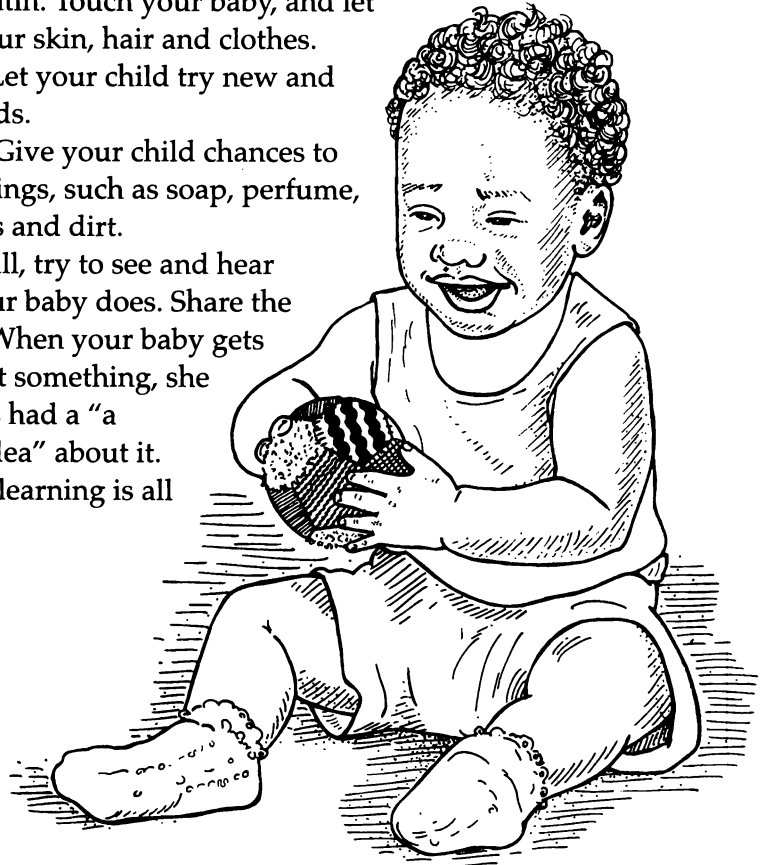
Hearing — Let baby listen to music on the radio, records, CDs or tapes. Make a chime mobile, or hang wind-chimes to catch a breeze. Talk and sing to your baby.

Touch — Give your child textures to feel — soft, hard, smooth and rough. Make a toy, blanket or ball from scraps of denim, corduroy, velvet and satin. Touch your baby, and let her touch your skin, hair and clothes.

Taste — Let your child try new and different foods.

Smell — Give your child chances to smell safe things, such as soap, perfume, food, flowers and dirt.

Most of all, try to see and hear things as your baby does. Share the experience. When your baby gets excited about something, she probably has had a "a wonderful idea" about it. This is what learning is all about.



Your baby's sisters and brothers

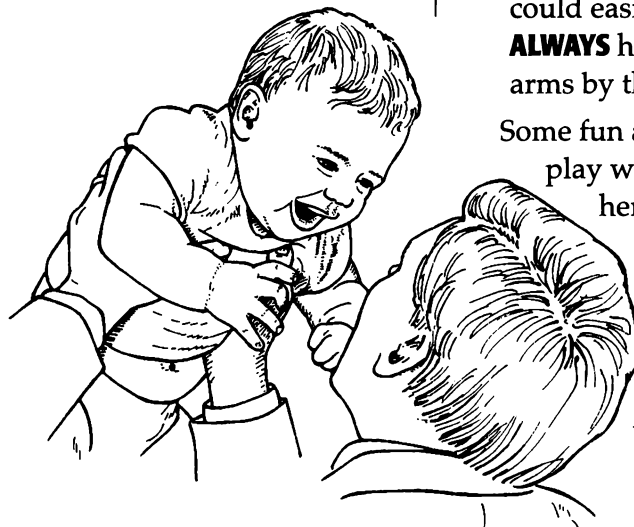
This can be a hard time for some older brothers and sisters. Now that your baby is moving around, he can get into their toys and other favorite things.

Babies need to form good relationships with their older brothers and sisters. You can help this happen.

- ♥ **Prevent problems.** Give older children a place of their own where their things are safe from the baby. If older children can't have their own room, a drawer too high for baby will do. Or let them play on the kitchen table, away from the baby.
- ♥ **Teach children to help.** Show older sister some of the amazing things the baby can do, and point out problems he cannot yet solve. Show the older child how to teach the baby new things. Suggest she roll a ball to him, or read him a book. Be sure to compliment her efforts. Show her when the baby tries to copy her, how he wants to be like her. By treating the older child as a partner in caring for the baby, you will help her gain a sense of cooperation and responsibility.
- ♥ **Make special time.** Give each child some of your full attention each day. Your children may resent the baby if he always interrupts their time with you.

You can also make special activities for "big children only." This could be something as simple as inviting a friend over or going to a friend's house.

When problems arise, take the time to teach children how to share, take turns, or stay out of each other's way. You don't have to get angry or take sides. It takes a long time for children to learn to see things from someone else's point of view.



Playing rough with baby

Researchers find that men and women sometimes play differently with babies. Men are more likely to play rough.

Some women would say that men are too wild! Men are more likely than women to swing babies around, lift them high in the air, bounce them high and low, tickle and chase them.

Babies enjoy this; moms often worry. Mothers might feel better if they knew that most men are like this, and most babies not only survive, but like it!

It can be fun to play rough with baby. And most babies love active play. But keep it safe — a few games are too wild to play with babies:

- ♥ **Never shake a baby!** This can lead to blindness, brain damage or death.
- ♥ **Never jerk a baby's arm.** If you swing her around in a circle, never hold her off the floor by the hands. This is far too much stress for baby elbows and shoulders. These joints could easily be dislocated. **ALWAYS** hold her under the arms by the chest instead.

Some fun and safe ways to play with baby are chasing her as she crawls, rolling her along the floor, or holding her so she flies like an airplane. Dance with your baby!

Lead alert

Old paint often has lead in it, and even tiny amounts can poison a child. Your child will not act differently right away, even at poisoning levels. Lead harms memory, intelligence and hearing.

Lead paint becomes a problem when it chips or turns to dust. It becomes dust when doors or windows rub while moving, when people walk over a painted floor, or when remodeling. One place it often collects is in the well of a window, between the sill and the storm window.

When baby crawls across the floor and then puts his fingers in his mouth, he may be eating lead. If he is teething, then chewing on the window sill may feel good. It may also taste good, since lead tastes sweet.

The simplest things you can do to prevent lead poisoning are to wash the dust away regularly, and to repaint over it.

For advice, call (800) 424-LEAD and ask for their pamphlets on lead in the home.

Baby learns to feed himself.

Does your baby hold most foods while eating? Drink from a cup with a little help? Hold and lick the spoon after it is dipped into food? These are the first steps in learning how to eat by one's self.

If your baby always grabs for the spoon, you can make meals easier by using two spoons — one for you and one for him. While he practices, you can feed him a few spoonfuls.

Let your little one try out the new skill of picking things up with his thumb and forefinger.

Finger foods your baby can feed himself:

- ♥ Small pieces of soft, mild cheese. *Big chunks (1/2 inch or more) can choke.*
- ♥ Soft toast, pieces of soft flour tortilla, cooked rice, bagel halves.
- ♥ Graham crackers.
- ♥ Cooked vegetable strips or slices — potato, sweet potato, carrot, peas, green or waxed beans, zucchini.
- ♥ Peeled soft fruit wedges or slices — banana, peach, pear, plum or melon (no seeds).
- ♥ Small, soft, tender pieces of cooked meat or chicken.

Praise your baby for feeding himself, even if he is very messy. If the mess bothers you, spread newspapers under the high chair to catch dripped food.

By now, your baby can eat most things the rest of the family eats — just take his portion out before you add salt and other seasonings.

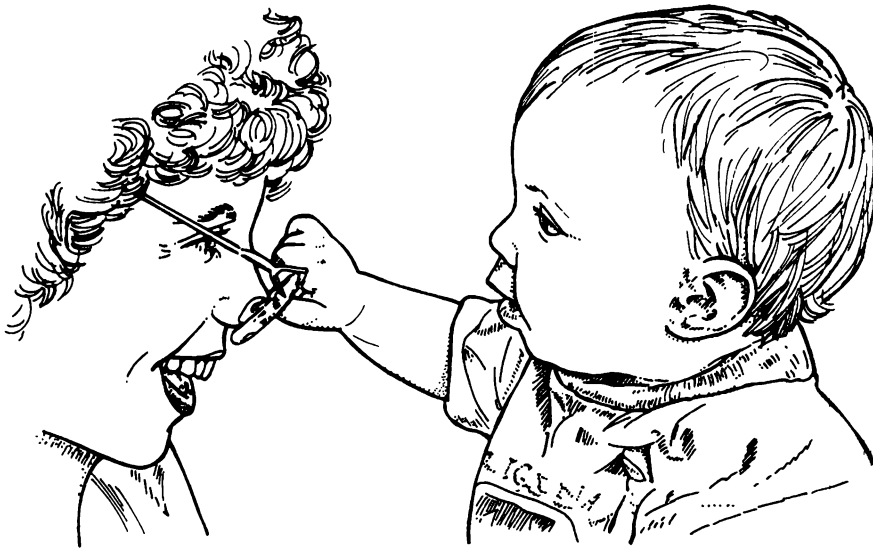
DO NOT give your baby foods that could choke him:

- ♥ **round** and **slippery** foods, such as whole grapes or hot dog circles, or
- ♥ **hard** foods, such as nuts, seeds or popcorn.



Child guidance: Five keys to good discipline

1. **Prevent situations** where your baby might do something you don't like. Move that canning jar to a higher shelf. Put a gate on the stairwell. If baby does something you don't like, think of ways you could keep it from happening again. Create a trouble-free environment!
2. **Ignore behavior** that is annoying but not harmful. If baby pulls everything out of your sock drawer, just take a deep breath and ignore it. If you pay too much attention, it teaches baby to do things like this to get attention from you.
3. **Distract or redirect** baby from things you don't want her to do or have. If she has your keys and you need them, don't just grab them. Instead, interest her in some other toy or activity. Baby will let go of the keys then. It's easier to get a baby started on something else than to take something away from her.
4. **Reward** baby with your loving attention when she plays nicely. Don't become a parent who only notices your child when she has done something wrong. Notice the good times, and give your baby a smile, a laugh, a hug. **Your attention is baby's most important reward** — use it to encourage behavior of which you approve.
5. Provide **freedom within limits**. Your baby needs freedom to explore, but she also needs limits. You need good judgment to provide both. Babies kept in playpens or high chairs for much of the day have too little freedom, and are too limited. Baby needs freedom on the floor to explore. That doesn't mean the basement stairs or garage! That is too much freedom, and is too dangerous.



Credits

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* Publishing state

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NCR 321 Parenting the First Year, Month 9-10 (Revised 1996) R-8-96-10M-500



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University of Wisconsin-Extension ■ Cooperative Extension ■ NCR Publication No. 321

Parenting the First Year

MONTH

10-11

How baby is changing

Is your baby saying any real words yet? A child just learning to talk often uses one word to mean several different things.

Real words are words that mean only one thing.

Even if baby says "No" and shakes her head back and forth, she may not know what the word means. She may even say "No" when she really means "Yes." Don't take all "Nos" too seriously.

If your baby began to pull up to stand last month, she will probably learn how to get down by herself soon. She may be fascinated by stairs. With a gate on the second or third step, she can practice climbing. You still need to be there to catch her.

Watch baby's hand. Your child may pick up things with just a first finger and a thumb. Remember when she had to use her whole hand to smear food into her mouth? She has come a long way.

Don't worry if your baby doesn't seem to do things on schedule. Your baby is unique, and will develop on her own timetable. As long as your baby is making progress, just enjoy watching her grow.

Activity: Teach baby the "Ahhh" game.

A smart thing to teach your child is to say "Ahhh," to open his mouth wide, and to stick out his tongue. This trick will make going to the doctor easier. It is also helpful when you want to see what he put in his mouth.

To teach baby, just say "Ahhh" yourself. Open your mouth **very** wide and stick out your tongue. He will learn by copying you.

No matter how well you babyproof your home, baby will find something to put into his mouth without you seeing what it is. Don't panic! You might startle him, and cause him to swallow the object.

Instead, act as if you are playing the "Ahhh" game. If baby knows the game, he will imitate you, and you can inspect his mouth in no time.



Child guidance: Is baby a tease?

Does your baby ever tease you on purpose? Has she ever headed straight for a wastebasket, making sure you notice? Your child is testing her emotions and yours. She is experimenting to see just where the limits are.

Teaching children to behave has always been a challenge for parents. It's not as much a matter of keeping your baby from doing the wrong thing as it is of **making it easy to do the right thing.**

How can you make good behavior easy? First, make sure your baby gets plenty of your attention when she is doing things **right**, not just when she is doing things wrong. She loves your attention, and will do anything to get it.

Give your baby safe toys and places to play. Pick her up and take her away from dangerous things. Be a teacher. Give her explanations like "Hot" and "Tastes bad" instead of just "No" all the time.

Be patient and gentle. But keep showing her what you want. If you recognize and accept some behavior as part of babyhood, you're using good judgment — and will enjoy your baby more.

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Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. **This is important:** Look for and notice your child's growth in each area. Then you can encourage each new ability.

Your baby wants you to know:

How I grow:

- ♥ I crawl up stairs, but I don't know how to get back down.
- ♥ I walk if you hold my hands.
- ♥ I may begin to sidestep, holding onto furniture, to get around a room.
- ♥ I sit down from a standing position.
- ♥ I climb up onto chairs and then climb down again.
- ♥ I'm beginning to show whether I'm right-handed or left-handed.
- ♥ I feed myself with my fingers, and help hold my cup.
- ♥ I may have trouble sleeping at night because I'm restless.

How I talk:

- ♥ I may understand simple sentences.
- ♥ I can say "No" and shake my head from side to side.
- ♥ I'm interested in conversations when I hear familiar words.
- ♥ I may drive you crazy because I like to say the same words all day long. Or, I may say no words at all.

How I respond:

- ♥ I react to your approval and disapproval.
- ♥ I cry if another child gets more attention than I do.
- ♥ I still don't like being away from you.
- ♥ I like to imitate people, gestures and sounds.

How I understand:

- ♥ I know which toys are mine, and I have some favorites.
- ♥ I will look for something if I see you hide it.
- ♥ I am beginning to think of myself as a person.

How I feel:

- ♥ I have many feelings now — sad, happy, mad, scared, hurt.
- ♥ I can be very moody, and I get upset easily.
- ♥ I may still feel shy around people I don't know.
- ♥ I am very sensitive to other children's moods.

How you can help me learn:

- ♥ Show me things you want me to know. For instance, clap your hands so I can learn by imitating you.
- ♥ Read books with me.
- ♥ Play hide and seek with me! If you hide behind a chair, I can come and find you.
- ♥ Put some pictures and a mirror down low, so I can see them.

Getting ready to walk

Most babies pull themselves to a standing position for the first time between 6 and 10 months. They hold on to furniture, their crib, playpen rails, or onto you as you sit on the floor.

The next step is called **cruising**. Baby holds on to furniture and slides his feet. As he gets better, he will stand farther away from the furniture, using it only for balance.

After baby is confident about walking while holding furniture, he may be ready to take steps while holding your hands. This can be scary for him. So hold his hands and go just a few steps, unless he wants to go on.

Your baby's first steps are cause for celebration. But the process of learning to walk takes many months as he gains control over his legs and arms. A few babies (25 percent) take their first steps by 11 months; others wait as long as age 15 or 16 months.

Give him lots of practice, but don't hurry him. Learning to walk takes real courage! You can increase his fun by putting chairs together so he can go farther.

Watch for safety hazards such as dangling tablecloths and cords, or sharp corners.

Keep him in bare feet or slipper socks, and provide a soft surface to ease falls. Above all, provide praise and love when he gets frightened or discouraged.

Your baby will learn to walk even without your help. But you may enjoy taking time to help him learn and practice, and he will enjoy your interest.



Q and A

My daughter crawls around and pulls everything out of drawers and cupboards. I want to let her explore. But I'm worried that this will become a bad habit if I don't do something. What do you suggest?

Don't worry about your baby developing bad habits yet. **Babies this age create clutter.** A healthy 10-month-old is doing what comes naturally — exploring.

Baby pulls things out of drawers, turns furniture over, drags toys all over the house, and examines anything she can touch. But she is not doing these things just to spite you or anyone else.

Make the most of this fun stage. Drawer and cupboard latches will keep your baby out of things she shouldn't have. Special drawers or cupboards filled with safe plastic bowls, wooden spoons, special toys or surprises will keep her interested in staying in one place.

You are right to let her explore. Now you just have to be clever enough to guide her to explore the places you have set aside for her.

Very soon, your little one will be walking and running — and won't have time to sit still and clutter up your home!

Books on parenting

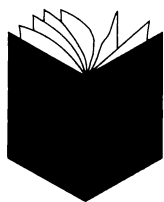
If you would like to read more about parenting, we recommend these two books:

Your Baby and Child: From Birth to Age Five by Penelope Leach (New York: Knopf), 1987.

Your One-Year-Old by Louise Ames and Frances Ilg (New York: Delacorte Press), 1982, and the other books in this series (each book is about a single year in a child's life).

We like these books because they are based on research on what children and families are really like.

But you might prefer a different one. Each book on parenting has its own viewpoint. Many are based on a philosophy or religious view of parents and children. We recommend you stop by the library or bookstore to look through a few parenting books. Try to find one that feels right with your own values.



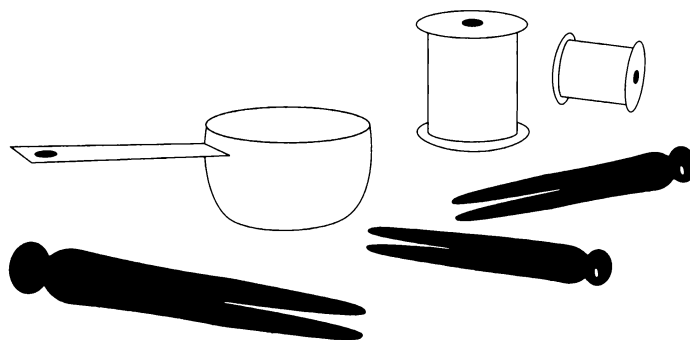
Household items as toys

Anything your baby likes to play with is a toy. Look around your home. You probably have lots of safe objects to use as toys.

Be sure all toys for baby are too large to swallow, have no sharp edges, and are safe for chewing.

Here are some ideas:

- ♥ Baby is probably ready for **nesting** containers — things that fit inside other things. You can buy a set of nesting cups or let him use measuring cups or food storage bowls. These let baby practice the ideas of “bigger,” “smaller” and “in and out.” These make good bath toys, too.
- ♥ Use old-fashioned wooden clothespins — not spring-type — and a box or coffee can for baby to learn “on and off.” Show him how to put the clothespins **on** the can or box edge, and then pull them **off**. Baby can practice “in and out” by putting the clothespins **in** the container, and then dumping them **out**.
- ♥ Cut a hole in the top of an oatmeal box into which he can drop **large** empty thread spools or other round objects **in**. He can take off the lid to get the objects **out**.
- ♥ Baby likes to do things with toys besides examining them. Making **towers** out of blocks or fitting rings onto a pole help his hand-eye coordination. You can make **blocks** out of empty, rinsed-out paper milk cartons. Open the top, and fold down the sides to make a cube. Tape each block shut. Rinsed-out, square baby-wipe containers also make good blocks.
- ♥ Baby may enjoy larger toys, too. A cardboard box with the ends cut out can be a **tunnel**. Baby can also roll over a pillow or beach ball and crawl into a paper grocery bag.
- ♥ Children love to do things their parents do. By 12 months, about one out of four babies will imitate housework. If you paint, let your child “paint” with water. Or give the child a broom, toy hammer, dusting cloth or other object to do work just like you do. Have fun with your baby!



Special for employed parents

“Sometimes I feel guilty. Am I a lousy parent because I have to be away at work all day?”

Of course not. But it is hard to be both a good parent and a good worker today. If you arrange good quality child care for your baby, and if you do your best to be a sensitive parent the rest of the time, your baby will usually do fine.

Research on employed mothers shows that on average, mother-child relationships are somewhat better when women work part time outside the home instead of full time. But the research also shows that **what you do with your baby when you are together** is more important than the number of hours you work outside the home.

For example, babies usually form their first strong attachments to fathers and mothers during the same period (about 6 to 8 months), even when one parent works full time and the other is home with the baby.

From your baby’s point of view, the important thing is to have quality care all day long — whether at home or elsewhere, or with a parent or a child care provider.

“So it doesn’t matter how much time I spend with my infant?”

We wouldn’t say that. For example, some fathers spend almost no time playing with their babies. That is not enough time! Research indicates that these infants would benefit from more stimulation and care from their fathers.

Uninvolved fathers may believe that babies are women’s business. Or maybe these men just don’t know what to do with a baby.

Researchers believe babies benefit from having a close bond with more than one person. If baby has only one parent, other people can be important to him:

grandparents, brothers and sisters and child care providers. No parent should think he or she must be with the baby all day, every day. This is hard on you, and may not be best for your baby.



Is it time for another baby?

Your baby is growing into a toddler, and maybe you’re thinking about having another child. We have a piece of advice: Wait a while!

When a child is less than 2 years older than the new baby, she often feels jealous. Who could blame her? When a new baby arrives, suddenly your older child gets a lot less attention than she used to.

If you wait until your toddler is 2 or 3 years old before having your next baby, she will be more independent. She will handle the arrival of a new baby better, which will make it much easier for you.

Raising a newborn is hard work, as you know! Imagine how much harder it would be with a small toddler competing for your attention all day!

If you want more children, we recommend you wait a while before getting pregnant again.

There are many safe ways to prevent pregnancy. Talk with your doctor or clinic and your spiritual adviser before deciding which to use. If you don’t know where to ask for advice, look in the Yellow Pages® of your phone book under “Birth Control.”

This is important: Birth control takes planning on your part. But it can make your life easier, and can help you be a better parent.

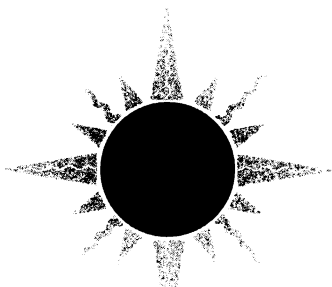
Do yourself a favor...

If you feel overly stressed by being a parent, you may need to give yourself a present — some time just for you. Even if you're a single parent, you can trade baby-sitting with another parent, or trade a service such as cooking a meal in return for a few hours to yourself. You've earned this time, you deserve it, and you don't need to be embarrassed to ask for it.

Here are some suggestions for spending time on yourself:

- ♥ Take a long bubble bath, a walk or a swim; watch a movie or read a book without interruption.
- ♥ Plan your future. Investigate classes you might take, jobs for which you could apply, and activities you would enjoy.
- ♥ Spend time with a friend — without children.
- ♥ Talk to someone about the stress you feel, and what you might do to reduce it.

Taking time just for yourself will help you feel refreshed and ready to face parenthood again.



Practicing to use a spoon

Most babies don't learn how to eat with a spoon until long after their first birthday. But offer your baby a spoon as soon as he wants one.

The food he tries to pick up with a spoon sometimes lands on the floor. But he is learning. And he needs practice to become skillful with a spoon.

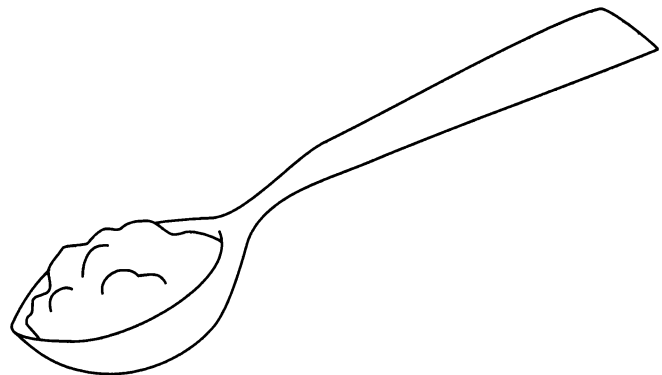
Here are some foods that will stick to the spoon when scooped up. Your baby can enjoy them while practicing spoon skills:

- ♥ applesauce
- ♥ cooked cereal — oatmeal, cream of rice or wheat
- ♥ cottage cheese
- ♥ macaroni and cheese
- ♥ mashed cooked beans
- ♥ mashed potatoes or sweet potatoes
- ♥ puréed or mashed vegetables or fruits
- ♥ yogurt

If you're worried about your baby not getting enough food, try two spoons — one for you and one for him. If he will let you, give him a mouthful in between his efforts.

Remember to make mealtimes happy, not frustrating. Hungry babies want to eat. It's up to parents and other caretakers to help babies develop a good attitude about food.

With lots of praise, a little patience and encouragement, your baby can learn a wide variety of tastes and textures in new foods. Good food habits start in infancy.



My baby called the child care teacher "Mama."

Mothers who use full-time child care sometimes worry that their babies will feel more love for the child care provider. When your baby calls another woman "Mama," you may feel hurt, jealous, guilty or confused.

Research shows that infants in child care do form strong bonds of love with caregivers. Your infant uses the caregiver much as he uses you: to calm fears and to feel secure.

But research also shows that caregivers do not replace the parents. Some of the research was done in communal towns in Israel, where babies live and sleep in special infant houses with trained caregivers and only see their parents for about three hours each evening. Even in this extreme case, babies are still more strongly attached to their parents than to their caregivers. Babies form these same strong attachments to adoptive parents, too.

The research is clear: Your care care provider doesn't compete with you. He or she helps you raise your baby, but never replaces you.

From your baby's point of view, having a strong attachment to the child care provider is good. Your baby needs to feel secure and loved in every place he spends time — both at home and in child care.

If your baby calls the child care teacher "Mama" by mistake, you can tell yourself, "How nice! My baby feels safe and loved by his teacher." But you'll know no one can replace you.



Credits

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NCR 321 Parenting the First Year, Month 10-11 (Revised 1996)R-8-96-10M-500

2000

Virginia Cooperative Extension

Publication 350-010



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University of Wisconsin-Extension ■ Cooperative Extension ■ NCR Publication No. 321

Parenting the First Year

MONTH

How baby is changing

Standing and cruising around the room by holding furniture keeps your little one very busy. Baby may even take a few steps on her own. Some babies like standing so much they refuse to sit down! This will wear off eventually.

In the meantime, you may have to diaper your baby while she is standing, or keep a special toy just for diapering to get her to lie down. Do not let her stand in a high chair or grocery cart.

Your baby may be able to say several words, and understands many more. She learns new words by hearing you talk to her. Point out colors and objects to help her learn.

Your baby may recognize people, even if they change their hair or glasses or grow a mustache. Her memory for people is improving. She trusts and likes some people more than others. Don't be surprised if she is afraid of strangers.

By now, baby can make a tower out of two blocks, and understands some complicated ideas like "up and down" and "big and small." Toys — like shape-sorters that let her fit small pieces into bigger ones — are special favorites at this age.

11-12

Recliner chair safety warning

Several children have been hurt or killed in recliner chair accidents. These children were between 12 and 30 months old, alone in a room and climbing on the chair's leg rest.

A child's head and neck can become trapped between the leg rest and chair if the chair folds up.

If you have a recliner chair, be sure to:

- Always keep an unused chair in an upright position.
- Keep children from playing on the leg rest, even with an adult sitting in the chair.

Report any accident with recliner chairs — or with any baby products — to the Consumer Product Safety Commission. You can call toll-free:

(800) 638-CPSC

Two minutes to fun

Some parents think they must set special times aside to play with the baby or to teach him new things. That's a good idea. But sometimes you don't have time in big blocks.

Children are happy with lots of little bits of your time and attention. They learn to amuse themselves, with your help.

It takes less than two minutes to:

- ♥ Give your child a hug and a kiss.
- ♥ Tweak baby's toes.
- ♥ Play pat-a-cake or peek-a-boo.
- ♥ Show baby his nose or chin, or your nose.
- ♥ Admire baby's shoes.
- ♥ Show baby a picture or two in a book.
- ♥ Tickle baby's tummy at bath time.
- ♥ Lift him up over your head.
- ♥ Point out a pretty leaf or flower.
- ♥ Give baby a big smile.



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Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. **This is important:** Look for and notice your child's growth in each area. Then you can encourage each new ability.

Your baby wants you to know:

How I grow:

- ♥ I stand by myself for a moment or two!
- ♥ I hold a toy in one hand, and pull myself up to my feet with the other hand.
- ♥ I may even wave and turn around while standing, without falling down.
- ♥ I walk if you hold one or both of my hands.
- ♥ I hold a pencil or crayon, and I love to make marks.

How I talk:

- ♥ I know that words are used to identify things.
- ♥ I may use one word to mean a whole thought.
- ♥ I babble and mumble gibberish a lot.

How I respond:

- ♥ I copy everything I see, and then I do it my own way.
- ♥ I try to get your approval, and I hide when I know you're not pleased.
- ♥ I may test you to see what I can get away with.

How I understand:

- ♥ I see your expression and copy it. I'm learning from you!
- ♥ I try to bark or meow when I see a dog or cat. I am learning how people, animals and things work.
- ♥ I like to look at pictures in books and magazines.
- ♥ I know that tools will help me. For instance, I push a chair in front of me to steady myself while walking.

How I feel:

- ♥ I may cling to you, especially in new situations.
- ♥ I love to shake my head and to say "No," even when I mean "Yes."
- ♥ I may cry, scream and have tantrums if I don't get my way.
- ♥ I feel guilty when I do something wrong.

How you can help me learn:

- ♥ Roll a ball on the floor for me to crawl after.
- ♥ Let me help you! Leave a dishrag or dustpan out so I can bring it to you.
- ♥ Help me practice turning pages of cloth or cardboard books. Soon I'll be able to do it alone.
- ♥ Let me hold cans and boxes of food at the grocery store. Show me the pictures, and tell me what they are.

Child guidance: Coping with baby's frustration

Babies get frustrated and mad sometimes when they can't do what they want. Sometimes, getting stuck halfway up the stairs or not getting a cookie can trigger a baby's temper.

What can you do when your baby is howling, screaming and kicking? That depends. If she is upset because she can't get back down the stairs or sit down when standing, teach her **how**. Soon her abilities will match her desires.

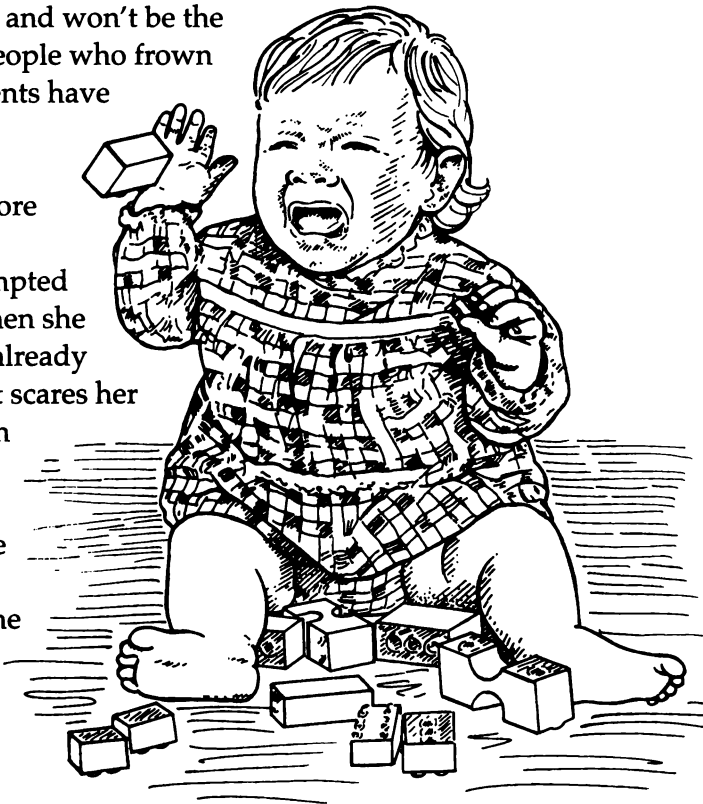
If baby is upset because she can't have a cookie or play with your glasses, try to interest her in a different activity or object. If this doesn't work, **pretend to ignore her** as you straighten the room or wash dishes. Stay nearby, and be patient.

When she sees that you're not paying attention, she will eventually quiet down. **Once baby is calm, give her a hug and a little understanding.** Her strong emotions are no fun for you, but they are scary for her.

What if your baby gets upset in a public place, like the grocery store? This is harder. Once again, try to interest her in something else, like a toy or a picture on a cereal box. Once she gets frustrated, you may have to put up with the results. Or pick her up and leave the store.

Your child is not the first to scream or cry in public, and won't be the last. Even the people who frown or make comments have probably gone through this themselves. Ignore them.

Don't be tempted to spank her when she is upset. She is already out of control. It scares her even more when **you** are out of control and angry. Resist the urge to do something. In the long run, **doing nothing** will end these noisy outbursts sooner.



Q and A

My baby likes to take off all his clothes and run around naked. How can I stop him from doing this?

Your baby sure is growing up! A few months ago, he was just turning over. Now your child is coordinated enough to pull his clothes off, but not to put them back on.

It's common at this age to check on baby in his crib and find him naked and giggling, proud of his new skill.

To slow him down a bit, you might choose clothes that are harder for small hands to unfasten, like one-piece outfits, overalls and clothes with small buttons.

You can also try putting clothes or sleepers on **backwards**, so your baby can't reach the zippers.

If he pulls off disposable diapers, you can buy special pants to wear over them.

You shouldn't have to put up with this for long. And you won't — unless he gets a lot of attention for this behavior. He will find other interests. Or you can distract him with a new toy or activity.

Expert advice: Talk about parenting

Who can you talk with about your baby? Research shows that the most skilled parents have people they can talk with and learn from.

If you use child care, consider talking with your child care provider.

Providers have experience with lots of children and families. So they usually know what is normal and what is not. They often know dozens of ways to start new foods or to get a child to sleep. They have learned from other parents like you.

Your child care provider also knows your child very well, and cares about you. Most providers welcome a chance to talk with parents. So find a time to talk about what's working for you, and what isn't. See what you can learn.

Water safety

Water play in the bathtub, pool or beach can be a lot of fun for your baby. But water can be dangerous.

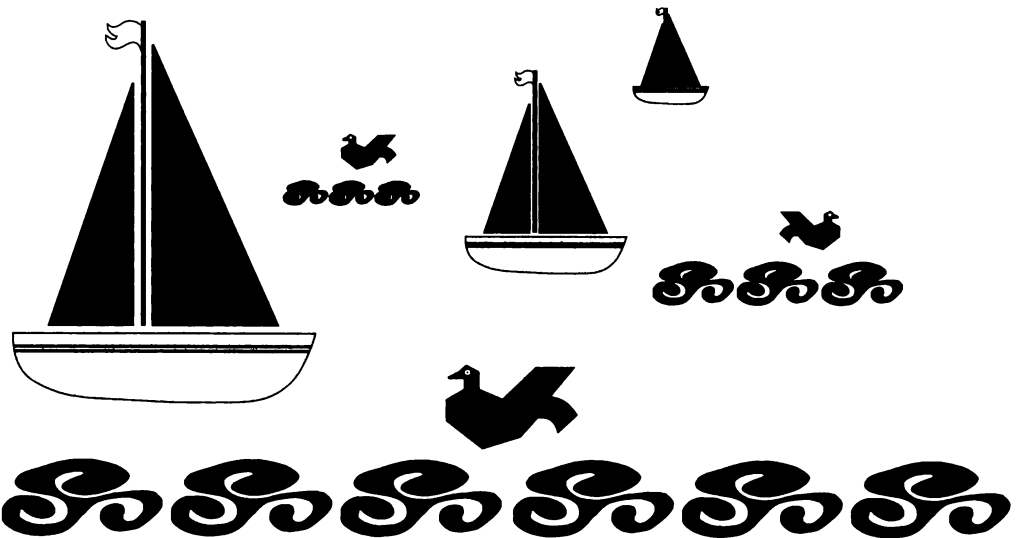
Here are some tips to make water time safe and fun:

- ♥ Doctors now advise against swimming lessons for infants and toddlers. Their bodies are not yet good at fighting some diseases that are easily passed in the water.
- ♥ Don't let your baby swallow lots of water at the pool or beach — it could make a baby sick.
- ♥ Floating toys are fun, but they don't substitute for a watchful parent or prevent drowning. **NEVER** leave a young child alone near water, even for a minute. Teach your child to wait for an adult before getting into water.
- ♥ If you have or use a pool, teach proper pool-side behavior. Don't allow running or rough play around the pool. Never leave a pool half-covered. A child could get trapped under the cover.
- ♥ To prevent sunburn, use a waterproof sunscreen with SPF (sun protection factor) 15 or higher. Reapply it at least every two hours.
- ♥ Watch out for small quantities of water. Babies have drowned in buckets and open toilet bowls because their heavy heads became trapped when they fell in.
- ♥ Learn infant CPR (cardiopulmonary resuscitation) so you are prepared in case of an accident. Ask your doctor, clinic, or local American Red Cross about classes (see Month 6-7 of this newsletter).

Baby shots reminder

If you are following our advice, you will get more baby shots in the next few months. Between ages 12 and 18 months, baby should get shots for DTP/HIB, MMR (German measles), and chicken pox.

If you aren't sure what shots your baby needs, call your doctor, clinic, or tribal maternal-child specialist. These shots are a lot safer than the diseases would be.



Build your child's self-esteem.

How do you want your child to feel about himself? Do you want your baby to grow up thinking he is a good person, able to handle things in life? Do you want him to get along with others and to share his feelings?

The way a person feels about himself is called **self-esteem**. High self-esteem means feeling good about yourself.

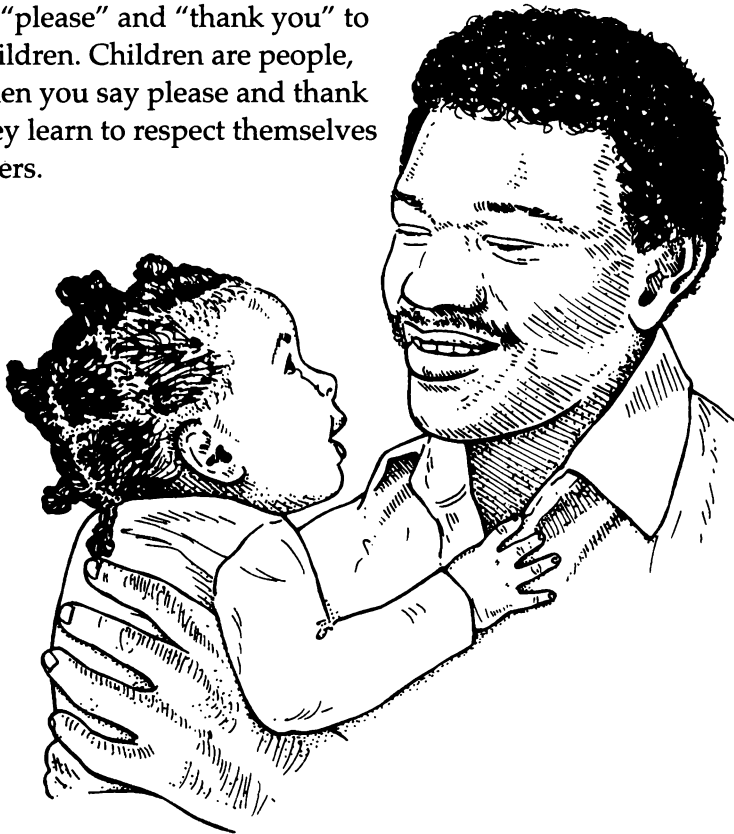
Children with high self-esteem do better in school and in life.

Self-esteem begins at home. If you want your child to develop high self-esteem, you have to feel good about him and let him know. How can you do this? Tell your baby you think he is a great child. Tell him he is important to you. Share lots of hugs, kisses and smiles. Give him some of your undivided attention each day — really listen to him.

When your child does something you don't like, you can choose to correct him in a way that won't hurt his self-esteem. Don't yell at your child or tell him he is a rotten child. Instead, say "I get mad when you... ." Your baby will learn, without feeling like a failure. Be fair and consistent. Teach him to make good choices.

Try to point out at least five things your baby does **right** each day. You can say: "I like the nice way you are petting the kitty," or "You are playing with your sister very nicely," or "Look at how well you stack those blocks!"

Say "please" and "thank you" to your children. Children are people, too. When you say please and thank you, they learn to respect themselves and others.



Take baby shopping.

Do you take your baby to the market with you? Some children really enjoy this. Others are over-excited by all the colors, smells and noises, and may "act up" with bad behavior.

If your child can handle the stimulation, grocery shopping can be a fun outing. You can help your baby learn by talking to her and pointing out different foods.

When you choose some apples, you can say, "We need four red apples. See? One, two, three, four." When you get cereal, show her the box, shake it, and let her see what is inside it when you get home.

Research shows that smart children have parents who give them this kind of stimulation.

You might want to bring a toy from home or let her hold something unbreakable to keep those little hands busy.

Don't let her stand in a grocery cart. Use the seat strap, or bring one from home to keep her seated.

Worrying about baby's eating?

If your baby is very active, you may notice a slowing down of weight gain. That occurs because your baby is using more calories for her constant activity. The fact that she may be gaining less weight now doesn't mean she isn't healthy.

Worrying about what your baby eats or doesn't eat will only make both of you nervous. Don't expect her to clean her plate or eat "just one more" mouthful. Trust her to be the best judge of how much to eat.

As your baby moves around and explores, she is becoming more independent. She may insist on feeding herself. Or she may be a little scared by the new abilities, and cling to you at mealtimes. She may even refuse to hold a cup or spoon, and demand to be fed.

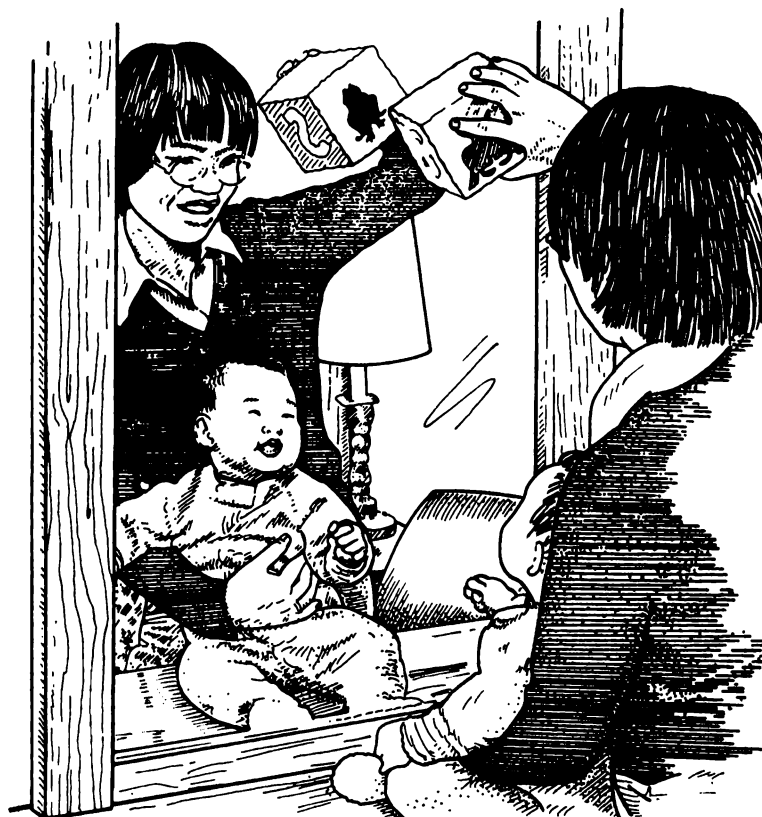
Whether your little one is a clinger or a self-feeder, try to be calm and patient. Patience will pay off in fewer feeding problems now and later.

Activity: Mirror game

Here is a mirror game you can play with your baby to help him learn what he looks like.

How to play:

- ♥ Hold baby on a bathroom counter or dresser in front of a mirror. Stand behind him, and point to his reflection.
- ♥ Using your baby's name, say: "I see Johnny. Where is Johnny? Find Johnny. Look at Johnny." Encourage him to point to himself in the mirror by copying you: "Here's my nose. Where's Johnny's nose?"
- ♥ Do the same thing with toys and other objects. Pick them up one at a time, and move them behind his head. Bring them out into view on one side or the other — he will love this!
- ♥ Name the objects and tell him something about each one, such as: "This is a **ball**, and it's **round**."
- ♥ Ask baby, "Where is the ball?" Encourage him to point to it in the mirror.



Do yourself a favor...

Good days/Bad days

Do you know that all parents have bad days? Every parent sometimes feels worn out.

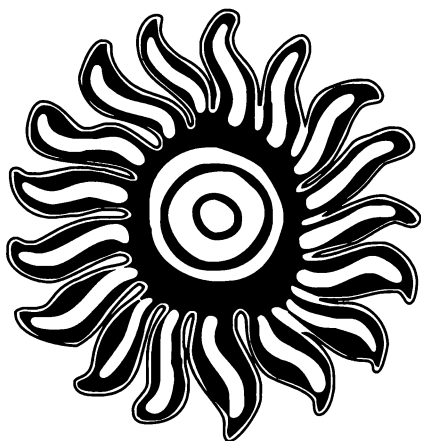
Taking care of a young child can leave you feeling that you never have a moment to yourself unless you find it after midnight — and then you may be interrupted by a small cry. Besides that, if you're like most parents of young children, you can hardly keep your eyes open after 8 p.m.

You may wonder if someone else has found an easier way to do the job. On bad days, you might secretly ask yourself if you are doing something wrong.

No one knows a shortcut to being a good parent. It's common for parents' bodies to ache a little. You may also feel emotionally bruised. Take heart — you are probably doing fine. A lot of weariness goes along with being a parent. It may help to remember that these bad days usually are followed by good days, and that all these days will pass as your little one becomes less demanding.

Young children need parents who try to be their best with them every day. But that doesn't mean we succeed all the time. Allow yourself one major screw-up without guilt every day. When you're not feeling OK, try not to worry about being a super parent or a super family. The more you can laugh about things, and really **enjoy** your baby, the easier your days will be.

Infants and toddlers can be demanding. If you sometimes feel that you are at the end of your rope, call your doctor, spiritual advisor or good friend to let off steam and to talk. Even though you sometimes feel overwhelmed, that doesn't stop you from being a good parent — you still care about and love your child. Talking about it shows that you are responsible enough to know when you need help.



Credits

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Madison, WI 53703
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* Publishing state

North Central Regional Extension Publications are subject to peer review and prepared as part of Cooperative Extension activities of the 13 land-grant universities of the 12 North Central States, in cooperation with the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture, Washington, D.C. Programs and activities of the Cooperative Extension Service are available to all potential clientele without regard to race, color, national origin, age, gender, religion or disability.

Parenting the First Year NCR 321 is a set of 12 newsletters also available in Spanish, *El Primer Año del Bebé* NCR 452. For copies of these or other NCR publications, contact your county or area extension office. If your state does not have copies — or if you need this material in an alternative format — contact the publishing state (note new address):

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NCR 321 Parenting the First Year, Month 11-12 (Revised 1996)R-8-96-10M-500

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Virginia Cooperative Extension

Publication 350-010



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Parenting the First Year

MONTH

12

How baby is changing

Your child is probably spending a lot of time mastering walking. She may be extra-clingy now. Try to give her the extra attention she needs. This will help her become more independent soon.

The desire to walk is so strong it may even interfere with eating and sleeping.

It may be hard for your baby to relax and go to sleep. She may rock or bounce in her crib. If the crib moves, take the wheels off. A back rub or a rock in a rocker may help her drift off to sleep.

Have you noticed your baby enjoys doing small errands for you, like bringing you things? She understands more than she is able to say yet.

Your little one may be able to say a few words — but words stand for whole thoughts. This makes puzzles for you. When baby says “Mama,” does it mean: “Where’s Mama?” or “I want Mama?” or “Play with me, Mama?”

What’s ahead?

By the end of the first year, your baby has developed his own personality. Baby is a full-fledged member of your family. It’s hard to imagine what life was like without him! In the months ahead, look forward to your child:

- ♥ Sleeping about 12 hours at night, and being an early riser.
- ♥ Needing a longer nap on some days than others.
- ♥ Usually wanting attention when waking up.
- ♥ Having a varied appetite, especially while teething. After 12 months, children grow more slowly and eat less.
- ♥ Having a language “explosion.” A 12-month-old may speak two or three words. A 2-year-old may know 200 to 300 words.
- ♥ Exploring and playing with genitals. This is normal curiosity.
- ♥ Starting to show independence without really knowing what he wants. You may hear “No!” and “Me do it!” a lot.

Memories

Your baby and family have come a long way!

At birth, baby probably weighed between 5 and 9 pounds. Now she has tripled that weight.

At birth, baby ate many times during the day and night. Now she eats regular meals like you, including a variety of solid foods. She can help feed herself!

At birth, your baby could barely lift her heavy head off the mattress. Now she can sit, stand, stoop and maybe take a few steps.

At birth, baby couldn’t reach for things she saw. Now she can pick up tiny objects with thumb and first finger, swap things from hand to hand, and put one object inside another.

At birth, baby communicated only by crying. Now she smiles, laughs, frowns. Baby shows anger, fear, joy, curiosity and love, and she may even say a few words.



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Children can be very different from each other. Don't worry if your child is "early" or "late" in growth. **This is important:** Look for and notice your child's growth in each area. Then you can encourage each new ability.

Your baby wants you to know:

How I grow:

- ♥ I may walk, but I still prefer to crawl — it's faster!
- ♥ I also may try to do other things while walking, like wave to you or pick up my favorite blanket.
- ♥ I stand by pushing up from a squatting position.
- ♥ I climb up and down stairs if I get the chance.
- ♥ I may even be able to climb out of a playpen or crib.
- ♥ I use my hands to take lids off jars.
- ♥ I hold things in one hand while I do something else with the other hand.
- ♥ I use my index finger to point to things.
- ♥ I try to dress or undress myself, but I'm not very good at it yet.
- ♥ I insist on feeding myself.

How I talk:

- ♥ I repeat a few words I know — it's good practice.
- ♥ I babble phrases that sound like short sentences.
- ♥ I make up my own words to describe objects or people.

How I respond:

- ♥ I trust people I know well.
- ♥ I imitate people, even if they are not around.
- ♥ I am still afraid of strangers and unfamiliar places.
- ♥ I am very definite about my likes and dislikes.

How I understand:

- ♥ I remember more because my memory is getting sharper.
- ♥ I hunt for a toy and remember where I saw it last.
- ♥ I may be able to solve a problem through trial and error.
- ♥ I follow simple directions and understand many things you say to me.
- ♥ I have favorite people and favorite toys.

How I feel:

- ♥ I'm starting to have a sense of humor, and I think some things are funny.
- ♥ I still don't like being apart from you. I feel relieved when you return.
- ♥ I feel secure and happy eating meals with my family.
- ♥ I feel and show love and affection to my favorite people and to my favorite things.

How you can help me learn:

- ♥ Dance with me! I love to listen to music.
- ♥ Find or make for me some nesting toys to play with.
- ♥ Read to me.
- ♥ Give me simple commands to follow. I like to run little errands for you.
- ♥ Share lots of hugs and kisses with me.

When to toilet train

You have already made it through one year of diapers. Will baby be ready for toilet training soon? Probably not.

Research shows that the average child is not fully toilet trained until 2½ to 3 years. Some take longer. Night-time control takes until 3 to 4 years. Your child must be ready before he can start to be toilet trained.

Learning to use the toilet is a complicated task.

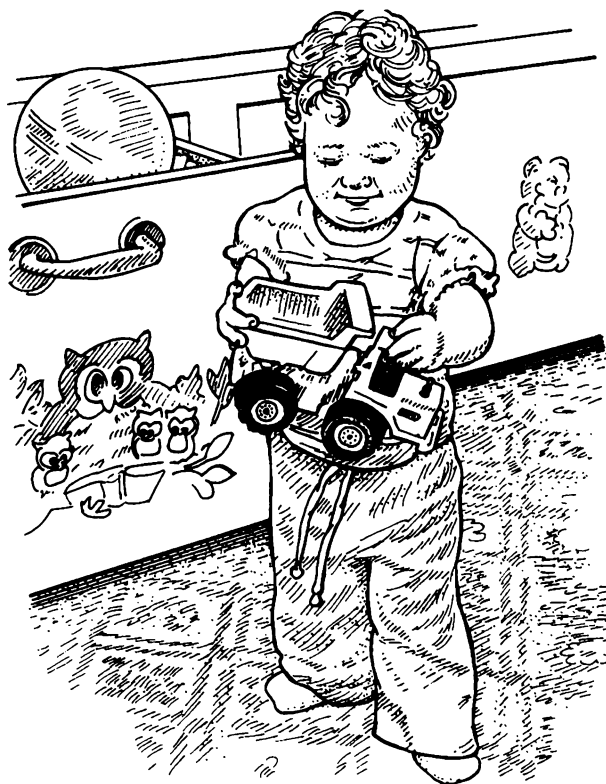
Your child must:

- ♥ Understand what you want him to do.
- ♥ Feel when he is **about to** urinate or have a bowel movement before he actually does it.
- ♥ Be able to tell you in words that he needs to go.
- ♥ Get into the bathroom.
- ♥ Undo clothing, including snaps and zippers.
- ♥ Sit on the toilet.
- ♥ Relax, and let the urine or bowel movement out.

If you try to toilet train too early, your child will be upset that he can't do what you want. You may become frustrated when things don't go smoothly.

Sometimes a child goes on the potty once or twice by accident. Then, parents feel he is being disobedient on purpose when he won't do it again.

You can avoid a lot of problems by waiting until your child is ready — probably after his second birthday. He will want to stay dry “like a big boy,” and toilet training will go much more smoothly for both of you.



Sex roles

Parents sometimes treat boys and girls differently. Parents may give toy trucks to boys and give dolls to girls.

Parents may get upset if a boy picks up a doll and plays with it, because they think a doll is a girl's toy. The same thing may happen when a girl plays with a toy truck or car.

Although your child is still a baby, think about your own attitudes about sex roles. Now is a good time to look at the messages you want to give about “what little boys and little girls are made of.”

Here are some questions to help you sort out your attitudes:

- ♥ Do I hold back hugging my son just because he is a boy?
- ♥ Do I expect less toughness and drive from a daughter than I would from a son?
- ♥ What kind of adult roles should I prepare my child for? Do I expect my daughter to compete on the job? Do I expect my son to nurture his own children?

Learning starts early.

By the time children enter school, some know a lot more than others. Their families help them learn.

What you can do to help your baby learn:

- ♥ **Floor freedom** — When they were babies, bright children were allowed to explore. They were not kept in cribs or high chairs or swings all day.
- ♥ **Language** — Bright children have parents who talk more with them. Their parents explain and expand on things. For example, the child might say “Doggie,” and the parent will answer: “Yes. It’s a big, brown doggie, and he’s wagging his tail.”
- ♥ **Outings** — Bright children have been taken places — to the market, the post office, the fair, the park.
- ♥ **Just enough help** — The parents of bright children give them just enough help so they can do things. For example, the parents might put chairs together so an early walker can hold on while walking. Then, as the child gets better, the parent will move the chairs apart a bit, making it just a little harder. Another example: When the baby has trouble stacking blocks on the rug, the parent might start the stack on a book, for a firmer base that won’t fall so easily. The parent provides just enough help, then lets the baby succeed on her own.

TV and children

What do children learn from TV? The answer: Lots!

Children copy the actions of people and cartoons they see on TV. Research shows that even when 12-month-olds watch an adult playing with a toy on a small black-and-white TV screen, they will later choose to play with that same toy in the same way as the person on TV. They imitate what they see.

It should be no surprise then, that children who watch a lot of TV become more aggressive than other children. They get in fights more at school. They even have more serious criminal records as adults. TV viewing is also linked to lower reading scores.

Of course, the purpose of TV is to sell products. TV makes us want things we don’t have, and that makes us unhappy.

Watching TV can be great entertainment. But we advise that you use the TV carefully, even with your infant.

- ♥ **Limit the amount of TV viewing.** We advise no more than two hours daily. Clear and consistent rules are easiest to enforce. For example: “We never watch TV before lunch in this house.”
- ♥ **Avoid using the TV like a baby-sitter or “plug-in drug.”** When you need both hands for cooking, don’t set baby in a rocker in front of the TV. Instead, set her rocker where she can watch you cook and talk with you.
- ♥ **Limit the kinds of TV viewing.** For example, set rules against TV content that teaches your children to be violent or to disrespect adults. Especially avoid shows in which the hero is violent, since children imitate the hero most.
- ♥ **Watch your children’s TV programs with them,** and talk about what you see. Tell your child what is real and what is phony, how special effects are done, and what the TV people did right or wrong.
- ♥ **Watch commercials with your children.** Explain that ads are trying to make you spend your money, and that toys and foods always look better on TV than in real life. Some families have a simple rule that prevents many arguments between children and parents: “We never buy anything that we see advertised on TV.”

Children will not be harmed if you throw away your TV. But you don’t have to go that far — as long as you set rules for using TV carefully.

Prevent childhood poisoning.

You know your child likes to put things in his mouth to taste them. You may not know that children will eat poisons — like mothballs or drain cleaner — even if they taste bad. Only as we get older do we learn that bad-tasting things may be harmful.

It's your job to protect your child from poisons in your home. Here is a room-by-room list of common household products that are poisonous:

Kitchen

Dishwasher soap,* oven cleaner,* floor and furniture polish, ammonia,* lye.*

Bathroom

Medicines — prescription drugs, aspirin and aspirin substitutes, vitamin and iron pills, tranquilizers, birth control pills, cold and cough medicines — cosmetics, mouth wash, toilet water, perfume, drain cleaner,* disinfectants,* rubbing alcohol.

Laundry

Bleaches, detergents, fabric softeners, stain removers.

Storeroom

Kerosene, lighter fluid, gasoline, paint, paint thinner, turpentine, weed killer, pesticides, rat poison, fertilizer.

Other

House plants, garden and yard plants, tobacco, any alcohol, mothballs, paint chips or dust.

Think ahead to prevent poisoning:

- ♥ Store poisonous products in a locked cabinet or high out of children's sight and reach. Put them back after use.
- ♥ Look up the phone number for your local Poison Control Center, and keep it by every phone in the house.
- ♥ Buy a bottle of Syrup of Ipecac to keep on hand for causing vomiting if needed. Do not use ipecac without advice from a poison hotline or doctor. It can poison when not used right. **Remember:** No vomiting if a **caustic** substance has been swallowed.
- ♥ Never put a poison in food or drink containers. Someone may think it is food and eat it.
- ♥ Don't take medicine in front of your children. Never tell children their medicine is "candy."
- ♥ Watch out — other people's homes may not be childproof.

If poisoning occurs...

1. Try to figure out what was swallowed. Keep the container and label. If the child vomits and you don't know what was eaten, keep a sample for chemical analysis.
2. **If the child is awake**, call the Poison Control Center or the doctor right away. Even if the child seems OK, some treatment may be needed. Time is very important.
3. **If the child is unconscious**, call the rescue squad. Begin CPR (cardiopulmonary resuscitation) if the child is not breathing. Infant CPR is described in month 6-7 of this series.
4. Never induce vomiting if a caustic substance was swallowed. These products cause severe mouth and throat burns in addition to poisoning. They burn a second time if the child is made to vomit.



* Indicates products are caustic and cause severe mouth and throat burns as well as poisoning when swallowed. **Never induce (cause) vomiting if a caustic substance is swallowed.**

Many babies want to suck.

Most babies like to suck on fingers, toys or pacifiers. Many begin to give this up on their own at about one year of age. But many others do not. Is it OK?

Some babies are better soothed by sucking than by almost anything else. Sucking calms them, especially when they are tired and fussy. Sucking can help protect sleep, too. Noises and things that would wake a child up just make her suck harder.

One study of 12-month-olds found that when their moms left them **with** a pacifier in a room full of toys, they stayed longer, explored more, and played with more toys than 1-year-olds **without** a pacifier. A pacifier seems to calm babies' fears, so they explore more.

Will sucking hurt a baby's teeth? Doctors disagree on this. Some think that sucking on a thumb or pacifier, even at this young age, will deform baby's teeth. Some believe babies' thumbs are worst for this, but that **anatomically correct** pacifiers are OK (it will say that on the package when you buy it). Next time you visit the dentist, have them look at your baby's teeth. If there is any problem, follow the dentist's advice on pacifiers and thumb sucking.

In the meantime, try to understand and respect your child's need to be comforted by sucking, or by keeping a favorite toy or blanket nearby. Your patience will help your child give up these habits on her own, when she is ready.

What to feed baby

Milk — When your baby is 12 months old, you may switch from breast milk or iron-fortified formula to cow's milk. Whole milk is better than low-fat or skim milk until age 2. Two-year-olds should begin to make the change to drinking low-fat milk, if that's what the rest of the family drinks.

Your baby is probably enjoying a variety of foods, but he still needs 2 to 3 cups of milk each day. Babies over 6 months old should not be drinking more than 4 cups (1 quart) of infant formula or milk each day. They need to begin getting their nutrients from a mixed diet of solid foods in addition to milk.

Yogurt and cheese provide nearly the same nutrients as milk. So these are OK for part of the milk a child needs each day.

Other food groups — By this time, your baby should have developed a liking for many different foods. In addition to milk, yogurt and cheese, make sure you give him foods from each of these food groups every day:

- ♥ Breads, cereal, rice and pasta — includes tortillas
- ♥ Vegetables
- ♥ Fruits
- ♥ Meat, poultry, fish, dry beans and eggs — but **not** whole nuts that could cause choking

Sweets — Babies are born with a natural liking for sweet foods. A sweet treat is OK once in a while. But be careful not to let sugary foods take over his diet.

Build healthy eating habits.

Your baby doesn't have to eat something from each food group at every meal. Most babies have fairly wild eating patterns at a given meal. They may eat nothing but beans at one meal, and nothing but bananas at the next! But they do pretty well over time if you offer them a variety of nutritious foods at each meal.

We recommend **not** forcing a child to eat specific amounts, or certain foods. In fact, when children are required to eat certain foods, they learn to dislike them.

Here are two things that work best in building good eating habits for children:

1. Set a good example by serving and eating a variety of nutritious foods.
2. Give children positive attention when they eat the way you'd like them to.

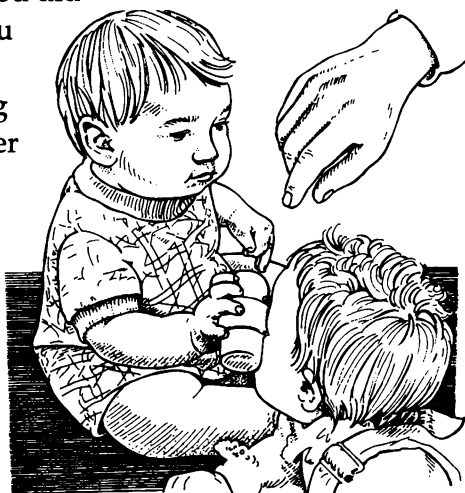
Child guidance: Setting limits

Your child understands many things you say, and may even be able to say a few words. But baby can't think ahead about what might happen, and she can only decide between the most basic choices.

This means you have a challenge ahead: to help your child learn rules so she can eventually learn to manage her own behavior. How can you do this?

Here are a few suggestions:

- ♥ **Be brief.** Your child understands short, simple phrases. Give reasons for your rules. But long, involved explanations won't help.
- ♥ **Be clear.** Baby can understand the difference between standing in her high chair and not standing. But she may be confused if the rule is "Standing in the chair is OK when I am next to you or when you hold on with one hand." Keep things black and white for now.
- ♥ **Be specific.** Tell your child what she can't do and what she can do. If baby is throwing blocks, tell her: "Blocks are not for throwing. Here, stack the blocks like this." Be ready to remove her or take away the blocks. Or, you could give her a soft toy that is OK to throw. This focuses on positive, rather than negative behavior.
- ♥ **Be consistent.** A child can adjust to small differences in rules set by two parents, or by parents and child care providers. But don't forbid an activity — like jumping on the bed — one minute, and allow it the next. It's good to be flexible sometimes. But most of the time, try to make up your mind what you want and be firm about it.
- ♥ **Admit feelings.** Sometimes children do things that make parents angry. When you feel angry, admit it. But don't make your baby feel like a bad person just because she did something bad. And don't scare her with feelings that are too scary. Say in a firm voice: "I'm really mad that you did that." She will know how you feel. When you admit your anger without yelling, calling names or hitting, you help her deal with her own angry feelings. She will learn to express anger without hurting others.
- ♥ **Lighten up.** See the humor in things. Don't make an issue out of everything. Instead, choose your battles wisely, and relax about the rest.



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In cooperation with the NCR Educational Materials Project. Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture and Cooperative Extension Services of Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin. *

* Publishing state

North Central Regional Extension Publications are subject to peer review and prepared as part of Cooperative Extension activities of the 13 land-grant universities of the 12 North Central States, in cooperation with the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture, Washington, D.C. Programs and activities of the Cooperative Extension Service are available to all potential clientele without regard to race, color, national origin, age, gender, religion or disability.

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NCR 321 Parenting the First Year, Month 12 (Revised 1996) R-8-96-10M-500