

First Steps

PARENTING IN THE FIRST YEAR

WEXFORD, MISSAUKEE & NORTHERN OSCEOLA COUNTIES



10-11
Months

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, baby may not know what the word means. She may even say "no," while really meaning, "yes." Don't take all "no's" too seriously.

If baby began to pull to a standing position last month, she will probably learn how to get down by herself soon. Your baby may be fascinated by stairs. With a gate on the second or third step, baby can practice climbing but can't fall too far.

Watch baby's hands. 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? Baby 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 your child grow.

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Teach Baby the "Ahh" 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 baby put in his mouth.

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

No matter how well you baby-proof your home, baby will find something to put into his mouth without you seeing what it is. Don't panic! You might startle your child 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 your child's mouth in no time.

Discipline: Is Baby a Tease?

Does your baby ever tease you on purpose? Has she ever headed straight for a wastebasket, making sure you notice? Does baby reach for your glasses, almost waiting to hear, "no, no"?

Your child is testing her emotions and yours. She is experimenting to see just where the limits are. Establishing routines and limits also supports intellectual development by ensuring the baby gets adequate sleep, nutrition, and information about his world.

Teaching children to behave has always been a challenge for parents. It's not as much a matter of making baby mind as it is a process of making *it easy for*

your child to do the right thing.

How can you make it easy? First, don't ask too much of baby. Keep in mind that your child *is* a baby - don't tempt her with wastebaskets, plants, uncovered outlets and the like.

Give your baby safe toys and places to play. Pick baby up and take her away from dangerous things. Give baby words like "hot," "taste bad," and "stop" instead of "no" all the time.

Be patient, gentle and understanding, but keep showing baby what you want. If you recognize and accept some behavior as part of babyhood, you're using good judgement.



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 it just to spite you or anyone else.

Drawer and cupboard latches will keep baby out of things that could be dangerous. Try to keep a special drawer or cupboard open for baby, with safe plastic bowls, wooden spoons, pots and pans, and food cans to play with.

Very soon your little one will be walking and running and won't have time to sit still and clutter up your home! Your child is just going through a normal phase of development.



Children develop at different rates. Talk with your child's doctor, nurse or educator if you have concerns with delays in growth and development.

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 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 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 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 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.

Brain Development

This is a time when the cerebral cortex, the part of the brain responsible for problem solving and complex thinking processes, is developing.

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.

- 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.
- Be sure all toys for baby are too large to swallow, have no sharp edges and are safe for chewing.
- 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 clothespin *in* the container and dumping them *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 milk cartons**. Open the top, and fold it down 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 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. Have fun with your baby!



Is It Time For Another Baby?

Baby is growing into a toddler, and maybe you're thinking about having another child.

When a child is less than 2 years older than the new baby, she often feels jealous. Who could blame the child? 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 new baby better, which makes 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 complaining for your attention all day!

There are many safe ways to prevent pregnancy. Talk with your doctor, clinic local health department and/or your religious advisor for information on family planning. 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.

My Baby Called the Child Care Provider at Daycare “Mama”

Mothers who use full-time day care sometimes worry that their babies will feel more love for the childcare provider. Then your baby calls another woman, “mama,” you may feel hurt, jealous, guilty or confused.

Research shows that infants in day care do form strong bonds of love with caregivers. Your infant relies on the caregiver as much as the infant relies on 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.

The research is clear: Your day-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 day-care provider is good. Your baby needs to feel secure and loved in every place where he spends time - both at home and at day care.

If your baby calls the day-care teacher, “mama,” by mistake, you can tell yourself, “How nice! My baby likes her teacher almost as much as me.” But you'll know no one can replace you.

Special for Employed Parents

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

Of course not. Lots of mothers and dads of 1-year-olds work outside the home today. If you arrange quality child care for your baby, and if you do your best to be a sensitive parent the rest of the time, baby will usually do fine. You could ask your caregiver for a daily record of your child's activities, words, developmental milestones or anything that you may miss.

Research on employed parents show that the number of hours per day you work away from home is not usually as important as what you do with your baby when you are together.

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

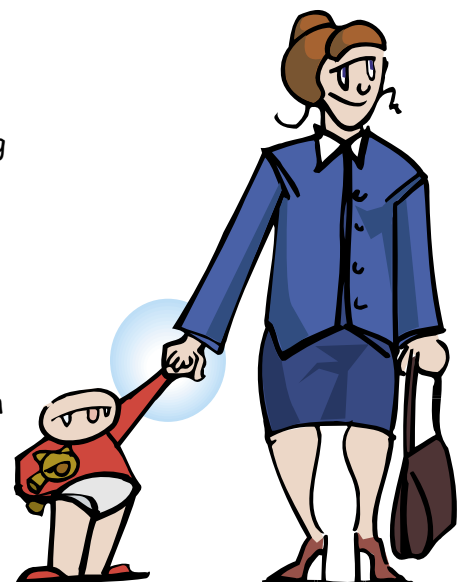
From your baby's point of view, the important thing is to have quality care all day long, whether at home or elsewhere or with a parent or a childcare provider.

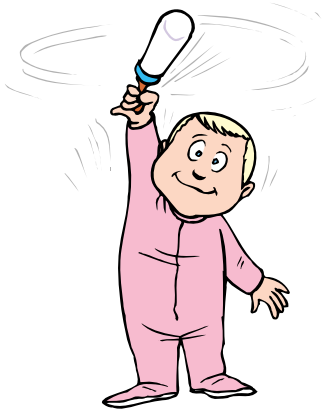
“So it doesn't matter how much time I spend with my infant?”

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 relationship with more than one person. If baby has only one parent, other people can be important to him: grandparents, brothers and sisters and childcare providers. No parent should think he or she must be with baby all day every day. This is hard on you and may not be best for your baby.





Getting Ready to Walk

Baby's first steps are cause for celebration. But the process of learning to walk started months ago as baby was gaining control over his legs and arms. A few babies (25 percent) take their first steps by 11 months; others wait until 15 or 16 months.

Most babies pull themselves to a standing position for the first time between 6 and 10 months. They hold on to furniture, crib, playpen rails or your leg.

The next step is called cruising. Baby holds on to furniture and walks sideways. As the child gets better, he will stand further away from the furniture, using it only for balance.

Falls are quite common when baby first starts walking. Learning to walk takes real courage. You can help by watching for safety hazards, such as chairs or tables that tip, dangling tablecloths or cords and sharp corners. Provide a soft surface to ease falls, and offer praise and love when he gets discouraged.

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

Baby may enjoy this and insist that you walk with him all day long! Baby will learn to walk even without your help. But you may enjoy taking time to help him learn and practice.



Never shake a baby.

This can cause blindness, brain damage, or death.

Be Good to Yourself ...

If you feel 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 babysitting with another parent, or trade a service, such as cooking a meal in return for a few hours to yourself. You've earned it, 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, see 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.

Lead Awareness & Your Child

About 890,000 American children have elevated levels of lead in their blood, according to the Center for Disease Control and Prevention. Lead can affect your child's health.

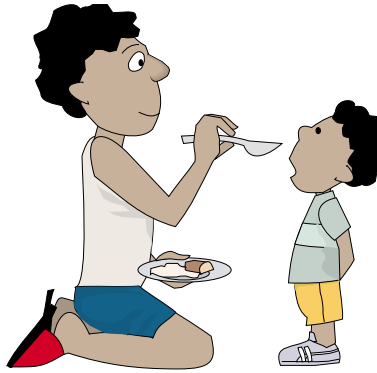
The long-term effects of lead in a child can be severe:

- Mental retardation
- Learning disabilities
- Decreased growth
- Hyperactivity
- Impaired hearing
- Reduced attention span

You may have lead around your building without knowing it because you can't see, taste, or smell lead. Sources include cracking and peeling lead-based paint in homes built before 1978; soil near lead-painted buildings; dust and plaster from renovation in homes that contain lead; some toys, imported crayons, and antique furniture that contain lead-based paint; lead dust from vinyl mini blinds.

If caught early, the effects of lead poisoning can be limited by reducing exposure or by medical treatment.

Get your child tested. Even if your child seems healthy, it's recommended that children be tested when they are 1 year old, or at six months if the home has lead in it or you live in an older building. Other things you can do are: keep the areas where your children play as dust free and clean as possible; clean chewable surfaces weekly with a general, all-purpose cleaner; and make sure your children wash their hands before meals and bed time.



Learning to Use a Spoon

Most babies don't learn how to use a spoon until well after their first birthday. The food they try to pick up with a spoon sometimes lands on the floor; but, they are learning, and they need 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:

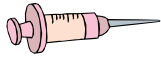
- yogurt
- applesauce
- mashed potatoes
- cooked cereal (oatmeal, cream of rice or wheat)
- cottage cheese
- macaroni and cheese
- mashed cooked beans
- pureed or mashed vegetables or fruits

If you're worried about baby not getting enough food, try two spoons, one for you and one for baby. Give him a mouthful (if he will let you) 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.





Baby Shots

During the second month, along with his well baby check-up, doctors recommend starting a series of shots to protect babies from dangerous diseases. Here's a schedule:

- Diphtheria, pertussis (whooping cough), tetanus (DPT/DTaP) at 2, 4, 6 months and between 12 and 15 months.
- I.P.V. (Inactivated Polio Vaccine) at 2, 4, and between 6-15 months; again between 4-6 years.
- Haemophilus Influenza B (HIB) started at 2 months, with added HIB shots at 4, 6 and between 12 and 15 months.
- Hepatitis B vaccine is started at birth and is given again at 4 and 6 months.
- Measles, mumps and Rubella (German measles) MMR is given between 12 and 15 months.
- Pneumococcal conjugate (PCV7) vaccine. Pneumococcal infection causes severe disease in children under five years old. PCV7 vaccine can help prevent serious pneumococcal diseases, such as meningitis, blood infections and ear infections. PCV7 is given at 2, 4, 6 and between 12 and 15 months.
- Varicella (chickenpox) is given at 12 months.

You may be wondering...

- What if my baby is sick— should he or she be given shots? Answer: Babies and children with minor illnesses, such as a cold, may be vaccinated. But children who are moderately or severely ill should usually wait until they recover before getting their shots.

Your baby may be due for one or more of the following immunizations at 10-11 months. Check with your doctor or local health department.

- Hepatitis B #3
- Inactivated Polio Vaccine (IPV) #3

Risks/Side Effects

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

What to Expect Afterwards

Some children: * get cranky, * have a low fever, * are sore, red, or swollen where the shot was given. Ask your nurse or doctor what to do to make your baby feel better right after the shot.

Often, placing a cold washcloth where your child received the shot will help him or her feel better. Non-aspirin pain reliever infant drops (Acetaminophen), like Tylenol or your drug store's brand name, can also be given to lessen any pain. Ask your doctor or nurse about how much to give your child.

Talk to your doctor or nurse if you have any questions or worries.

It takes several shots to give your child full protection against these diseases. Make sure your child gets every shot he or she needs.

Your doctor or nurse will give you a record of your child's shots. Keep it and carry it with you to every medical appointment.

What Harm Does Tobacco Smoke Cause?

More than 40 recent studies have shown that tobacco smoke endangers the child. The greater the exposure- two parents smoking rather than one- the greater the harm. In fact, hospital admissions for bronchitis, pneumonia and other related illnesses can be twice as frequent for babies whose parents smoke.

The most damage occurs in infants under two years old. They may be especially susceptible because their lungs are immature and their immunity to respiratory infections is not well developed. Their lungs have to work harder, breathing in and out more air for their size than older children and adults.

Even healthy babies may be harmed by exposure to tobacco smoke. Those with breathing problems such as asthma and allergies need special protection, because smoke can trigger severe attacks of coughing and wheezing.



Please don't smoke.
There's a baby
in the house.

When You Need Help

Catholic Human Services	775-6581	Love, Inc.	779-1888
Cradle To Classroom	876-2300	Mercy Hospital	1-800-33-MERCY 876-7200
Child's Doctor	_____	MSU Extension	
Day Care Information (4 C's)	1-800-968-4228	Missaukee	839-4667
District Health Department		Wexford	779-9480
Missaukee	839-7167	North Central Community Mental Health	
.....	825-2040	1-800-49-ALPHA	
Wexford	775-9942	(1-800-492-5742)	
Family Independence Agency		OASIS/Family Resource Center	
Missaukee & Wexford	779-4500	Car Seat Loans	775-7299
.....	1-800-684-2170	Crisis Line	775-7233
Emergency	911	Poison Control	1-800-POISON-1 (1-800-764-7661)
Head Start Enrollment/Information		Wexford-Missaukee ISD	
Cadillac	775-9781	(Intermediate School District)	
Lake City	839-4012	Preschool	876-2300
Manton	824-3385		
Mesick	885-1915		

Talk to me.
Play with me.
Love me.

Reading is one of the best things you can do with your baby. The contents of books are beginning to dominate her interest, and she is beginning to recognize and relate to the objects, people and events in her world she sees in books.

When you read, let your baby turn the page when she is ready. Avoid power struggles over how to look at a book together.

Novelty books that children can interact with are fun at this age. Classic examples are Pat The Bunny and Where's Spot?



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