

## Your Navigating Baby

Your baby is now able to navigate by crawling, pulling up and reaching out. It's time to do a new safety check in every area that could present a risk to your baby's health and safety. Here are just a few checkpoints. You'll discover many more as you search your home.

### HOUSEHOLD SAFETY

#### Baby's Room

- ♥ If you've had a mobile on the crib, remove it as soon as your baby is able to sit upright in the crib. A mobile is a "no touch" toy meant just to amuse small infants.
- ♥ When your baby can pull to a standing position, remove from the crib any bumpers, pillows, or stuffed animals large enough to be used for standing on and climbing out.

#### Kitchen

- ♥ Immediately move all strong cleaners, polishes, dishwasher detergents and other dangerous products out of lower cabinets into a high cabinet baby can not reach.
- ♥ Turn pot handles backwards on the stove, so baby can't pull them off.
- ♥ Keep all matches well out of reach and out of sight!

#### Bathroom

- ♥ Keep all medicines and toiletries out of reach, preferably in a cabinet that locks.
- ♥ After every use, unplug and put away small appliances such as hair dryers and electric razors.

#### Stairs

- ♥ Babies have a great attraction for stairs. Protect baby from dangerous falls with a strong gate at the top and bottom of stairs. Don't use the old accordion-style gates; the baby's head can get caught between rungs. Instead, get gates with vertical slats. Fasten gates firmly in place.

#### Throughout the House

- ♥ Babies love to dig through wastebaskets and trash cans. Take any dangerous items, like spoiled foods, cans and bottles, directly outside. Or keep them in a waste container with a top your child cannot open.
- ♥ All types of plastic bags are a great danger to children. Throw them away outside. Don't store



baby's toys or clothes in them. Babies can pull bags over their heads and smother.

- ♥ Get rid of any poisonous houseplants. Don't know which ones are poisonous? Just call the local Poison Center. It's a free call. They'll send you a free guide to poisonous house and yard plants.

#### HIGH CHAIR SAFETY

- ♥ Baby's more active nature invites the risk of tipping over the high chair. Buy a chair that's stable. Test it in the store before buying.
- ♥ Strap your baby in with the safety strap. Don't let him or her try to stand in the high chair.
- ♥ Don't let older children climb, hang, or play on the high chair.
- ♥ Never leave your baby unattended in a high chair.

#### CAR SEAT SAFETY

- ♥ Baby is now a "wiggly worm." He or she may fight your efforts to fasten safety belts. Be gentle but firm and don't give in! Your little one must learn that, when riding in the car, safety belts MUST be fastened.
- ♥ Set a good example and always fasten your own seat belt.

## Check These Out!

Visit your nearby Public Library where you'll find these and other resources to check out free on your library card.

**Growing a reader from birth: your child's path from language to literacy** / Diane McGuinness (B)

**Baby play & learn** / Penny Warner (B)

**What young children need to succeed: working together to build assets from birth to age 11** / Jolene L. Roehlkepartain and Nancy Leffer (B)

**Peek - a - Who?** / Nina Laden (CB)

**What's a parent to do?** / ABC News; produced by David Sloan, Margaret Koval; directed by George Paul; writer, Jerry Tully. (V)

**Diaper gym** (CD)

(B) book, (CB) children's book to read to your child, (CD) compact disc, (V) video

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# Healthy Stages

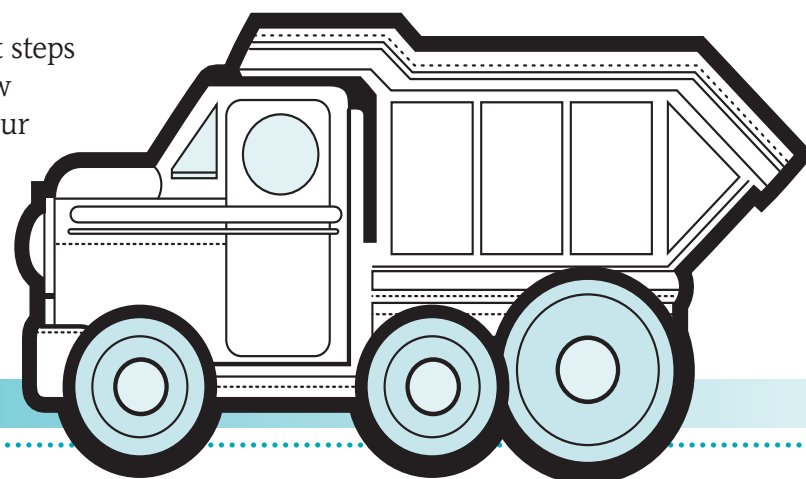
## 9 to 11 MONTHS

Does it seem possible that the tiny, helpless creature you brought home from the hospital could now be a sturdy nine-month-old? That all-important first birthday isn't far off, and on that day, your baby will officially "graduate" from being an infant. Enjoy these final months of infancy together. You may have noticed that your baby seems suddenly "clingy" these days, and a little fearful of strangers or even of family friends. That's to be expected. This is a stage

of both seeking independence and wanting the reassurance of still being mama's baby.

Your little one may soon want to stand, supported, or even start trying a few first steps alone. Let that be a cue to take a few new steps of your own. Take steps to make your child's expanding world safe. Take steps to create comforting routines and rituals for mealtime, playtime and bedtime. And remember that your little explorer

will have frequent daily needs to come crawling or toddling back for your love, care, comfort and approval.

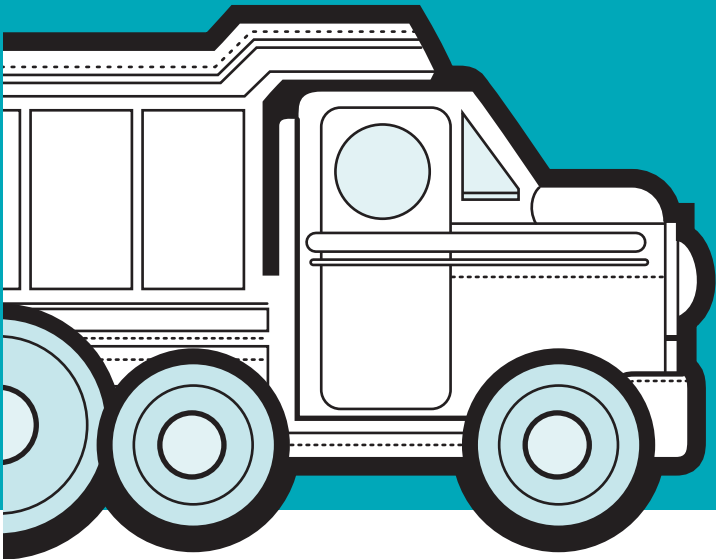


# Ninth-Eleventh Months

## TOYS FOR NOW

Your baby is learning how the world works. He or she will now use toys in a whole new way. A toy telephone is no longer for chewing or dragging. Baby now imitates the way you dial, hold the receiver and "talk" on the phone. Baby sees you stirring pots in the kitchen, and wants a pot and spoon of his or her own. Toys that stack or fit inside each other provide hours of "put it in and take it out" fun. Your baby will love toys like these:

- ♥ A safe, soft, cleaned-out handbag or schoolbag to put things in.
- ♥ A dump truck with no sharp edges, for parent-child play in a sandbox.
- ♥ Things that make music or noise, such as a drum, a xylophone or two pot lids to bang together.
- ♥ A low-level kitchen closet that's "all mine" with safe, clean plastic containers and wooden spoons to take out and put back.



## GAMES FOR FUN PLAYTIME

**Active outdoor play.** On fair-weather days take the baby outdoors for a stroller ride around the block, a trip to the grocery store, or a visit to a neighborhood park.

**Language play.** Baby thinks they're games. You know they're ways to develop baby's future skills at speaking and listening!

- ♥ Teaching body parts: "This is MY hand. Where's baby's hand? This is MY nose. Where's baby's nose?"
- ♥ Teaching household names: "This is the sink, a chair, a dish, your cup."
- ♥ Teaching relationships: "Where's Dada? Where's Sister? This is Grandma."
- ♥ Teaching outdoor elements: "See the bird? The dog? The sky? The car? The tree?"
- ♥ Teaching colors: "There's a yellow flower. Your truck is yellow, too! Your shirt is red and your ball is red!"

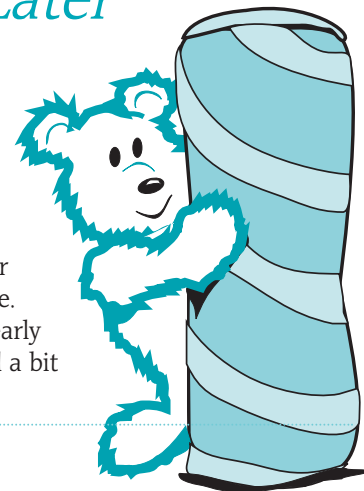
**A counting rhyme.** It's too early for baby to understand much counting, but this old nursery rhyme has a nice, easy rhythm. Its ideas are simple. And babies love to hear it!

*One, two, buckle my shoe  
Three, four, shut the door  
Five, six, pick up sticks  
Seven, eight, lay them straight  
Nine, ten, a big fat hen!*

## See How I Grow

### "Early Bird" Or A Bit Later

In recent weeks, you've seen some dramatic changes in your baby's skills, and more changes are on the way. As you review areas of development, remember that each baby is unique. Your baby may be an "early bird" on some skills and a bit later on others.



#### NINTH MONTH

Baby may begin to:

- ♥ Show strong food likes and dislikes.
- ♥ Respond by looking up when hearing his or her own name.
- ♥ Make simple word sounds, like "mama" and "dada".
- ♥ Sit steadily alone and pivot, side to side.
- ♥ Finger-feed himself or herself bits of food. Do not give baby foods that can cause choking such as nuts, seeds, whole grapes, carrots, hot dogs and peanut butter.
- ♥ Drink from a cup.
- ♥ Develop "separation anxiety" about leaving mother.

#### TENTH MONTH

Baby may begin to:

- ♥ Stand for a few seconds with little support.
- ♥ Hold and eat a cracker.
- ♥ Show a preference for hand use by the way he or she reaches for a toy or food.
- ♥ Remember the place where unseen toys are kept.
- ♥ Become aware that "it's my toy" and show a toy affection.

#### ELEVENTH MONTH

Baby may begin to:

- ♥ Walk, holding onto your hand.
- ♥ Stand without support.
- ♥ Want to climb stairs (see safety article).
- ♥ Want to take part in dressing and undressing: pull off socks, put arms into sleeves.
- ♥ Make one-word requests, such as "Cracker!"

## Nurturing Yourself

### How To Keep Your Sense Of Humor

Life with a baby can be an emotional roller coaster. One minute, you clap with pride as your baby takes a step. The next minute, you gasp with fear as he pulls at the cloth on a table full of dishes. What to do? Be alert. Keep your child out of harm's way. But once you've assured that things are safe, lighten up! A few suggestions:

#### See the funny side.

Your baby has just "shampooed" her hair with her spinach. Resist the urge to frown and fuss. Instead, share a laugh and a kiss. They're great tension relievers.

#### Watch a funny movie.

Does Whoopi Goldberg break you up? Does Bill Murray bring a giggle? Rent a video, relax, unwind, and enjoy their comic approaches to life.

#### Read a funny book.

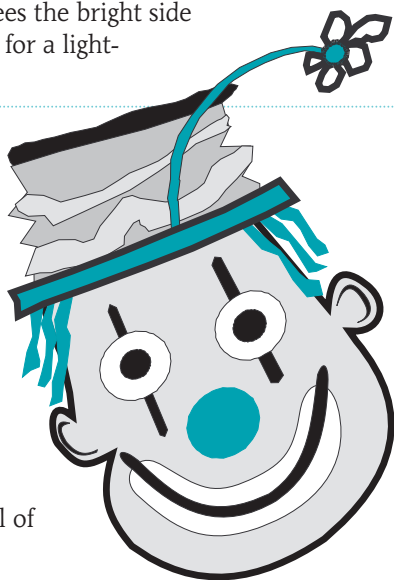
Books by Erma Bombeck have helped generations of moms to see the humor in parenting. Or read your baby a book that the two of you can laugh over. Doctor Seuss books are ideal!

#### Talk to a good-humored friend.

Call a friend who sees the bright side of life. Get together for a light-hearted talk.

#### Put fun in your family life.

Once a week, have a "family fun ritual," such as a picnic or walk on the beach. Make it a regular occasion for laughter. It will teach your baby - and remind you - that life is full of simple joys!



## Notes on Nurturing

### How And When To Say "No"

Your baby is now more active and able to get into things that could hurt him or her. It's also a fact that valuable things around the house can get damaged by your curious baby. As a nurturing parent, you may now want to set limits on what your baby touches. Here are some simple guidelines.

#### Do "toddler-proof" your home.

Of course, you'll remove things that pose risks. (See our safety article for tips.) But also move or put away things that you don't want touched, such as books you don't want torn by tiny hands.

#### Don't use physical punishment

Slaps or spanks only teach a baby pain and hurt feelings. Some parents say, "I was spanked and I grew up all right." Maybe so, but we know more today about how punishment damages youngsters. Children can have their confidence broken and their development delayed by painful punishment.

#### Do be patient in teaching "no".

Do you get exasperated when your baby makes a beeline for the stereo or VCR? Remember that curiosity is built into babies and those flashing lights and dials look like great fun! Each time the baby reaches for a thing that is off-limits, say "no" firmly. Offer a toy. If that doesn't work, physically move the baby away from the tempting object. Do it over and over, as often as necessary. Remain patient and gentle. Your youngster will soon learn to stay away from things you place off-limits.

#### Do explain your "no".

When you must say no, explain why. Keep it short and simple! Here are some examples: "No. Don't touch the stove. It gets hot." "No, Don't twist the dog's tail. That hurts the dog." "No, Don't pull the tablecloth. Dishes will fall and break."



### Every Step Of The Way

Your loving hand has always been there To feed and dress and comfort me, Drying my tear, bringing toys to share, And now, from across the room, you see I can pull myself to my feet and stand It's the first "big" thing I've done alone. I've managed without your helping hand. I've done it myself, all on my own. I see silent tears begin to slip through Your eyes that show such joy and pride. Don't you know that I will always need you, And your loving hand to lead and guide? A hand that moves danger out of my way To make the world safe for me to explore. A hand that applauds what I learn each day, That set limits and goals worth reaching for. There are other stands that I must take As I face life's offerings each new day. There are many, so many, choices to make. I'll reach for your hand every step of the way.

## Protect Your Baby Against Diseases

For the ninth month, the American Academy of Pediatrics recommends a "well baby visit" so your doctor can check baby's health, growth and development. The AAP lists no immunizations for the 9<sup>th</sup>, 10<sup>th</sup> or 11<sup>th</sup> month. However, your baby's doctor may follow a slightly different schedule. At each doctor's visit, check to make sure your baby is up-to-date on immunizations. And, as always, call your doctor if you have any concerns about your baby's health or progress.