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SP418-L-Healthy Children: 10 Months Old

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UT Extension
SP418-L

PARENTS COMMUNITIES

Healthy Children Ready to Learn

10 MONTHS OLD

DEAR PARENTS...

When in Doubt, Use Your Own Judgment

Nowadays, you may feel bombarded with advice from many sources. Since the "experts" are sometimes not in agreement, you may be confused when one person tells you one thing and someone else tells you another.

If you have been overloaded with advice, then stop for a minute and back up. Summon your own resources. Do what you think is best, and rely on your own judgment.

You have done an outstanding job as a parent so far.

Q&A

"My daughter crawls around and pulls everything out of cupboards and drawers. On the one hand, I feel I should let her explore, but on the other hand, I'm worried that this will become a bad habit if I don't do anything about it. What do you suggest?"

Don't worry about your baby getting into bad habits yet. BABIES AT THIS AGE CREATE CLUTTER. A healthy, 10-month-old baby is only doing what comes naturally at this age – exploring. She pulls things out of drawers, turns furniture over, drags toys all over the house and examines anything she can touch. She is not doing it just to spite you or any other member of your family.

Very soon, your daughter will be walking and running and won't have the time to sit still and clutter up the entire home. She is just going through a normal stage in her development and will outgrow it soon. Just make sure to keep dangerous objects out of her reach.

What's it like

How I Grow

- I crawl up stairs, but I haven't learned how to get back down yet.
- I walk if you hold my hands.
- I side-step, 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 am beginning to show whether I'm right-handed or left-handed.
- I carry things in one hand without dropping them.
- I point to the right parts of my body when you ask me where they are.
- I feed myself, and I help hold my cup.
- I may have trouble sleeping at night, because I'm restless.

How I Talk

- I understand simple sentences.
- I can say "no" and shake my head from side to side.
- I know a few words besides ma-ma and da-da.
- I am interested in conversations when I hear familiar words.
- I may drive you crazy because I like to repeat the same words all day long.

How I Respond

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

to be 10 months old?

How I Understand

- I know which toys belong to me, and I have some favorites.
- I will look for something; if I see you hide it.
- I know that if I don't see a toy, that doesn't mean it's gone forever.
- I am beginning to know that I am a boy or a girl.
- I am beginning to think of myself as a person.

How I Feel

- I have many feelings now – sad, happy, mad, scared, hurt.
- I am very moody and get easily upset.
- I may still feel shy around people.
- I am very sensitive to other children's moods.

AN OPEN LETTER FROM YOUR BABY

Hi Mom or Dad…

I know it isn't easy being a parent, and I do demand a lot from you. But don't forget, it isn't easy being a baby either!

Now that I'm growing older, I'm going through a lot of new experiences. You can help by trying to understand what upsets me.

Don't worry when I get scared. Fear sometimes is the price I have to pay for learning about myself and the world I live in.

I get tense when I have to face new situations, like strangers, animals, the dark or being separated from you. And I cry because I can't talk yet and tell you what's frightening me. Here are some fears that I have and some ways you can help me to live with them!

Fear of Falling –

When I crawl around, I may get going too fast and fall on my face. I start to cry and look at you. Please comfort me and tell me everything is okay. A gentle pat on my back and a smile will also make me feel better.

Fear of the Dark –

Sometimes I wake up at night in a dark room and no one is around. I start thinking that I'm all alone and I don't like that feeling. Come in and talk to me for a few minutes. Or leave a small light on so that I can see that there's nothing to be afraid of.

Fear of Separation –

When you leave, I start to howl. That's because I think that you, the most important person in my life, are leaving me for good. A few brief words of love while telling me that you will return will help. After a while, I will learn that you always come back for me.

Fear of Objects –

Don't be surprised if an appliance, like a vacuum cleaner or a carpet sweeper that never bothered me before, suddenly makes me cry. Now that I am becoming more aware, I won't feel so scared if you hold me while you show me how the machine works.

Fear of Animals –

Please keep dogs and cats away from me until I get more used to animals. When you look at a dog or cat, you see a dog or a cat. But when I look, I see a giant beast. If you cuddle me and hold me close, I will feel safe.

P.S. Please don't try to make changes in my life too quickly. Give me a lot of time to get used to new situations, people or animals. Everything that I see, taste, smell, hear or feel is a new experience for me, and I need time to understand them.

P.P.S. Please be patient and gentle with me. Give me a lot of love and affection, and I will grow up knowing that the world is not such a frightening place to live in.

Feeding Your Baby

While you're feeding your baby, your baby may be feeding the floor!

Most babies don't learn how to use a spoon well until after their first birthday. The food that 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 his spoon skills.

- Yogurt
- Applesauce
- Mashed potatoes
- Cooked cereal (oatmeal, cream of rice or wheat)
- Cottage cheese
- Macaroni and cheese
- Mashed cooked beans

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. How? 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.

Games Babies Play

Which-Hand-Is-It-In? A things-don't-disappear game

PURPOSE OF GAME

- Teaches your baby that things don't disappear just because they are not in sight.
- Teaches your baby to get information from words.

HOW TO PLAY

- Hold a small object in one of your hands and show your baby the object.
- Switch the object back and forth between your hands several times.
- Show both hands closed and say, "Which hand is it in?"
- When you baby reaches for one of your hands, say either, "No, it's not in this hand." (quickly open your hand) "This hand is empty. Where is it?" or "Yes, it's in this hand." Then quickly open your hand.

Other things-don't-disappear games

- Hide a toy under towels.
- Hide a ball under one of several cups.

Temper Tantrums

and how to deal with them

Let's say that your baby starts to crawl up some stairs. He gets halfway up, turns around and tries to come back down. It looks a long way down. He doesn't know how to do it. He starts to howl and have a temper tantrum. Or your baby wants to have a cookie, or play with your watch. He doesn't get what he wants and lies on the floor, kicking and screaming. Should you punish him and scream back? Tantrums are hard to deal with, but punishment and yelling are not the answers.

If your baby is frustrated because he can't crawl back down the stairs, help him get down. Show him how to crawl backwards. If he is frustrated because you have set certain limits such as no cookies, then let him cry out his tantrums. When he realizes that you are not paying attention, he will eventually quiet down. You have to set certain limits and you should stick by them. Be kind, loving and firm with your baby, but don't give in to his demands just to keep him quiet.

Q&A

"My baby likes to take off all her clothes wherever and whenever she can. How can I stop her from doing this?"

Some babies enjoy undressing themselves for the sheer pleasure of practicing a new skill. They also like the freedom of taking off shoes and socks and then working their way up until they are quite bare. Some babies like to take off their night clothes, too, and throw them out of the crib or bed. Of course, if they have a bowel movement during the night, the bed will be quite a mess!

To discourage your baby from playing this new game when you really don't think it's appropriate, you might try putting her clothes on backwards, especially at night. A zipper or fasteners that are situated at the back make it harder for little hands to undo.

WATCH OUT!

Kitchens and bathrooms may be dangerous places for your baby –

About 80 percent of all accidental poisonings involving children occur among infants 10 to 30 months of age. The poisons that are swallowed are usually household items such as detergents, cosmetics, furniture polish, vitamin pills and medicines like aspirin.

Now is a good time to re-check your kitchen and your bathroom. Clear out all those bottles underneath the kitchen sink. Transfer them to either a locked cabinet or a high cabinet that cannot be reached, even on a chair, by your baby. Do the same thing in your bathroom.

Don't leave any medicines around – not even vitamin pills. An infant who chews or swallows six to 12 vitamin pills with iron will require emergency hospital treatment!

If your baby does swallow something, try to find out what it was. Then immediately call the local Poison Control Center at 1-800-222-1222. Make sure you take the container of whatever he swallowed with you, if you have to go to the emergency room.

Poison proofing your kitchen and bathroom may be a little difficult – BUT SAVING YOUR CHILD'S LIFE IS WORTH THE INCONVENIENCE.

Post the Poison Control Center number near your phone or enter it in your cell phone:

1-800-222-1222

If you have any questions or comments, please contact your Extension Family and Consumer Sciences agent at your county UT Extension office.

COMING NEXT

in…HEALTHY CHILDREN READY TO LEARN

- Welcome to the "No-No's!"
- Prime Time for Yourself

PARENTS COMMUNITIES Healthy Children Ready to Learn

HEALTHY CHILDREN READY TO LEARN was originally developed as the *PARENT EXPRESS* series by the University of California Cooperative Extension Service. The material was adapted for use in Tennessee by Janie Burney, Professor, Family and Consumer Sciences, and others. Contact Denise Brandon, Associate Professor, Family and Consumer Sciences, for information about this publication.

Resources

From a Bookstore or Library:

Raising a Happy Unspoiled Child by Burton L. White, Simon and Schuster, New York, 1994.

Touchpoints: Birth to Three: Your Child's Emotional and Behavioral Development by T. Berry Brazelton and Joshua Sparrow, M.D., Da Capo Lifelong Books, Cambridge, MA, 2006.

Your Baby's First Year, Second Edition, by American Academy of Pediatrics, Bantam, New York, 2004.

Child of Mine: Feeding with Love and Good Sense (3rd Edition) by Elyn Satter, Bull Publishing Co., Palo Alto, CA, 2000.

From the Extension office:

What You Should Know About Lead and Children, SP421, by Janie Burney, University of Tennessee Extension, 2004.

Selecting a Quality Child Care Center, SP455, by Matt Devereaux, University of Tennessee Extension, 2002.

From the Internet:

www.utextension.utk.edu

http://fcs.tennessee.edu

www.cyfernet.org

www.parentsaction.org

www.civitas.org

www.zerotothree.org

Visit the UT Extension Web site at http://www.utextension.utk.edu/ and the Family and Consumer Sciences Web site at http://www.utextension.utk.edu/fcs/

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