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SP418-M-Healthy Children: 11 Months Old

The University of Tennessee Agricultural Extension Service

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PARENTS



COMMUNITIES

Healthy Children Ready to Learn

11 MONTHS OLD

**Dear Parents . . .
Your baby learns
about love from
you!**

Your *baby* learns about most things from you, especially about love. Babies, just like grown-up people, need love and attention.

Rewarding your baby with a smile, a hug or a kiss is better than rewarding with a new toy. Your baby will know that she is loved, and that is very important for her growth. With that kind of support, she will feel that she can tackle anything.



WHAT'S IT LIKE TO BE 11 MONTHS



How I Grow

- I stand by myself!
- I hold a toy in one hand while pulling myself up on my feet with the other hand.
- I may even wave while standing, and turn my body around without falling down.
- I walk if you hold one or both of my hands.
- I easily squat down, stoop, bend over and then get up.
- I hold a pencil or crayon and love to make marks.
- I take a spoon and put it in my mouth.

How I Talk

- I know that words are used to identify things.
- I use one word to express a complete thought.
- I babble and mumble gibberish quite a lot, but I do know a few words.

How I Respond

- I copy everything I see, and then do it my own way.
- I try to get your approval, and hide when I know you are not pleased.
- I may test you to see how much I can get away with.

How I Understand

- I see the expression on your face and copy it. I'm learning from you!
- I try to bark or meow when I see a dog or a cat. I am learning how people, animals and things function.
- I like to look at pictures in books and magazines.
- I know that tools will help me, like pushing a chair in front of me to steady my walking.

How I Feel

- I need you more these days and cling to you, especially in new situations.
- I love to shake my head and 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.



FEEDING YOUR BABY

Don't think your baby has to be fat to be healthy.

If you have a very active baby, you may notice a slowing down of weight gain. That's because your baby is using more calories for his constant activity. The fact that your baby may not be gaining as much weight as before doesn't mean that he is not healthy. A fat baby is not necessarily a healthy baby. At this age, babies should be developing muscle tissue, not fat.

DON'T WORRY

Worrying about what your baby eats or does not eat will only make both of you nervous. Don't expect your baby to clean his plate or to eat just

one more mouthful. Trust him to be the best judge of how much to eat.



As your baby moves around to explore his world, he will discover a new independence. He may be eager to try out this new independence by insisting on feeding himself. Or he may be a little scared by his new abilities and may cling to you at mealtimes. He may even refuse to hold his cup or spoon and demand to be fed.

Whether your baby is a clinger or a self-feeder, try to be calm and patient. It will pay off in fewer feeding problems and both now and later on.

WELCOME TO THE "NO-NO'S"

MOST PARENTS of 11-month olds go through the "No-No's"

at this age. It may seem like you're always telling your baby what not to do. The 11-month-old loves her independence as she moves around and touches more things than ever before! And so discipline becomes part of the daily routine.

What is discipline? It is something that you do for and with your child, and not to her. It is setting up a reasonable balance of limits to teach your child what is acceptable and what isn't. Discipline is also letting her know that though you may disapprove of what she did, you still love her.

Here is a way to handle discipline problems:

- Anticipate what children will do.
- Divert them to something else.
- Substitute or remove the object.
- Be firm in saying "NO."

Your baby may continue to do something that is a "No-No" just to get attention. It becomes a game. She crawls to a forbidden object and turns around

to look at you. You say "NO," but she reaches out to touch anyway. You get angry and say "NO," again. She reaches again for the object, waiting for your "NO," and so the game goes on.

SOLUTION: You can take the object away, replace it with something your baby can have or take her away from the forbidden area and give her some attention. A little tenderness goes a long way!

Babies at this age also like to shake their heads while saying "NO." They delight in swinging their heads from side to side and love the head movement. They may even say

"NO" to things they enjoy, like taking a bath, eating dinner or getting dressed to go out.

Don't be alarmed at this negativism. It's all a part of growing up and becoming more independent.



MAKE THE MOST OF YOUR TIME



TIME is a valuable resource. You can control the use of time or let time control you. It all depends on how you make use of your time.

Here are some ways to make the most of your time:

- Decide what your goals are and what you need to do to reach these goals. For example, you may want to go back to work or back to school. List all the steps it would take to achieve your goals. Then try to follow the steps to make the goal a reality.
- Write a list of things that need to be done. Make a new list every day. Rate the three most important items A-B-C or 1-2-3. Do these three things first. Cross out tasks as they are completed.
- Expect the unexpected. Be prepared to revise your list as needed.

- Try to reduce the time and energy you spend feeling guilty or frustrated about things you can't complete or jobs you can't do.
- Avoid clutter. Make a simple daily house-keeping schedule with basic, important tasks on it.
- Plan ahead to save time. Leave 10 minutes earlier for an appointment — being early cuts down on stress.
- **BE GOOD TO YOURSELF.** Set reasonable goals, deadlines and schedules that you can achieve within your time plan.

GAMES BABIES PLAY

PLAY BALL!

An eyes-and-body game

PURPOSE OF THE GAME



Teaches your baby to crawl to get things and to find out about them.

HOW TO PLAY

- Take a ball that your baby likes and roll it toward, away from and then to the left and right of your baby.
- Say, “Look at the ball. Go get the ball.”
- Your baby will try to get the ball by crawling after it.
- Move things away from and back to your baby while he watches. This helps your baby see that distance may affect how things look, but it doesn’t change their size.

Smoking Around Children

Children should not be around smokers or in smoke-filled houses. Cigarette and cigar smoke can make it hard to breathe, especially for children with allergies and breathing problems. Also, children of parents who smoke show substances in their blood that are linked to cancer. Don’t smoke in the house or the car, or around your children.

Q&A

“My 3-year-old niece lives with us. She sometimes hits the baby and seems to hate her at times. What should I do?”

Now that your 11-month-old baby is crawling and moving around, the older child may regard her as a threat. She gets into her things, takes you away and sometimes is a pest and an intruder to her.

Remember that your niece was the king-pin around the house until her cousin was born. She now needs to be reassured and often told that she is still loved and cared for. You should also make it clear to her that certain behaviors—like hitting her cousin—are not acceptable. When she does hit her, you have to either physically stop her, move her out of the situation or hold her while you explain why she can't hit.

It might help if you spend some time alone with the older child, free from distractions and free from your baby. You can give her your complete attention and do whatever she would like to do. You can plan the time around your baby's naptime or in the evening. Stimulating your niece's interest in other things, such as play activity or friends, will also help occupy her time.



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



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 has been adapted for use in Tennessee by Janie Burney, Professor, Family and Consumer Sciences. Denise Brandon, Associate Professor, Family and Consumer Sciences, is the current contact person for information on this publication.

COMING NEXT

In . . . HEALTHY CHILDREN
READY TO LEARN

- What Little Boys and Girls are Made of
- Looking Back . . . Looking Forward

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

fcs.tennessee.edu

www.cyfernet.org

www.civitas.org

www.zerotothree.org

www.k-12.state.tn.us/smart/index.htm

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