Utah State University
DigitalCommons@USU

All Archived Publications | Archived USU Extension Publications

1-1-2003

7 Months

Joyce H. Jenkins

Rose J. Davis

Judith S. Kliene

Emily S. Wiggins

E. J. Kerstings

See next page for additional authors

Warning: The information in this series may be obsolete. It is presented here for historical purposes only. For the most up to date information please visit The Utah State University Cooperative Extension Office

Recommended Citation

Jenkins, Joyce H.; Davis, Rose J.; Kliene, Judith S.; Wiggins, Emily S.; Kerstings, E. J.; and Cudaback, Dorothea, "7 Months" (2003). *All Archived Publications.* Paper 465.
http://digitalcommons.usu.edu/extension_histall/465

This Report is brought to you for free and open access by the Archived USU Extension Publications at DigitalCommons@USU. It has been accepted for inclusion in All Archived Publications by an authorized administrator of DigitalCommons@USU. For more information, please contact becky.thoms@usu.edu.

Authors
Joyce H. Jenkins, Rose J. Davis, Judith S. Kliene, Emily S. Wiggins, E. J. Kerstings, and Dorothea Cudaback

This report is available at DigitalCommons@USU: http://digitalcommons.usu.edu/extension_histall/465

Utah State University Extension
electronic publishing

GREAT BEGINNINGS

A Series for Parents of Young Children

7 MONTHS

Curl Up with a Good Book

A wonderful way to interest your child in books and talking is to explore together a colorful picture book. Many parents of older children say their favorite time of day is story time before the children go to bed. You may want to make this part of the routine in your home.

Help your child learn to love reading. This special time of closeness and sharing can help to build positive attitudes about books and reading—and that can be a big bonus when your child later learns how to read.

Big pictures are most interesting. At this age, Baby won't want to sit still for stories with lots of words, but he'll probably enjoy looking at books with big pictures while you talk about what's going on in the illustrations.

A New Independence

Temper and Frustrations—a part of growing pains. Your baby moves into another room to explore and satisfy his curiosity. He doesn't see you, he gets scared, and starts to howl. Or you leave the room. He begins to cry because he is frightened of being separated from you. Or he drops a toy out of sight. He screams with anger because he can no longer see or get to it, and he wants it back immediately.

Now that your baby is able to get around more on his own, life is more exciting, but scary and frustrating too. Don't be surprised if he begins to show some signs of temper or frustration—most babies do at this age. Temper and frustration are very normal. They will pass as he gets older, feels more comfortable, and is more skillful in moving around. Give him some extra cuddling during these bursts of independence. Remember that he can always use some loving, and so can you!

What's It Like to Be 7 Months Old?

How I Grow

- I creep on my stomach—I may even crawl.
- I also get around on my back by raising my behind and pushing with my feet.
- I balance myself and sit for awhile without any 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—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 imitate the sounds I hear—that's how I learn.
- I say several sounds like “ma,” “mu,” “da,” “di,” and “ba,” all in one breath.

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 when I see a picture of a baby, thinking it's me.
- I like toys that make noise like bells, music boxes, or rattles.
- I like to grab, shake, and bang things, and put them in my mouth.

How I Understand

- I concentrate better now and spend lots of time examining things.
- I know the difference in the size of blocks.
- 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 fear strangers, so stay with me when they are around.
- I feel strongly about what I want and don't want to do.
- I feel playful and like to tease.

Feeding Your Baby: You Can Start Feeding Your Baby Strained Meats & Other Protein Foods, Breads, and Fruit Juices

Protein Foods

Between the seventh and the ninth month, you can start adding meats, or meat alternatives, whole grain or enriched breads, and fruit juices to your baby's daily diet. Be sure to check with your baby's doctor before adding new food groups.

You can either buy ready-to-eat meat alternatives such as poultry, fish, and egg yolk or prepare them at home. You should give your baby about 1 to 2 tablespoons, twice a day.

Prepare or buy only plain, single-ingredient items such as jars of strained chicken, strained beef, strained liver, and strained fish. Remember, there is as much protein in 1 jar of strained chicken as there is in more than 4 jars of strained chicken and noodles.

Here's a single-ingredient recipe that you can prepare at home and freeze:

Egg Yolk Puree

Cook 1 egg in simmering water 15 to 20 minutes. Remove shell. Remove yolk, and puree with 1 tablespoon formula or milk until smooth.

Serve, or date and label contents, freeze, and keep no longer than 1 month.

Note: Use only the yolk. Egg white is often not given until late in the first year to avoid problems with allergies. Use the egg white in the family's casseroles, salads, or sandwiches.

Breads

You can try giving your baby up to 1 serving of whole grain or enriched bread such as toast, crackers, or hard biscuits. (If your baby is teething, chewing on biscuits will feel good.)

Fruit Juices

You can offer your baby 3 to 4 ounces of a vitamin-C rich fruit juice, such as orange or grapefruit.

Foods to Prepare

- Fresh and frozen fruit juice without added sugar.
- Fresh and frozen meats, poultry, or fish without added salt.

Foods to Avoid

- Fruit drinks and imitation flavored fruit-ades.
- Meat products with salt, sugar, seasonings, and other additives (for example, bacon, bologna, hot dogs, frozen meat pies, etc.)

About Weaning

Some mothers decide to wean their babies from the breast or bottle about now. Others wait until later on. When you decide to wean your baby, try to do it gradually over a period of several weeks. During the weaning period, be sure to give your baby extra hugs and kisses.

Parents Are the First Teachers

Researchers have found two styles of play between parents and their children. The first style has been called *professorial*—like a professor lecturing to a class. In this style, the parents talk to the child without paying any attention to the feedback from the child. *Lecturing* doesn't help. Have you ever been in a conversation where the other person didn't seem to pay any attention to what you were telling them? (They just kept on talking without taking into consideration your point of view and ideas.)

If so, you've had a *professorial* interaction. It's one-sided, lecture-like conversation that doesn't make accommodations for the input of the other person. As you've probably guessed, this is not a very effective teaching style.

Ping Pong is best. *Ping Pong* is the second parenting style, and children seem to be able to learn more when their parents interact this way. In this style, the parents and the infant respond to each other.

When the mother does something, within a few seconds the child does something responsively. There is a pattern of action, then reaction on the part of parent and child resembling a ping pong ball going back and forth across the net.

Children who learn the most seem to be surrounded by responsive adults who interact with them.

Games Babies Play

The Mirror: An Eyes-And-Hands Game

Learning to Talk. Has your child learned to blow? Do you hear clicking sounds? The clicking sound made by putting the tongue on the roof of the mouth and then taking it away. These are two important tricks for good language development.

Purpose of the Game: Helps your baby be aware of her own appearance.

How to Play:

- Stand in front of a mirror with your baby, and point to her reflection.
- Using her name, say, “I see Tina. Where is Tina? Find Tina. Look at Tina.” Encourage her to point to herself in the mirror.
- Still sitting in front of the mirror, do the same thing with objects. Pick them up one at a time and move them behind your baby's head.
- Name the objects, telling your baby something about them, such as “This is a ball, and it's round.”
- Then ask your baby, “Where is the ball?” and encourage her to point to it in the mirror.

Other Eyes-and-Hands Games

- Let your baby play with toys in front of a wall mirror or dresser mirror.
- Let other people sit with your baby in front of the mirror and say their names.

Now is a good time to start the “touch and name” game. Touch different parts of your baby's body and name them: “This is Sally's foot.” “Here is Sally's nose.” “Where are Sally's fingers? Here they are!” Touch your own body parts and do the same thing: “Here is Mommy's nose.” “Here is Daddy's nose.” “Here is Sally's nose.”

Getting Ready for Standing Up

Since your baby will soon be pulling himself onto furniture, be sure that everything in your house is stable and not on wheels or easily moved. This early check can prevent a bump when one day your child triumphantly uses a piece of furniture to pull himself up to standing.

Getting Ready for Crawling

If Baby is not moving on his stomach yet, try encouraging him by placing a favorite toy just outside his reach. Help him wiggle to it. This is the first step in learning to crawl.

The Transfer Trick

You can help her master the *transfer trick* by offering another toy to a hand that is already occupied. What does she do?

Soon you can look forward to your baby:

- Sitting alone steadily.

- Showing affection for family.
- Reaching with arms outstretched for parents.
- Being still bashful with strangers.

Safety

Because your baby is moving around and exploring more and more every day, safety becomes a major concern. Below is a list of suggestions to help make your home safer for Baby.

- Never leave Baby on the floor, bed, or in the yard without watching him constantly.
- Avoid tying toys to the crib or to playpen rails. The child can strangle in the string.
- Baby-proof all rooms where Baby will play by removing matches; cigarette butts; small, breakable and/or sharp objects; and tables and lamps that can be pulled over.
- Cover all unused electrical outlets with safety caps or tape.
- Keep high chairs, playpens and infant seats away from the kitchen range, radiators and furnaces.
- Keep all electric cords out of reach.

Drowning

At this age your child loves to play in water. NEVER leave him alone in or near a bathtub, pail of water, wading or swimming pool or any other water, even for a moment. He can **drown** in the most shallow water. Knowing how to swim does not make him water safe at this age.

Car Safety

Car crashes are the biggest danger to your child's life and health. Most auto injuries and deaths can be prevented by the use of car safety seats EVERY TIME your child is in the car. When your child can sit up alone be sure he rides buckled into a forward facing car safety seat. Besides being much safer in a car seat, your child will behave better, so you can pay attention to your driving. The biggest threat to your baby's life and health is an accident.

This information was provided by the American Academy of Pediatrics.

Appreciation & Thanks to the Original Authors

This issue was adapted from materials prepared for the Cooperative Extension System at:

1. Clemson University, by Joyce H. Jenkins, Rose J. Davis, Judith S. Kliene, and Emily S. Wiggins.
2. The University of Connecticut, by E.J.Kerstings.
3. The University of California, by Dr. Dorothea Cudaback.

This issue was written in cooperation with Beth Carlough, Graduate Student, Individual Family Studies, University of Delaware.

Appreciation is expressed to Dr. Patricia Tanner Nelson, Cooperative Extension, University of Delaware for computerizing this series of “age paced newsletters” and for permission to reprint for parents in Utah.

The Utah Cooperative Extension Service, an equal opportunity employer, provides programs and services to all persons regardless of race, age, gender, color, religion, national origin, or disability.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Robert L. Gilliland, Vice President and Director, Cooperative Extension Service, Utah State University. (2-95)