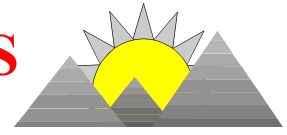


GREAT BEGINNINGS

A Series for Parents of Young Children



10 MONTHS

Do you take your baby to the supermarket with you? Some children really seem to enjoy the “supermarket experience.” Others are over-stimulated by all the colors, textures, smells and noises, and they “freak out” with bad behavior.

If your child can handle the stimulation, grocery buying can be a fun outing. You can help your baby to learn in the supermarket by talking to her and pointing out the different foods. When you choose some apples you can say, “We need four red apples. See. One, two, three, four.” When you get cereal, show her the box, perhaps shake it, and let her see what is in it when you get home.

You might want to bring something from home for her to hold onto just to keep those busy hands from grabbing something unsafe.

Cabinet Safety

Does your baby try to open the kitchen cabinets? Some cabinets have glass, electrical or heavy equipment that is not safe for Baby. You may want to move items to higher cabinets or buy inexpensive cabinet *locks*.

Don't leave any medicines around—not even vitamin pills. An infant who chews or swallows 6 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 your doctor, the

nearest hospital emergency room, or the local Poison Control Center for advice. Make sure you take the container of whatever he swallowed with you, if you have to take him for treatment.

What's It Like to Be 10 Months Old?

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 I do.
- I still don't like being away from you.
- I like to imitate people, gestures, and sounds.

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.

Feeding Your Baby

While you are 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 the 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 your 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.

Imitation Games

Babies enjoy imitating—and they really love it when **you** imitate **them**. Since Baby learns by

imitation, remember to show him things that you want him to learn. Also, imitate the things that he does himself that you like—so that he'll know to do them some more.

Show your baby how to wave and clap his hands. First you do it, then do it for him with his hands to show him how. Then you do it again. Keep on practicing. One day he will reward you by doing it all by himself.

Toy Storage

Is your family accumulating a number of toys? Some people find shelves to be a good way to store toys because everything has a place on the shelf and the toys don't get damaged as much as when they get jammed together in a toy chest.

If you think a toy chest might be the best choice for your family, consider these features when you select one:

- A light-weight lid, which a young child can lift.
- Ventilation (in case a child gets trapped inside).
- Closings that do **not** lock automatically.
- Hinges designed so they cannot pinch small fingers.

If a toy chest or toy shelves are not in your budget, look around your house to see where the toys might be stored. Are there one or two shelves in the living room that you might designate for Baby's toys? How about a small closet or laundry basket? (Most babies would really enjoy playing **in** that laundry basket, too.)

Choosing Toys

Do grandparents, relatives and friends ask for gift suggestions for Baby? You might want to think about a “master toy plan” so that individual gifts and purchases can contribute to an over-all well balanced selection of toys. Here are some toys that many infants and toddlers enjoy:

- Blocks or empty boxes to stack. Stacking is a fun game. Usually stacks or towers begin with

Baby stacking just two objects. He will enjoy building them and then knocking them down again.

- Stacked rings.
- Empty containers and things to fill them with—and then dump! (Remember safety.)
- An unbreakable mirror.
- Balls. Soon he will chase the ball when you roll it.
- Books with thick pages that are baby-proof. Books help Baby learn to talk and name objects correctly. Turning the pages also helps build up Baby's small muscle coordination.

Baby's Special Book

If you have the time and energy, making a special book just for your baby can be fun.

1. Cut fabric into 8 x 12-inch pieces.
2. Bind the pieces together using sewing machine or yarn.
3. On each page put a large, colorful picture of a single object that is familiar to your baby.

Here are some suggestions for the pages in your baby's special book:

- A picture of Baby with a small mirror in place of the face for your baby to see himself.
- Drawing or photos of family members.
- A picture of Baby's favorite food.

- A picture of your baby's favorite toy.
- A picture of plants or flowers like ones that grow in or near your home.
- A bunny made from fake fur with a cotton tail.
- A picture of a shoe.
- A squeak toy or a safe buzzer gimmick that you might purchase in a novelty shop.

Once your book is made, take time to sit down and experience it together. Let your child turn the pages. Stop when he chooses, and then explore what's on the page. Talk to your child with sentences like,

“There's Daddy.” “Isn't he handsome!” “See his eyes and mouth.” “Can you see his shoes?”

If you don't want to make as fancy a book as has been described, you could cut pictures from magazines and paste them on cardboard pages.

If your time is really limited, remember it is more important to spend time loving and playing with your baby than making materials for her.

Emotional Development

Does it seem as if your child deliberately teases sometimes? Has she ever headed straight for a wastebasket to upset it—making sure you notice? Does she reach for your glasses, almost waiting in mid-air to hear, “No, no!”?

At such moments, you find yourself in the age-old dilemma of parenthood, wondering when to stop the child and when to laugh and enjoy her newest success, when to encourage, and when to forbid.

Your child is testing her emotions and yours. She is experimenting to see where you will set the limits. It's a challenging part of the growth process that will be repeated again in the teen years.

The whole question of teaching children to behave has always been a challenge to parents. It's not so much a matter of making Baby mind as it is a process of making it easy for her to do the right thing.

Discipline

Discipline means training which guides the child and strengthens good behavior. Punishment, such as slapping the child's hands for touching something expensive, will eventually prevent touching things at all. It is probably better to simply move things that you don't want the baby to touch.

At ten months of age—and for quite some time to come—your child can't understand that certain things should not be done. The best type of positive discipline now is to divert Baby's attention away

from the disapproved action and onto doing something else.

Good discipline calls for advance planning. It is a lot harder to discipline than it is to punish, but the extra effort will pay off by helping the child develop self-discipline that will be important later on in helping make adult decisions.

How To Deal With Temper Tantrums

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. Here are some guidelines:

- 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 tantrum. 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.

Climbing Exercises

Is your baby trying to climb onto furniture or up stairs? This is an important skill for him to learn. There are some things you can do to help make this *risky* learning experience safer.

You may want to block off the steps and allow him on them only when you are able to help him. You can purchase gates for this purpose. They are relatively inexpensive and can really prevent accidents. Don't use the *accordion-type* gates that have caused accidents and deaths.

When you have time to supervise Baby in his climbing exercises, you may want to place the gate one-half or one-quarter of the way up the stairs. Then, it will be harder for him to climb too high.

Another important trick is to show him how to come **down** the steps or off the furniture. So that he doesn't do it head-first, show and tell him to turn around and come down feet first. After a few practice sessions, he will soon remember—and be safer because of it.

Questions

Q: “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?”

A: 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.

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

A: Some year-old 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 on a sleeping bag or fasteners that are situated at the back make it harder for little hands to undo.

Appreciation & Thanks To The Original Authors

This issue has been adapted from **Parent Express**, by Dr. Dorothea Cudaback, Cooperative Extension, University of California, and her colleagues throughout the national Cooperative Extension System.

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)