

Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Use my fingers and thumb to pick up toys	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Move toys from one hand to the other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use my hand like a rake to get toys that are out of reach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drop toys on purpose to watch you pick them up and give them back to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Look for toys that fall out of sight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Roll over with my body, scoot on my bottom, or drag myself to get to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Rock back and forth on my hands and knees or crawl	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pull myself up to stand next to the couch or low table	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Help Me Grow

EXPLORE AND DISCOVER TOGETHER:

- Look at books that have different textures (soft, scratchy, silky, rough).
- Play games like “pat-a-cake” or “peek-a-boo.”
- Bang on plastic bowls and metal pans with plastic or wooden spoons. Listen to the different sounds made.

PROMOTE INDEPENDENCE:

- Put up child safety gates by stairs so your child can move around safely.
- Avoid toys or toy pieces that can be swallowed or inhaled (anything small enough to fit through a toilet paper tube).
- Cover electrical outlets and secure cupboards/drawers with safety latches.
- As your child begins to move – stay close by and watch your child closely to prevent accidents.
- Install anti-tip TV and furniture straps.

SPEND TIME WITH YOUR CHILD:

- Play music and sing together – use your child’s name in songs.
- Look at books and talk about pictures while your child sits on your lap.
- Lay on the floor with your child while playing with toys – talk about what the toys do (shake, squeak, rattle etc.).

SAFETY NOTE – SAFE FOODS

- Your baby won’t master the skill of chewing until the age of four. Cut food into small pieces that can be easily gummed and swallowed without chewing.
- Don’t give babies under one year of age honey.

YOUR 6-9 MONTH OLD MAY:

- Express emotions like excitement and frustration in a very loud manner while experimenting with one’s own voice.
- React with crying or fussing around strangers.
- Squeal or grunt when trying to get toys to bang or rattle.
- Make noises that sound like ‘da da’, ‘ma ma’ or ‘ga ga.’

DEVELOPMENTAL HEALTH WATCH

Talk to your child’s doctor if your 9 month old child:

- Does not reach for objects.
- Does not watch objects move with both eyes.
- Does not try to get your attention through sounds or movements.
- Shows no affection (smiling or hugging) towards you as you talk and hold him or her.
- Does not respond to sounds.
- Cannot sit with help.
- Does not babble or make noises with his or her mouth.

EASY-PEASY HOMEMADE BABY FOOD

Making your own baby food isn’t as complicated as you may think. We’ll show you how simple and healthy it can be.

- Get tips for feeding babies ages 6 to 12 months.
- Find out how making your own food can be a cost effective way to keep your baby’s diet preservative free.

For class dates, call (605) 328-7155 or email mutchwomenscenter@sanfordhealth.org.



Watch me
learn...
to communicate
with others.

At my age...
it's about listening
to you talk.

Don't Leave Me

At this age, your baby is eager to play and interact with you and other people. Most babies younger than six months adjust easily to other people. At the same time, your baby is developing what is called separation anxiety, a fear of being separated from you. This is actually a positive sign that you and your baby have a strong bond. During this phase, your baby is developing an understanding that things and people exist even if they are not present.

This anxiety typically starts sometime between four to seven months and peaks sometime between ten to eighteen months. Whether you are in the next room or at work, it's all the same to your baby; you are gone. This learning takes time and patience on your part as you endure the crying and fussing.

HERE ARE A FEW TIPS ON HANDLING SEPARATION ANXIETY:

- Say goodbye before leaving and tell baby you will be back. Resist the urge to sneak out as this only reinforces you can disappear into thin air.
- Say goodbye with calm confidence; this sends the message that you believe your baby can do this and things will be fine.

- Once you leave, leave. Continually coming back to reassure your baby will only make the separation harder and more confusing for your baby.
- If you need to leave baby with someone else, allow time (30 minutes) for baby to get accustomed to the other person being present.

If your baby continues to struggle with separation anxiety, call (605) 328-7155 or email mutchwomenscenter@sanfordhealth.org for a personalized consult with a Family Life Specialist.

Parents feel more anxiety...
than infants do!

sanfordhealth.org keyword: parenting

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