

Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Explore and experiment with objects around me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Look for objects that are taken away	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stand alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Play simple games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Throw or roll a ball	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk with help	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Initiate affection by reaching for or hugging others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use a wide variety of repeated sounds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crawl over or around objects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Attempt to scribble	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Help Me Grow

EXPLORE AND DISCOVER TOGETHER:

- Name things your baby is looking at or touching, "That is a ball."
- Give your baby time and a safe place to explore.
- Name feelings like happy, mad, and sad, "I see that you are really happy playing with that toy."
- Read books.
- Talk, sing songs and say rhymes.
- Play simple games like "peek-a-boo" or "so big."

PROMOTE INDEPENDENCY:

- Offer finger foods like small bite-sized pieces of banana, avocado or green beans.
- Teach your child sign language (a simple series of hand movements) to communicate.
- Be patient as your child learns – learning new things can cause feelings of frustration.

SPEND TIME WITH YOUR CHILD:

- Show and tell your child how things work.
- Provide comfort to your child by hugging and snuggling.
- Enjoy your time together.

SAFETY NOTE – SAFE HOME

- Get on the floor on your hands and knees, so that you are at your child's eye level. Look for and remove small items such as jewelry, coins, buttons, pins, nails and stones.
- Remove tablecloths to keep your child from pulling things down on him or herself.
- Make sure your child cannot reach chords to pull objects down on him or herself.

YOUR 9-12 MONTH OLD MAY:

- Express emotions like happy, sad and frustration.
- Communicate by pointing or using other gestures.
- Have trouble separating from parents, grandparents, or other familiar adults.
- Want to touch, look and gum objects.
- Imitate others.
- Enjoy trying to do things independently.
- Become uneasy around strangers.

DEVELOPMENTAL HEALTH WATCH:

Talk to your child's doctor if your 9 to 12 month old child:

- Does not crawl.
- Cannot stand when supported.
- Does not search for hidden items.
- Does not point at objects or people.

Resources: Centers for Disease Control and Prevention and the American Academy of Pediatrics: The Bright Futures Guidelines

SAFE HOME

KEEP ME SAFE

FAMILY AND FRIENDS CPR

- Learn Adult/Child & Infant CPR
- Learn Relief of Foreign Body Airway Obstruction (i.e. choking) in Adults, Children & Infants

For class dates, call (605) 312-8370.

*This class is not designed for participants who must obtain a credential for CPR course attendance.

[SANFORD CHILDREN'S SAFETY CENTER]

Watch me
learn...
language
development.

At my age...
it's about learning
new words.

Keep Your Little Explorer Safe

Your little explorer has arrived. Babies learn about their world by seeing, tasting, listening to and touching things. Their innate need to explore and learn is stronger than any awareness of what is safe or not safe. Your baby needs you to help keep him or her safe as they explore and learn about things in their world.

REMEMBER THESE BASIC SAFETY POINTS TO KEEP BABY SAFE:

- See things from your baby's viewpoint. Get down on the floor and look around at your baby's eye level. What can you get into? Remove any unsafe items. Install safety gadgets to prevent accidents.
- Use gates at the top and bottom of the stairs and watch your baby closely when she is on stairs.
- Your baby has likely developed his pincher grasp, the ability to pick things up with his thumb and index finger. He can now pick up the smallest of objects and put them in his mouth. Keep small objects out of baby's eyesight and reach.
- Remove tablecloths to keep baby from pulling things down.

- Keep your purse out of reach as your purse likely has tiny objects in it your baby can choke on.
- Avoid small, hard foods your baby can choke on (i.e. peanuts or popcorn).
- Cut any firm, round food (i.e. hot dogs or grapes) into long thin slices.
- For the best protection, keep your baby in a rear-facing car seat until age 2 or until your child reaches the manufacturer's maximum height and weight for the seat. You can find the exact height and weight limit on the side or back of your car seat.
- Baby should ride in the back seat and never in front of an air bag.

FOR MORE HOME SAFETY INFORMATION,

go to sanfordhealth.org/Services/SafetyCenter or stop by Sanford Children's Safety Center, 1115 W 41st St., Sioux Falls, SD or call (605) 312-8370.

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HEALTH