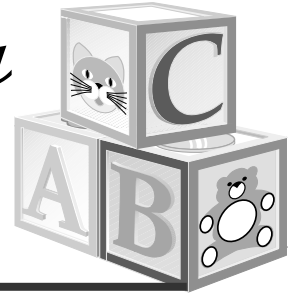


You and Your Baby

Months 9 & 10



Baby's Safety & Health

Children are natural explorers. They use their five senses and natural curiosity to explore and learn. They depend on us to prepare their environment to be as safe as possible. In these months, your baby is learning to crawl, pull up, and trying to stand. So, babyproofing is especially important. Keep in mind the following safety tips:

- Keep small objects such as coins, buttons, straight pins, and marbles out of reach.
- Foods such as popcorn, peanuts, small hard candies, lollipops, and whole hot dogs, or any type of round food **can be dangerous**.
- Keep breakable objects out of reach.
- Stay with baby while he is in the bath and/or wading pool.
- Keep plastic bags and balloons out of reach.
- Choose toys that are age appropriate. Make sure small toys are too large to swallow. A good measuring device is two times larger than the size of the mouth or the open end of an empty paper towel tube. Also:
 - No sharp edges.
 - No small parts.
 - Non-toxic labeled.
 - Keep toys clean. No cords or strings more than 12 inches long.



- Keep household cleansers, beauty supplies, medicines, and gardening supplies out of reach. Keep vitamins and alcohol out of reach also.
- Keep pot handles turned toward the back of the stove.
- Turn the hot water heater down to 120 °F.
- Watch your baby while he is in the high chair—sometimes babies try to stand up in it.
- Put the crib mattress to the lowest level. Be sure to remove bumper pads and large stuffed animals the baby could climb up on.
- Make sure all electric cords and window blind cords are out of reach.

For a more detailed listing of poisonous or unsafe home items, please call your county Extension office.

Family Focus

Relatives, especially grandparents, can be a special part of your baby's life. Grandparents can provide a support system for you and your family. They can provide warmth, security, and loving care. Give them clear and positive suggestions how they can help you.

Baby's Development

Physical

Your baby's large motor skills are developing. He has probably begun

crawling. Once crawling has begun, pulling up to stand is the next step. Your baby can:

- pull up while holding on to furniture—may have trouble getting back down.
- stand for awhile if you hold his hand.
- pick up small objects with finger and thumb and big objects with both hands.
- sit by himself and turn his body all around.

Even though your baby may begin trying to stand and walk, he cannot be potty-trained. Babies at this age cannot control their bowels. Be patient. The right time developmentally is later on—approximately after 18 months.

Social/Emotional

This is a time when your baby continues to need to be held and cuddled with love. He is learning that he is a person. He will begin to imitate you and others around him. He likes to perform for others and enjoys being praised for his efforts. During this time, babies seem to be more sensitive. He may cry if another baby is crying. Just comfort and soothe feelings.

Mental

Your baby is learning fast! He is learning by exploring his world. He uses his eyes, ears, nose, mouth, and hands—all five senses. He likes to put objects in and take them out. Children learn



through repetition, so don't be surprised when he will play a game over and over. His ability to remember is improving, and he will stay with an activity for a longer period of time. He will begin to remember a game, person, or a toy from yesterday.

Understanding familiar words, such as "eat," "mama," "doggie," "cat," and "bye-bye" begins to be important. He will like to hear you name objects. This is how he learns to talk—listening to you and trying to imitate. He begins to say two-syllable sounds, such as choo-

choo, da-da, ma-ma. It is important to continue talking, reading, and singing to your baby.

This information sheet is one in a series titled You and Your Baby. Contact your county Extension office for more information on you and your baby. Also, the American Academy of Pediatrics provides educational reading material:

American Academy of Pediatrics • P.O. Box 747 • Elk Grove Village, IL 60009-0747 OR www.aap.org

www.ext.msstate.edu

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Information Sheet 1379

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. RONALD A. BROWN, Director (rev-10M-11-00)

