

A Healthy Child... A Happy Home...



Busy Days

8-10 months

Awake and Alert

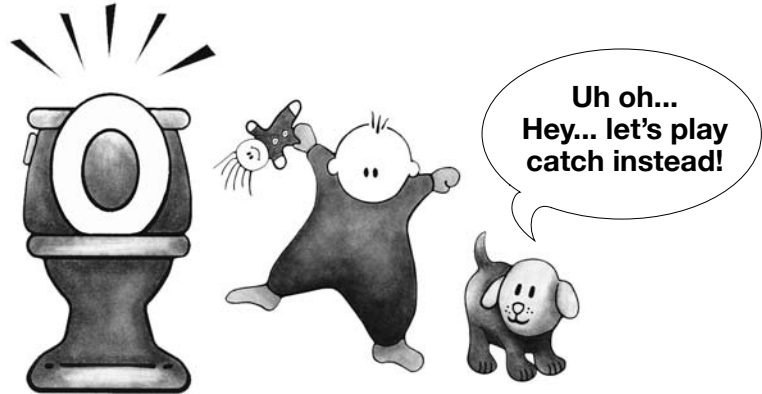
Babies stay awake a large part of the day now. They like to look, touch and explore their world. At this age, babies:

- can sit by themselves
- “creep” or crawl
- find everything interesting
- love to look at themselves in the mirror
- like to “talk” (and may even say a few words)
- want to be with people they know

Normal Fears

Does your baby ever cry or look worried when you leave or Baby sees someone new? This is called separation anxiety. It is normal.

- If your baby cries when someone new holds him, comfort Baby.
- If you leave Baby with someone he doesn't know, stay for a little while. When you get ready to leave, tell Baby you will be back. Never sneak away. Baby must learn to trust that you will return.



Fun and Safe Exploring

Babies learn when they explore (especially when we encourage them). Babies can also hurt themselves and make big messes as they get into things. Here are some tips to help Baby explore safely:

- Prevent problems by child-proofing the house.
- Put all cleaning supplies, medicines and poisons out of Baby's reach.
- Babies don't know right from wrong. Even when we tell them NO, they don't remember from one time to the next. Praise and attention can teach a baby what you want him to do.

Distract and Redirect

This is a good way to get Baby to stop doing something that's not OK, or not safe. Here's how to do it:

- Get Baby's attention (this is the distracting part) by giving him a toy or showing him something else to do or explore (this is the redirecting part).
- Now that Baby is doing something that's OK, praise him. When you praise your baby, he is also getting your attention in a way that teaches him to mind.
- Routines. Babies feel secure when they know what to expect. As much as you can, try to do things in the same way each day.



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BETTER TOGETHER



This puppy is distracting and redirecting Baby. That's cool!

Nutrition - Feeding Baby

- Place the high chair at the table and let Baby eat with the family. He likes being with you.
- Baby should have solid food at 2-3 of his meals everyday.
- Let Baby have food from the table or “finger foods.” These include:
 - small pieces of soft cheese, cooked pasta, dry round oat cereal or pieces of tortilla
 - pieces of cooked vegetables like carrots or peas
 - small pieces of soft fruit like banana
- Remember to give small pieces so Baby does not choke.
- Don't give many cookies or sweets.
- Keep breast-feeding or giving Baby formula. Let Baby have a cup at each meal, but no baby bottles in bed.
- Putting Baby to bed with a bottle will lead to early dental cavities.

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If crying upsets you:

- stop
- take a few deep breaths
- calm down

Health and Safety Issues

- Never leave Baby alone in the bathtub. In the time it takes you to answer the phone, a baby can drown.
- Keep electric cords away from Baby's reach. Cover unused plugs with outlet covers.
- Keep things like knives and scissors out of all children's reach.
- Everything that babies touch, they put in their mouths. Keep tables and the floor clear of small toys, coins, cigarette butts and hot drinks.
- Know when to use acetaminophen (brand name Tylenol®):
 - when Baby has a temperature higher than 102°
 - for pain, especially after baby shots
 - not just for a cold
- If Baby has a fever:
 - dress him lightly
 - give him a lot to drink
 - don't worry if Baby eats less solid food. Most of us don't want to eat when we are sick.
- Keep your home smoke free. Ask people to smoke outside.
- Always put Baby in a car seat when you go in the car. Make sure the car seat is placed in the back seat, facing the rear window and buckled in. In all cases babies should be facing rear until they are **BOTH** one year old and at least 20 pounds.
- If Baby has missed shots ask your provider about catching up. Make an appointment soon.
- Baby's next check up is at age 1 year. Happy Birthday. See you then.

Coming Attractions

In the next months, most babies:

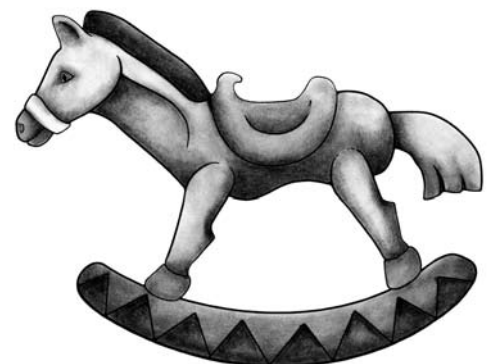
- make “babbling” sounds
- become able to let you know what they want
- start to pull themselves up to stand

Sleep Problems

It's common to have sleep problems at this age. Babies are enjoying being active. There is so much to do. They don't want to go to bed.

Here are some hints:

- Put Baby to bed at the same time every night.
- Spend a little time brushing teeth, cuddling, singing or reading. If you do the same thing every night (this is a routine), Baby will get used to it. Doing the same thing every night helps calm Baby.
- Put baby in his bed while he is still slightly awake. Baby will learn to calm himself and get to sleep on his own.
- It's OK if Baby cries when you put him to bed. Talk to your provider if you have concerns or worries.



Routines help make happy babies.