

# Growing Together



Because My First Years Last Forever

Volume 1

Issue 5

Eight to Ten Months

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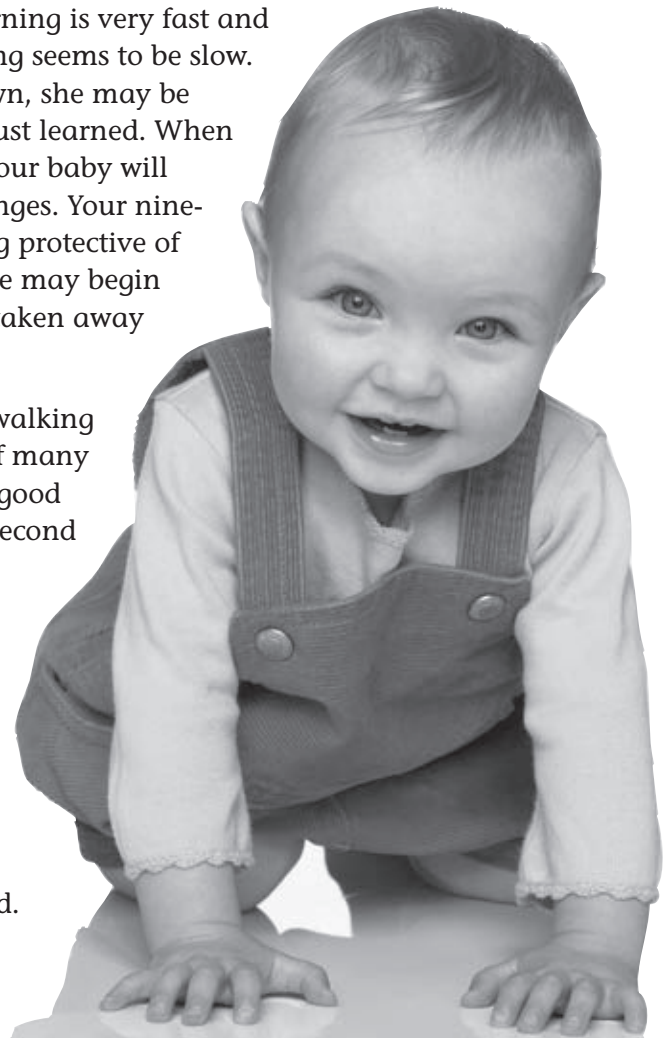
Dear Parent,

Your baby is more active than ever, exploring the world to exercise her muscles and learn about people and things.

- At **eight months** old, your baby is now old enough to sense what is familiar and what is new. But new people and situations can be very uncomfortable for your baby. For an 8-month-old, fear becomes a very real feeling and separation from you is your baby's greatest fear. Be sure to let your baby know when you are coming and going. Most important, tell her that you are coming back.

- By **nine months** of age, your baby will be going through periods where learning is very fast and other periods where learning seems to be slow. When your baby slows down, she may be practicing something she just learned. When this practice time is over, your baby will move ahead to new challenges. Your nine-month old is also becoming protective of herself and special toys. She may begin to resist if a favorite toy is taken away from her.

- Crawling, climbing and walking are the favorite activities of many **ten month** olds. This is a good time to give your house a second and third check for hidden dangers. Things that were once out of reach for your child are now more easily grabbed by your more active and curious baby. Look forward to the next edition of *Growing Together*... Your baby will be 1 year old. Celebrate!



*This newsletter is provided to parents by Help Me Grow of Cuyahoga County*

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# What It's Like to Be...

## EIGHT MONTHS OLD

### How I Grow

I pull myself up by holding onto furniture, but I have difficulty getting back down.

I reach for things and hold them with my thumb and first and second fingers. I can even see and pick up very tiny things. I hold on to a toy for several minutes.

I may crawl backward and forward on my stomach.

I may go from sitting to standing without creeping or crawling.

### How I Talk

I let you know if I am happy, sad or scared by the sounds I make.

I still babble a lot when I am by myself.

I recognize some words.

I watch and try to imitate your mouth movements.

### How I Respond

I like to kiss my reflection in the mirror.

I turn and listen when I hear familiar sounds such as the doorbell or my name.

I shout to get attention.

I become quiet when you talk to me.

### How I Understand

I am very curious and want to explore everything.

I understand the meaning of "in" and "out."

I look for things when they fall or when you hide them under a blanket.

I understand the meaning of "no," but I will not respond.

### How I Feel

I am frightened by new experiences and people.

I am upset when you leave me, even if it's for a short time.

I feel relieved when you return.

I get upset when people make a fuss over me.

## NINE MONTHS OLD

### How I Grow

I crawl and turn around while holding something in one hand.

I sit by myself and turn my body all the way around without losing my balance.

I stand for a little while when my hand is held.

I may be able to stand up and sit down without pulling on furniture.

I poke my fingers into holes, especially in objects that look interesting.

I pick up small things with my first finger and thumb, and larger things with both hands.

I may be able to crawl up stairs, but haven't yet learned to get back down.

### How I Talk

I understand some words and simple sentences.

I repeat one or more sounds over and over such as "ga-ga" or "bye-bye."

I like to cough, click my tongue and make hissing noises.

I listen to people talking and try to imitate sounds.

### How I Respond

My social life revolves around the people who take care of me.

I like to watch people scribbling on paper.

I like to perform for people and love it when they applaud.

I want praise for my accomplishments.

I recognize myself and my parents in the mirror.

### How I Understand

I try to figure things out by myself.

I know that if I partly cover my eyes or look at things upside down, they will look different.

I get upset when my toys are taken away.

I can remember a game, person or toy from the day before.

### How I Feel

I'm very sensitive. If I see a crying baby, I may cry too.

I may be afraid of a lot of things that didn't bother me before, such as taking a bath.

I may be afraid of heights.

I am very determined and sometimes stubborn - all part of my growing up.

## TEN MONTHS OLD

### How I Grow

I side-step, holding on to 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 if I'm right-handed or left-handed. Let me decide which hand I want to use.

I carry things in one hand without dropping them.

I try hard to feed myself and help hold my cup.

I may have trouble sleeping at night because I'm restless.

I walk if you hold my hands.

### How I Talk

I understand simple sentences.

I can say "no" and shake my head from side to side.

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 like to imitate people's gestures and sounds.

### How I Understand

I know which toys belong to me, and I have some favorites.

I know that if I don't see a toy that doesn't mean it's gone forever.

I am beginning to think of myself as a person.

### How I Feel

I have many feelings now - sad, happy, mad, scared and hurt.

I can be very moody and can get upset easily.

I still may feel shy around people.

I am very sensitive to other children's moods.

Kreeger, J., Haverson, V., Marezki, A. (1996). *What it's like to be*. Keiki 'O Hawai'i. A Newsletter for New Parents, 6, 7, & 8. Cooperative Extension Service College of Tropical Agriculture University of Hawai'i at Mānoa, Hawai'i. Department of Health, Child and Adolescent Mental Health Division.

# How You Help Me Learn . . .

## EIGHT MONTHS OLD

- Talk to me, sing to me and touch me. Give me an unbreakable mirror so I can study my face.
- Help me understand my body by naming parts as you point to them.
- Let me play with pieces of cloth of different texture. I might roll up pieces into a ball and put them in my mouth, so watch me carefully when I'm playing.
- Tell me nursery rhymes, over and over again. I am starting to imitate the rhythm of your voice. When I babble, imitate my sounds, but change the rhythm. Soon I will imitate the new pattern. This is great fun and I'm learning.
- Put a few pictures at baseboard height so I can stop and look at them as I'm crawling around the house.
- Allow extra time for bathing. Let me play with sponges, cups and a washcloth. Don't forget to watch me closely.
- I'm interested in small and large blocks and toys with wheels. I like to crawl into a big cardboard box. I will use toys in many ways so I don't need too many things. Don't expect me to put them away yet.
- I will protest loudly when you want to take things away from me. Substituting one toy for another may work.
- Allow me time to concentrate on things that hold my attention. Don't interrupt me even to hug me.

Kreeger, J., Haverson, V., Mareztki, A. (1996). *What it's like to be. Keiki 'O Hawai'i*. A Newsletter for New Parents, 6, 7, & 8. Cooperative Extension Service College of Tropical Agriculture University of Hawai'i at Mānoa, Hawai'i. Department of Health, Child and Adolescent Mental Health Division.

## NINE MONTHS OLD

- Play "pat-a-cake" with me. I can move my hands by myself now and will clap my hands when you do.
- Give me soft playthings to poke at with my finger.
- You've been talking to me for some time. But now I may be able to imitate the sounds you make when you are naming objects. I probably have figured out what "wave bye-bye" means and may recognize names of people in my family.
- Sit me on your lap and look at a magazine or picture book with me. Point to a picture, name it and say "See the dog" or "Look at the car." While you are pointing, you can sometimes ask me "What is that?" Wait a few seconds and then say something like "That's a car." I may not understand everything, but I will hear the different tones of your voice. It helps me become aware of language.
- Cover a toy with a cloth. I will look for the toy under the cloth. I enjoy doing this again and again.
- I might like to hide under a blanket and play "peek-a-boo" with you.
- Sing "Itsy Bitsy Spider" to me. Make a spider of your fingers and walk them over my tummy and legs.



The information in this newsletter describes an average child at each age. Because your child is unique, he may do things somewhat earlier or later than is indicated.

***Even professionals are not always in agreement on specific child-rearing and feeding recommendations. Consult your doctor if you receive conflicting information.***

***If you have concerns about how your child is growing and developing, call Help Me Grow at 216-736-4300 or visit [www.helpmegrow.org](http://www.helpmegrow.org)***

# How You Help Me Learn . . .

## TEN MONTHS OLD

- When I'm away from home and we have to wait for something (the doctor, the restaurant, the traffic), a few distractions may keep me happy. Give me crackers, unsweetened cold cereals, toys, books or sing me songs.
- Make a book for me if you have time. Using stiff cardboard for a page, paste a photograph of me, my family members, my favorite foods and toys, or plants or flowers that I see on my walks. Let me turn the pages and stop when I want to. Point and tell me what is on each page.
- Give me time to practice dropping things into containers (such as a block into a cup), but help me get them out.
- Let me try to stack unbreakable cups or bowls. This is much harder for me than it looks.
- Use my name when talking to me and play games like "Where is \_\_\_\_\_?"
- Hold a small object in one of your fists then show it to me. Switch the object back and forth inside your fist several times and ask, "Which hand is it in?" If I pick the right hand, say, "Yes, it's in this hand." If I choose the wrong hand, show me that it's empty and say, "No, it's not in this hand, this hand is empty." Then show me that the object is in the other hand. This teaches me that things don't disappear just because they are not in sight. It also teaches me that I can learn from listening to what you say.
- Give me clean, empty cereal boxes, milk cartons, margarine bowls or egg cartons so I can build with them.
- Give me a ball when I am on the floor. I will push it, then I may creep after it. Roll it to me, I may try to roll it back.
- Let me turn light switches on and off to see what happens.

Kreeger, J., Haverson, V., Marezki, A. (1996). *What it's like to be*. Keiki 'O Hawai'i. A Newsletter for New Parents, 6, 7, & 8. Cooperative Extension Service College of Tropical Agriculture University of Hawai'i at Mānoa, Hawai'i. Department of Health, Child and Adolescent Mental Health Division.



### Him or her?

*This series of newsletters gives equal time to both sexes. That's why we take turns referring to children as "him" or "her." Keep in mind that we are talking about all children when we use "him" or "her."*

## Parenting Resources on the Web:

### Local

<http://www.helpmegrow.org>  
<http://www.211Cleveland.org>  
<http://www.familysupportconsortium.org>

### State

<http://www.ohiohelpmegrow.org>  
<http://ohioline.osu.edu>

### Research Based Sites:

<http://www.aap.org/parents.html>  
<http://www.cyfernet.org>  
<http://www.kidshealth.org>  
<http://www.parentinginfo.org>  
<http://www.zerotothree.org>



### Local Library Information

**Cleveland Public Library**  
216-623-2800  
[www.cpl.org](http://www.cpl.org)

**Euclid Public Library**  
216-261-5300

**Cleveland Heights –  
University Heights Library**  
216-932-3600  
[www.heightslibrary.org](http://www.heightslibrary.org)

**Lakewood Public Library**  
216-226-8275

**Cuyahoga County  
Public Library**  
216-749-9354  
[www.cuyahogalibrary.org](http://www.cuyahogalibrary.org)

**Rocky River Public Library**  
440-333-7610  
[www.rrpl.org](http://www.rrpl.org)

**East Cleveland  
Public Library**  
216-541-4128

**Shaker Heights Library**  
216-991-2030

**Westlake Porter  
Public Library**  
440-871-2600

# Feeding Your Baby

## Building a Healthy Relationship with Food

Your baby has been enjoying and exploring a variety of soft foods until now. You can continue feeding her pureed foods but can also start adding ground up or soft mashed foods with tiny lumps in them. She can also eat foods with soft texture, such as well cooked vegetables, and crunchy foods that dissolve such as biscuits and crackers. She can handle those because she is developmentally ready to chew and mash the food using her tongue and jaws.

In addition to fruits and vegetables, you may want to start strained meats and gradually move to well cooked and finely diced meats. Meat is a great source of protein, iron, and zinc. You can also offer your baby egg yolk – no egg whites until after the age of 1, cottage cheese, yogurt, and cooked lentils without skin.

As your baby shows more interest in food, you can help her develop a healthy relationship with it by honoring her hunger and fullness cues. She will point to or reach towards food when she is hungry and may get excited when food is presented to her. When she is full, she might push the food away or slow down eating.

## Feeding Environment – Keep It Pleasant

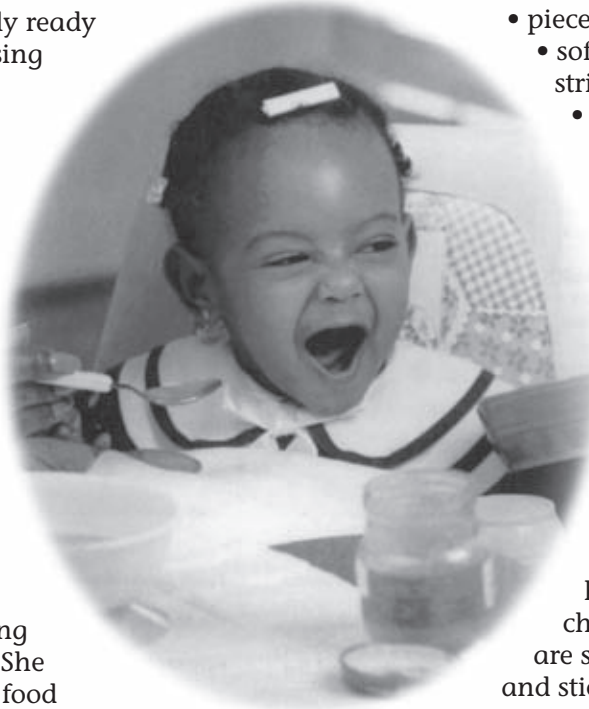
Feeding should be a pleasurable experience for you and your baby. Talk to your baby as you feed her but don't be exciting or entertaining. Let her focus on what she is eating – without distractions, she will be able to let you know when she is full.

## Don't forget the cup

Most 8-10 month old babies enjoy drinking from a cup – or trying to! Offer breast milk, formula, or water in an unbreakable cup. With practice your baby will become a pro.

## Family Meals – Nutritious Meals

Studies have shown that families that eat together eat healthy, start your baby on this path from the beginning. Let your baby join you at the family table in her high chair - even if you need to feed your baby first.



## Finger Foods

As your baby becomes interested in food, she is going to want to touch it and try to put it in her mouth. Be prepared for the messes. To keep your baby interested in eating, offer soft diced pieces of food for her to feed herself, while you feed her with a spoon.

Some foods that you can offer as finger food:

- pieces of soft fruit, peeled and diced
- soft, cooked vegetables cut up into strips or diced
- small pieces of cheese or soft cooked meat
- soft toast quarter or crackers

## Try, try, and try again

How many tries does it take your baby to get used to a new food? Probably many more than you think. Research has shown that it can take up to 10 -15 exposures before a baby will accept some new foods.

## How to Avoid Choking

Some foods are a known choking hazard for babies and small children – the most common culprits are small-hard foods, slippery foods and sticky foods. These can block baby's air passage, cutting off her supply of oxygen. The foods to avoid include:

- small, hard foods – nuts, seeds, popcorn, raw carrots or celery – do not offer to the baby.
- slippery foods – whole grapes, large pieces of meats or poultry, hotdogs – cut these foods into small pieces before offering.
- sticky foods – peanut butter - do not feed your baby peanut butter with a spoon, instead apply thin layer on bread or crackers.

Punam Ohri-Vachaspati, Ph.D., R.D., L.D.  
Assistant Professor, Extension Educator  
Ohio State University Extension

## References:

- American Dietetic Association. Starting Solid Foods. Start Healthy – Stay Healthy Feeding Guidelines. (2005). Retrieved December 27, 2006 from [http://www.eatright.org/ada/files/infant\\_book.pdf](http://www.eatright.org/ada/files/infant_book.pdf)
- Butte N., et al. (2004). The Start Healthy Feeding Guidelines, J of Am Diet Assoc., 104, No 3, 442-469.
- Duyff RL. (2006) The American Dietetic Association's Complete Food and Nutrition Guide (3rd Ed). New York: John Wiley and CO.

*If you have any specific questions on infant feeding and would like to speak to a registered dietitian at the Cuyahoga County Board of Health, Nutrition Program, call 216-201-2000, Ext. 1526.*

# Just for Parents

## Child guidance: Using words

Your baby cannot talk yet, but he understands your words. This is a great time to help your child learn about family and safety rules using words. Using one or two-word explanations can help your child learn **WHY** he can't behave in certain ways. Just saying "no" doesn't really help your child learn what to expect. Research shows this approach really helps. If your child is crawling towards your slipper - and you know it'll go in his mouth - say "Yucky" or "Tastes bad" and give him something else to play with. If your baby tries to touch the hot oven, say "HOT" and move him away.

As your child gets older, you can make your explanations a little longer, using three or four words. But your baby's memory is not as good as yours. Remember how many times it took him to learn pat-a-cake?

Don't expect him to learn to stay away from slippers and hot ovens just because you told him a few times.

## Spanking baby doesn't work

Every parent uses some form of punishment, such as taking away a toy. But spanking doesn't work because babies are too young to understand.

### **Babies can't learn from spankings.**

Spanking a baby is also very dangerous.

Many babies are injured this way every year. **No one** should ever hit a child and **no baby** should ever be spanked or slapped. Hitting or spanking a child is against the law in child care homes and centers in many states. In many countries, hitting a child at all is against the law, just like hitting an adult.

When your baby does something you don't like,

redirect her to an activity you do like. Show her a better way.

Your baby may upset you, waking you up all night, crying a lot or messing a diaper just as you put it on. But your baby doesn't do this on purpose to make you mad. She can't help it, so it really makes no sense to get angry.

What can you do? Call a friend and ask what she would do. Call someone to watch your baby while you get some fresh air. You may come back with a new outlook on living with your baby.

If you have questions on discipline for your child, call the Tot-Line at 216-431-8200.

Steinberg, J., Riley, D., & Schatell, D. (2006). *Parenting the First Year* University of Wisconsin-Extension Cooperative Extension, NCR publication No. 321.



## Baby's Temperament

This seems to be a time of fears and insecurities. When baby can stand by himself, he enters a new dimension of life and becomes aware of many new things. This is sometimes frightening to him (and to you, too!). Many nine-month-olds become frightened of heights and will no longer climb from chairs as they have before. Many become frightened by noises and things, such as the vacuum cleaner. Parents need to be concerned, but shouldn't overreact and become too protective. Providing quick sympathy and then encouragement

usually works well. For example, if the fear is directed at the vacuum cleaner, dry the tears with a kiss, and then encourage the child to investigate the unplugged vacuum cleaner. It also may help to explain what to expect before noisy equipment is turned on (to reduce the startle).

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Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension.

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# Safety Tips

It is not uncommon at this age for your baby to show a clear preference for his primary caregiver (usually his mother). Being Mommy's little boy (or little girl) is an important phase of development, although one parent may feel left out sometimes.

Continue to show affection for your partner when your baby is around. Typically, in a year or two the child's parent preferences will switch to the other parent, and eventually even out in the long run. Knowing this may help soothe hurt feelings of whichever parent isn't the current favorite.

Reprinted with permission from the University of Georgia. Bower, D. (1996). *Baby Bouncer: Ninth Month*.

## Free Health Insurance for Children

Want to get your baby off to a healthy start? Healthy Start is a county-wide program that provides free health insurance for children of eligible working families in Cuyahoga County. They will receive health care through a Managed Care Provider up until age 19. There are several Healthy Start Managed Care Providers offered in the program so that you can choose the doctors and convenient hospital that best matches your family's needs. You can apply for Healthy Start in the comfort and privacy of your own home; no office visit is needed. Family income determines eligibility, so call **216-987-7346** to find out if your family is eligible.

## Babyproofing when baby can stand

Once your baby can stand, he can reach farther and higher. He can reach things that were out of reach before. If you can, keep him safe by taking him with you from room to room. Also, look at each room in your home again.

## Watch for new hazards

- When your baby uses furniture to pull himself up, he may pull things over. Remove wobbly tables and lamps that could tip over. Fasten bookcases to the wall if they are not sturdy. Watch out for televisions on stands. Your baby may pull it down and seriously injure himself.
- Set your crib mattress to the lowest level.
- Be especially alert for dangling electric cords, tablecloths or curtains that your baby could pull down or get tangled in.
- Keep medicines, cleaners, pesticides, alcohol and other poisons locked out of your baby's reach. This includes vitamins and iron or herbal supplements.
- Turn pot handles toward the back of the stove.
- Never leave your baby alone in or near water, even for a minute.
- Don't let your baby stand up in his high chair, shopping cart or car seat. Always keep him strapped in.
- Watch out for things that pinch fingers, such as door hinges or folding chairs.

## As your baby gets older, safe sleep is still very important

Share safe sleep information with grandparents, child care providers and other caregivers who come into contact with your baby. Don't be afraid to review this checklist. It could be critical for your baby's life.

- Put infants to sleep on their backs every time they sleep.
- Keep plush toys, soft quilts, comforters or pillows out of cribs.
- Baby should never sleep or nap in a bed with an adult.
- Do not place babies on top of soft, fluffy products.
- Baby should sleep in his own crib which meets safety standards.
- Lower the crib mattress.



Ohio State University Extension  
 Cuyahoga County  
 9127 Miles Avenue  
 Cleveland, OH 44105-6136

Call any one of these Invest in Children partners below for support or information on how to make sure your child is healthy, well cared for and ready for school.

**Prenatal Hotline • 216-778-BABY**

Prenatal information and support for expectant mothers

**MomsFirst • 216-664-4194**

Prenatal care and support for expectant mothers in the City of Cleveland

**Help Me Grow • 216-736-4300**

Services and support for children prenatal to age three

**Healthy Start • 216-987-7346**

Health Insurance (Medicaid) for children prenatal to age nineteen

**Starting Point • 216-575-0061**

Child care services and information on care for children with special needs

**Family Help Line • 216-229-8800**

Free, anonymous support, information, referrals and crisis intervention

**Tot-Line • 216-431-8200**

Information on child development

**First Call For Help • 2-1-1 or 216-436-2000**

Free, confidential information and support for referrals to other local health or social services

*This newsletter is provided to parents by Help Me Grow of Cuyahoga County.*

*Help Me Grow is a statewide child development program and a partner of Invest in Children. As Cuyahoga County's early childhood initiative, Invest in Children works to increase the development, funding, visibility and impact of early childhood services in the county, so our children start kindergarten healthy, well cared for and ready for school.*



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*If you have specific questions about your child's health or development, or concerns about your own health and well-being, please contact your physician.*