

Additional Information

Today's Date: _____

Baby's Height: _____

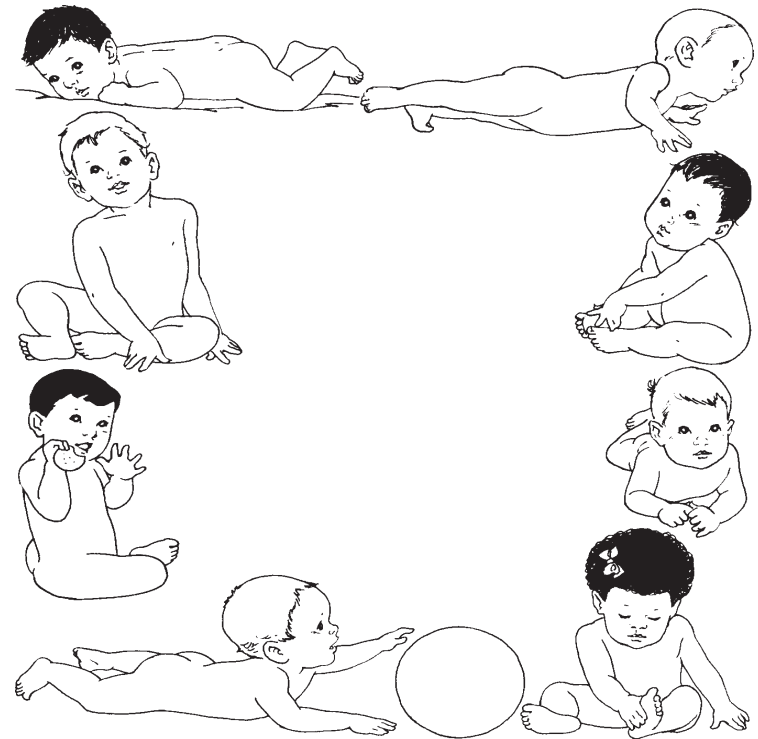
Baby's Weight: _____

Baby's Head Circumference: _____

Special Instructions: _____

Next Appointment: _____

Kent County Wants Healthy Babies



Your Ten - Eleven Month Old



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Maternal Infant Health Program
700 Fuller Ave., NE
Grand Rapids, Michigan 49503
616/632-7100
www.accesskent.com

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Kent County Health Department
Maternal Infant Health Program
Childhood Education Series

How Your Baby is Growing

Appearance - your baby's tummy and rear end will stick out. His feet may turn in when he is lying on his back. When he first starts to walk, his feet may turn in or out. His feet may also look flat. This is all normal from the time he starts to stand until he learns to steady himself. This may last well into the second year.

Speech - your baby understands more words now. He may begin to use patterns, tone, and ups and downs of language long before actual words. He may also know the names of about 10 objects though he can't say the names yet. He may try to copy what you say. He will understand "no".

Large Muscle Development - your baby is moving now. When he is on the floor, he may begin to crawl. He may go backward instead of forward. He may scoot on his bottom or slide on his tummy. He may never crawl. If you are concerned, talk to your nurse or doctor. His legs are getting stronger for walking. Many factors enter into the age your baby will walk: weight; temperament; whether he is active and aggressive or timid and passive; and his general rate of growth (the speed at which his bones, muscles, and ligaments grow).

Social Development - your baby learns about social behavior by copying those around him. He sees and understands much more of what's happening around him than he's able to express. He likes to take time to study his surroundings. His memory is developing and growing. He will enjoy playing hiding games or making you chase him by crawling away. He may intentionally repeat behavior that he knows will make you laugh.

Emotional Development - your baby is becoming aware of what is good and what is naughty. He may bring your attention to his good deeds by saying "see", while scampering to a safe hiding place when he has misbehaved. Encourage him to do things for himself. If you do everything for him, he will not learn the basic skills needed to solve problems.

Growth - your baby's weight gain is slowing down now. Ask your nurse to show you his growth chart.

Topic of the Month Temper Tantrums

Most temper tantrums occur between the ages of two and three. They may start before then and may last past that age. It may be helpful to have some basic knowledge about them now.

There are four basic kinds of tantrums: 1) he is tired or frustrated; 2) he wants attention; 3) it is his response to "no"; and 4) it is how he avoids following directions.

It may help you to understand some of the reasons why tantrums happen.

- Your baby wants to be more independent than his skills and safety allow, and he doesn't like being stopped.
- He's confused trying to understand the differences between yes/no and mine/not mine.
- He can't express his feelings well in words so he will act out his anger and frustration by having tantrums.



You may have an easier time coping with your baby's outbursts if you think about them as performances. Screaming at him or spanking him will not help. The best way to deal with them is to ignore them. This is much more difficult when you're in public. A big, secure hug and calming voice while you move him to a more private location may help.

Do not be afraid of his temper tantrums. They are a normal part of the emotional developmental process. Discipline needs to be present, as it has been, to maintain his safety.

- Read books to your baby every day. Point to pictures and talk about them. Ask him to find things. Rhymes are favorites, as well as books with pictures of animals, toys, or children. Let him touch and feel. He feels loved when you read to him. He learns new words. He learns how to listen and talk. Don't rely on television to teach him.

- Introduce numbers. Say, "You have two socks." Sing number songs like "Ten Little Monkeys" or "One Two Buckle My Shoe."

Motor Skills

- Show your baby how to build a tower with blocks. He will love to knock it down.
- Give him a crayon and paper while he is sitting in his high chair. Show him how to draw. He may try to eat the crayon so always stay with him while he is learning.
- Encourage your baby to try to pull himself up to a standing position by putting a favorite toy in a place where he has to stand to get it.
- Give your baby only one or two toys to play with at a time. Too many toys at one time may confuse him.

Remember, your smile and attention encourage your baby. When he does something new say something encouraging like, "Wow! Look what you did!" Share your baby's joy as he makes things happen. This will build his confidence.

Sleep Patterns

Your baby will continue to have about 14 hours of total sleep. It will be split between about 11 hours of sleep at night and the rest divided between two daytime naps.

To help your baby settle down for his nap or for going to bed at night, it is important to continue with the bedtime and nap routines that have been established.

Many parents believe that if they keep their baby up later, he will sleep later. This usually doesn't work as he will become overtired. Babies tend to be ready for bed in the early evening. Watch for his cues (fussing, yawning, or not wanting to play). Putting him to bed at that time will help him to fall asleep more easily and stay asleep.



Feeding Your Baby

By now your baby should be eating many of the foods you eat. Foods that are soft and easy for him to chew may be cut up into bite size pieces. Meats that are tender can also be cut up. Jar foods should only be used when foods you are eating are inappropriate for him. It's still important to avoid foods that may cause choking such as:

- raisins
- raw vegetables
- chunks of meat
- nuts
- grapes
- undiced hot dogs
- popcorn
- peanut butter

Your baby should be eating three meals a day. Meals should include more than one type of food. For instance, at a meal he may want meat, vegetables, and some type of bread. Although he will not eat a large amount of these foods, it's still best to give him a variety of foods. Just because you don't like a food doesn't mean he won't. He should also be eating one or two small snacks. They should provide nutrition for him also. Good snack ideas are:

- pudding
- graham crackers
- unsweetened dry cereal
- yogurt
- crackers with cheese

It's important to feed your baby at the table when the rest of the family eats. Habits form at a young age. Part of mealtime is interacting with each other. This is why it is important not to eat in front of the television.

Your baby may want to drink juice. Although juice has many nutrients, it also has a lot of sugar. Limit his intake to four ounces or less a day given in a cup.

Breast milk or formula is still important for your baby. As he begins to eat more foods, he'll cut back on his breast milk or formula intake. His intake will be around 24 ounces a day. He will remain on breast milk or formula until at least one year of age. As he cuts back on these, it's important to increase foods in his diet that contain iron. Your baby needs one to two good sources of iron a day. The best sources of iron are:

- meat
- iron fortified cereals
- beans
- some rice, pasta and breads (if the label says iron fortified)

Your Baby's Safety

Always know where your baby is and what he is doing!

Choking

- Never leave small objects in his play area.
- Cut food into small pieces. Do not give him nuts, popcorn, chunks of meat, hot dogs, peanut butter, grapes, raw vegetables, or candy.
- Don't let him eat while running or playing.
- Keep him away from plastic bags and balloons.

Falls/Injuries

Never put your baby in a walker. They are unsafe. Babies in a walker can move three feet per second. This is faster than you can react.

Use approved safety gates to keep your baby out of dangerous areas. Use the safety straps that come with a stroller, baby chair or shopping cart.



Baby proof your home by:

- Putting covers on electrical outlets.
- Keeping cleaning supplies out of your baby's reach.
- Keeping the toilet lid down.
- Moving electric cords and extension cords out of his reach.
- Cushioning sharp corners on furniture where he plays.
- Making sure furniture and the television will not fall over on him if he tries to pull himself up on it.
- Putting small objects out of reach.

Keep a watchful eye on your baby when other children are around. Never leave him alone with a pet.

Check the water temperature before putting your baby in the bathtub. Never leave him alone in a bath or near water. He can drown quickly in just a few inches of water.

Your baby should continue to be placed in a rear facing car seat. The safest place for him is in the middle of the back seat. The car seat must be held tightly by the seat belt for it to be safe. Check the height and weight limits for your car seat.

Be aware of sources of lead poisoning. Your baby is starting to move around more and putting his hands in his mouth. Talk to your nurse about sources of lead.

Have emergency phone numbers by the phone including the Poison Control Center (1-800-222-1222).

Have an escape plan in case of fire.

Remember to have at least one working smoke detector in your home.

Interacting with Your Baby

Social Skills

• Take your baby to the playground in nice weather. He will enjoy the baby swings, small slides, and the sandbox. He will especially like watching the other children.

Verbal Skills

- Encourage your baby's efforts to talk, but always teach correct pronunciation by your example. When he asks for his "baba" say, "Oh, you want your bottle."
- Name objects he sees or hears. Point out body parts. Use his name over and over so he learns who he is.
- Listen to him babble and respond, "Is that so?" Ask questions and wait for his response.
- Show him the difference between hot and cold, in and out, empty and full, stand and sit, wet and dry, and big and little.
- Explain cause and effect. Say "If you tear the book, we won't be able to read it."
- Draw attention to colors. Say, "Look at the *yellow* flowers".
- Give him simple directions like "Please give it to me" and hold out your hand.