

## **MSU Extension Publication Archive**

Archive copy of publication, do not use for current recommendations. Up-to-date information about many topics can be obtained from your local Extension office.

How Kids Develop – Concept Sheets

Michigan State University

Cooperative Extension Service

Building Strong Families

Doris Brickman, Assistant Director for Home Economics; Pam Boyce, Project Coordinator; Inge Bommarito, Program Assistant; Jeanne Brown, Beverly Schroeder, Extension Specialists, Human Development

October 1994

11 pages

The PDF file was provided courtesy of the Michigan State University Library

**Scroll down to view the publication.**

# Building Strong Families

## How Kids Develop Concept Sheets



MSU is an Affirmative-Action Equal-Opportunity Institution. Extension programs and materials are available to all without regard to race, color, national origin, sex, disability, age or religion. ■ Issued in furtherance of Extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Gail L. Imig, extension director, Michigan State University, E. Lansing, MI 48824. ■ This information is for educational purposes only. References to commercial products or trade names does not imply endorsement by the MSU Extension or bias against those not mentioned. This bulletin becomes public property upon publication and may be printed verbatim with credit to MSU. Reprinting cannot be used to endorse or advertise a commercial product or company.

*Produced by Outreach Communications.*

Extension Bulletin E-2293G-Revised 10:94 (Destroy Previous Editions)-TCM-BP-1M-Price \$10/set  
Copyright © 1994 Michigan State University

# BOWEL MOVEMENTS 0-3 MONTHS



Babies have many bowel movements a day. A breast-fed baby's bowel movement is often light yellow and looks like thick cream soup. A bottle-fed baby's bowel movement sometimes looks like scrambled eggs.

## What is diarrhea?

With diarrhea, bowel movements happen often and look green and watery. Diarrhea in a very young baby can mean there is a problem. Along with the diarrhea, the baby may also throw up and have a fever. Diarrhea, vomiting and fever can cause the baby to lose body fluids and become dehydrated. This is very dangerous for a baby.

## What to do:

- ♥ Call the doctor or nurse on the day the fever, vomiting and diarrhea start.
- ♥ To prevent dehydration, try feeding the baby full-strength formula or breast milk first.
- ♥ If the baby does not want to drink it, try mixing an equal amount of formula or breast milk with an equal amount of water.

# CRYING & COLIC 0-3 MONTHS



All babies cry. Crying is a natural way for babies to communicate. Crying is how babies ask for help.

## Why? They might need to:

- ♥ be fed.
- ♥ be changed.
- ♥ be played with.
- ♥ sleep.
- ♥ be held.

## What to do:

- ♥ Rock him or put him in a baby swing.
- ♥ Give him a pacifier.
- ♥ Play soft music or sing
- ♥ Wrap him in a blanket
- ♥ Take him for a walk.

Babies have different cries that mean different things. As you get to know your baby better, you'll probably be able to figure out what he needs from his cry.

## What is colic?

Colic is stomach pain that makes the baby cry a lot, usually in early evening.

## What can you do to help your colicky baby?

- ♥ If you are breastfeeding, watch your diet for foods that do not agree with your baby.
- ♥ Remember, what goes into your body can go into your milk and into your baby's body.
- ♥ Feed your baby smaller amounts but feed him more often.
- ♥ Burp him.
- ♥ Feed him in a quiet place.
- ♥ Talk to your doctor or nurse. There may be some medicine that can help your baby. It may even be possible that your baby is allergic to something.

# SLEEP 0-3 MONTHS



New babies usually sleep from feeding to feeding.

It is important to remember that each baby is different and sleeps different hours. New parents do not get much sleep because new babies sleep and wake up often.

When a baby is about a month old, she will start sleeping for a longer period of time, both during the day as well as at night.

Most babies begin sleeping longer at night when they are 3 months old or weigh 12 pounds.

## TIPS FOR YOU:

- ♥ Most important – rest when the baby rests.
- ♥ Ask for help from family and friends when you are tired.
- ♥ Keep your day as simple as you can.
- ♥ Take it easy and try not to do too much.

# ROLLING OVER 4-6 MONTHS



Most babies begin rolling over around 4 to 5 months.

Your baby's back, neck, arms and legs are getting stronger. He may start rolling over at any time. This means he can roll off a bed, couch or table.

Because babies can suddenly roll over with no warning, it is important to:

- ♥ Always keep the crib sides up and locked in place.
- ♥ Lower the crib mattress at least one notch when the baby starts rolling.

- ♥ Always use the safety belt in an infant seat, car seat or stroller.
- ♥ When putting a car seat on a table, put it far back from the edge. When the baby wiggles, he could turn the seat over.
- ♥ Always stay next to the baby when he is on the sofa, table or bed. Take him with you when you leave the room.

# SOLID FOOD

4-6 MONTHS



You can begin feeding babies solid food around 4 to 6 months.

## Why now?

The digestive system has gotten old enough to start to handle solid foods.

Babies start to show interest in eating by leaning forward and opening their mouths to take another bite.

Babies are able to sit up easier. If babies eat when sitting, they are less likely to gag and choke.

## TIPS FOR YOU:

- ♥ Use rice cereal when starting solid foods with your baby.
- ♥ Use a small spoon.
- ♥ Hold the spoon a little inside the baby's lips so he can suck on the food.
- ♥ Let him suck the food off your clean finger a few times if he has trouble with spoons.
- ♥ Give him formula or breast milk before the first meal of the day so he won't be too hungry. Then try giving him solids on a spoon.
- ♥ Give him a spoonful of food, then some formula or breast milk, then food and then formula or breast milk.
- ♥ Put the baby food on a plate or dish to keep the food free from germs.

# FEARS 7-12 MONTHS



At this age, babies realize that other people are different from their parents or other close family members or caregivers. They begin to show fears towards new people, called “stranger anxiety” and “separation anxiety.”

### **Stranger Anxiety:**

Stranger anxiety is the fear of people they do not know.

### **What you can do:**

- ♥ Do not force the child to go to someone he does not know or recognize.

- ♥ Tell the stranger to talk quietly to the baby and to move slowly while a parent holds him or her.
- ♥ Let the baby make the first move to the stranger. Give him time to get used to the stranger.

### **Separation Anxiety:**

Separation anxiety is the fear that you will not return after you leave them.

### **What you can do:**

- ♥ Start a routine. He will soon learn that you will return even when you leave.
- ♥ Prepare him before you leave. Get him interested in something he likes to do.
- ♥ Try not to stay away for long periods of time.

# SELF-FEEDING 7-12 MONTHS



Many babies begin feeding themselves at this age. A baby will start to grab the spoon, or try to pick up bits of food by himself. Babies who feed themselves may be messy, but it helps them learn to use their fingers and hands.

## **Good food choices are:**

- ♥ soft, peeled fruit
- ♥ soft cooked vegetables
- ♥ mild cheese
- ♥ cooked egg yolk

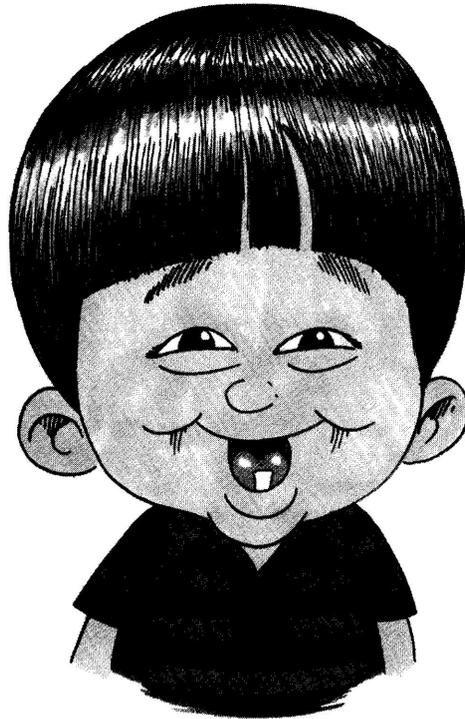
## **After 9 months, you can also offer:**

- ♥ crackers
- ♥ teething biscuits
- ♥ pieces of toast or soft tortilla

## **Poor food choices are:**

- ♥ nuts
- ♥ popcorn
- ♥ raisins
- ♥ grapes
- ♥ raw vegetables
- ♥ cherries
- ♥ whole or cut up hot dogs

# TEETHING 7-12 MONTHS



Infants usually start to cut teeth around 6 to 7 months of age.

Babies who are teething may be fussy, crabby and drool a lot.

Chewing and sucking are good for teething babies. Some babies like to suck on cool things.

## What you can do:

- ♥ Give him a teething ring or chewing toy to help make him feel better.
- ♥ Dip your clean fingers in cold water and rub them on your baby's gums.
- ♥ **Be careful!** It is important that a parent not put ice on sore gums because it can damage the tender skin covering the gum.

# WALKING 1-2 YEARS



Your baby will walk when he is ready. Some start as early as 9 months, while others do not start until 18 months or later. It is important to remember that all babies are different.

Before they begin walking, babies usually pull themselves up in their crib or playpen. They also start to stand or walk hanging onto furniture. This helps make their legs strong.

## TIPS FOR YOU:

- ♥ Give your child a clear area to explore and move around.
- ♥ Keep the floor in this area picked up and clean.
- ♥ Keep safety gates at stairways and block off unsafe areas in your home.

# BED WETTING 2-3 YEARS



It is important to remember that children do not want to wet the bed. They are not doing it on purpose.

Most 2 1/2- to 3-year-olds stay dry during the day. They may still wet their bed at night.

Often a child can't help it. While sleeping, it is hard for him to wake up and make it to the bathroom in time.

## TIPS FOR YOU:

- ♥ Don't yell or spank your child for wetting the bed. If the child is scared and nervous, bed wetting may only get worse.
- ♥ Try to relax and be understanding.
- ♥ Use heavy diapers.
- ♥ As the child gets older, use training pants covered by plastic pants.
- ♥ Keep a waterproof mattress pad on the bed.
- ♥ Praise the child for success, and be calm when there is an accident.