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You and Your Baby
Michigan State University
Cooperative Extension Service
Extension Home Economist
June 1972
8 pages

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Dear Mother and Dad:

As new parents, you will enjoy watching your baby's progress—as he grows bigger and more active, as he becomes aware of things around him, and as he learns to use his eyes, ears, hands, feet and even his smile.

You'll have no precise yardstick for measuring his growth and development. No two infants are exactly alike at any given age. Each develops in his own way and at his own speed; sometimes slowly and other times rapidly. Your child's heredity, coupled with his environment and experiences, will determine how, what and when he develops.

This letter and the three following will discuss what you may expect during the first year of your child's life. Hopefully, we'll have answers to questions new parents often ask.

FOR MOM AND DAD ALONE.

But before we discuss your new baby, let's talk about you, mother and dad.


After getting mother safely checked into the hospital, many new fathers feel completely left out of the process of becoming a parent. It is a common feeling. Hopefully, it has passed, now that you have brought your new baby home. As father, you can and should be involved with your infant. There is no better time than now to establish a warm, friendly relationship. If you wait too long to begin holding, feeding and playing with your child, he may react to you as a stranger. Getting used to another touch besides mother's may also help your child be "friendlier," more comfortable and happy when held by grandparents and admiring friends.

Most wives really appreciate their husbands' help in caring for a new infant too! Those first few weeks at home with a new baby are no picnic for a new mother. Pregnancy and giving birth place great demands on her body. It will take some time to regain previous strength and energy. Your support and help are most important.

Many fathers shy away from handling and caring for their infants because they feel awkward and clumsy holding something tiny and seemingly fragile. But babies aren't china dolls, within limits they are relatively durable. Remember, neither you nor your wife were born knowing these skills. With a little practice, they will become second nature.

Mother, you can help too. Encourage your husband, and don't tease if he doesn't do the job right the first time. So, the diaper falls off a few times—that's part of the fun of being new parents!

You both have experienced many emotions during the past nine months—sometimes joy, and excitement; sometimes uncertainty and fear—common feelings when confronted with the unknown. But one of the most anxiety-producing emotions is one experienced by many mothers after the baby is born, often called the "baby blues." If you feel slightly depressed, cry easily, suddenly lose confidence in yourself or feel discouraged, take heart! It is only a tem-



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You and Your Baby

1 to 3 months

EXTENSION BULLETIN E-734-A • HOME & FAMILY SERIES • JUNE 1972

porary reaction to your new situation and responsibilities, shared by many. It quickly passes. And, Dad, this is the time, more than ever, for you to help by showing your affection and letting your wife know how much you care.

NOW, ABOUT THAT BABY!

You have likely received many gifts of baby clothing. If you are wondering if you have enough, consider these basic needs:

3 to 6 nightgowns (one-year size—you can use them longer).

4 to 5 dozen diapers (one dozen if you use a diaper service).

3 to 6 cotton shirts (6-month size).

2 to 3 cotton receiving blankets.

3 to 4 pairs of waterproof pants.

For a "cold weather" baby, you may also like to include 2 to 3 stretchy one-piece day-night garments. They're also good on cool summer evenings.

These numbers are only suggestions. Your needs may vary, depending on your laundry situation. If you use a laundromat, you may want to purchase extras.

BABY'S HEALTH

Due to the natural immunities passed on by you, mother, your baby isn't likely to become ill in the early months (except for a possible cold or intestinal infection). But some infants develop the distressing problem commonly called colic. Some doctors refer to it as periodic crying. Colic causes cramps in the intestine which produces discomfort.

We don't know the exact cause of colic. It may be related to the immature nervous system of the infant. Fatigue may play a part, as most infants become more colicky after the late afternoon or evening feeding. The condition usually develops between 2

and 4 weeks of age. It may last through the third month.

If your infant cries after a feeding, he may have colic, or he may simply be tense and restless. Your doctor can judge that best. The important thing to remember is that colic is a common occurrence during this stage of life. In fact, it most often occurs in babies that are growing and developing well. Staying calm and accepting the condition is your best approach. Parents exhausted from worry do not help the situation. To help lessen the discomfort, you may want to lay the baby on his stomach across your knees and rub his back. Holding the child and rocking him gently may also help. If his discomfort seems extreme, check with your doctor.

BABY'S DEVELOPMENT

Sight, like all development, is a gradual process. At birth an infant can tell light from dark. For the first few weeks he cannot focus his eyes. Between one and two months he can recognize objects and respond to them. By three months he can look around in all directions. If he sometimes looks crosseyed, it is probably because his eye muscles are still weak.

To help him learn to use his eyes, you can provide a mobile. You can buy one at any baby department. But it may be more fun to make one. A string of gaily painted spoons, hung over the crib works very well. You can also make an interesting mobile using a wire coat hanger or rod, colored paper or cardboard, and string. Simply draw circles of various sizes on the paper. Cut them out, punch holes at the top and attach pieces of string. Attach the circles to the hanger and move the strings back and forth until the weight is distributed evenly.

Hang the mobile so your baby can see it but not touch it. If there is a ceiling light nearby, the mobile can be hung from that.

As your baby gets older you may wish to replace the paper circles with more

sturdy objects so he can reach and touch the mobile.

BABY'S EATING

The idea was once wide-spread that babies must eat at rigidly set intervals, no matter when they become hungry. But each baby has a rhythm all his own. The best schedule is one that fits this rhythm. It is true that most babies fall into a schedule of feeding at three- or four-hour intervals by the end of the first month of life. It takes that long for a baby to become accustomed to the process of eating and digesting food. But waking a baby from a sound sleep because it is the "scheduled" feeding time is unfair. So is letting a hungry baby cry for 30 minutes because it isn't time to eat yet.

A realistic approach would be to keep the feeding times regular, but not rigid. Allow and expect variations of 30 to 60 minutes or more! As your baby grows and needs food less often, his feeding schedule will become more regular.

At each feeding let your baby's appetite guide the quantity of food he eats. The amount will not always be the same. If your baby does not drink all of the formula in the bottle within an hour, dispose of the rest. Germs may begin to grow, which can cause illness.

In the early months, most babies hiccup pretty regularly after meals, so don't worry. Picking him up and patting him gently on the back may help. Sometimes a drink of warm water will stop the hiccupping.

When your baby was born, he needed to suck to get his food. But when he begins to place fingers or thumb into his mouth

you may become distressed, because you've likely been told that thumb sucking is harmful. Don't worry. Only when thumb sucking goes on for years does there seem to be any danger of harm to teeth or jaws. In an infant, nothing could be more natural than sucking, and in the first three or four months the need seems to be greatest.

Some authorities believe that infants become thumb suckers when this need is not fulfilled in the early months of life. They suggest that babies be given the chance to suck, rather than waiting till they succeed on their own. One way to increase the time spent sucking is to get new nipples and make smaller holes in them. That way, it will take longer to feed the baby.

For some babies this is not enough. If your baby still tries to put fingers in his mouth, let him. A baby who isn't prevented from early sucking is much less likely to keep on past babyhood than one whose parents make an issue of it.

An alternative is the pacifier. Many mothers report that between three and six months their babies have shown decreasing desire to suck the pacifier. Opinions as to their use are varied. If you have questions, discuss them with your doctor. If you do give your baby a pacifier be sure to *keep it clean*.

IF THIS IS YOUR SECOND . . .

We wouldn't want to end this letter without saying a few words about the older child.

Having to share parents with a newcomer is tough! Even if a child has thought he wanted a brother or sister, he won't enjoy being neglected in favor of the newcomer. Don't be surprised if he reverts to some

"babyish" habits for a time.

It helps to make the older child feel the baby is his, as well as yours. Let him hold or hug the baby. Helping to pat him dry after the bath is also fun. Having a special time alone with you is important. If he continues to feel wanted, accepted and cherished, his jealousy won't amount to much.

I hope that you find this and the next three letters helpful in making this first year a warm and happy experience for the three of you.

Sincerely,

Your Extension Home Economist

For more information you may wish to read the following. Most books may be available at your local library. For Michigan State University publications, call the local Extension office.

Helping your Baby Grow. Circular 467. Cooperative Extension Service, Penn. State University. University Park, Pa.

Infant Care. HEW Children's Bur. Pub. 8, Supt. of Doc., U.S.G.P.O., Washington, D.C. (.50c)

Baby and Child Care. Dr. Benjamin Spock. Available in paperback.

Development and Behavior, Birth to Five Years. Extension Bulletin 437. Michigan State University.

Prepared by Mrs. Janice Kukar, home economist in Oakland and Wayne Counties; Mrs. Marilyn Rudzinski, home economist in Macomb and St. Clair Counties; and Irene Ott, program leader in family living education, MSU.

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YOUNG HOMEMAKER
P.O. Box 231
Michigan State University
East Lansing, MI 48823

Dear Mother and Dad:

By this time you've had a chance to get acquainted with your infant. He is a pretty special little thing. And you've probably realized that your baby is different from any other child. He has his own personality and growth pattern. He has changed in his first three months, but there's lots to come.

AT THREE MONTHS HE MOVES

Your baby is beginning to be more active and interested in the world around him. He sleeps less and can perform some new activities. He begins to focus on brightly colored objects and follow their movement from side to side. He can lift his head and rotate it freely while lying on his stomach. He moves all the time. This movement is preparing him to roll completely over. It is fun! *Now it is not safe for you to leave him alone on a table or bed for an instant. You never know when he may just wiggle off.*

Your baby has more control of his body. Hands-eye coordination is developing as he begins to reach for toys. Development is progressing rapidly. Notice his movements. Record what he does. See if you find his new abilities. They are there.

You can help your child grow mentally, socially and emotionally. How? Provide stimulating experiences for him. Play with him. Try some rattle games. Hold a rattle about a foot above his face. Shake it until he looks at it. When he sees it, move it slowly in a circular fashion. His eyes will follow it. If he grabs for it, let him have it. What is he learning? He is coordinating his sense of sound and sight with the ability to move.

Buy or make a cradle gym. This can be a piece of elastic tied or secured to one side of the bed and crossed to the other side. Objects dangle from it, so they move when he jumps or shakes the crib. He can reach for them or just have fun making them move.

Bells, rattles, teething rings, empty spoons, colored yarn, are just a few possible items to use in a cradle gym. Look at some in the store and gather ideas, and then make your own.

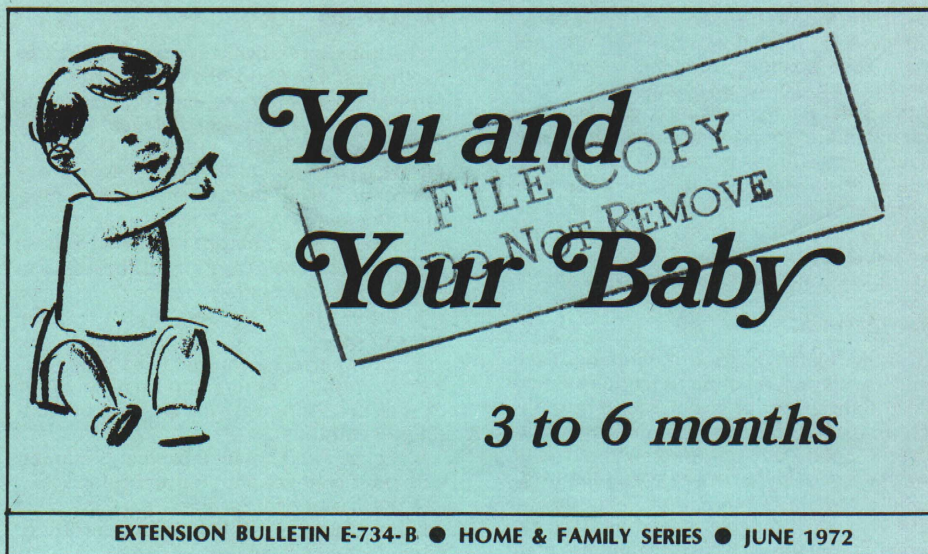
Mobiles are similar to cradle gyms. They are attached to the crib and move when the infant jumps or moves about. They are usually bright colored and so are more interesting to look at than the plain ceiling.

HE SEES

Your baby is learning familiar faces. He loves Mommy and Daddy. He can distinguish between family and strangers. He truly is becoming a social individual. Bring him into the room where you are. Don't leave him alone constantly. Put him in a playpen or maybe an infant seat. Give him objects to play with: a spoon, anything that is safe. He is exploring his environment.

HE "TALKS"

Language begins at birth. The birth cry and subsequent crying helps a baby to develop the fundamental skill of taking in



air quickly and letting it out slowly while making voiced sounds. These early cries usually are cries of discomfort caused by hunger, fatigue or wet diapers. They tend to sound alike. But near the end of 3 months, a baby begins to vary in his crying slightly as his needs differ. Soon you can tell his hunger cry from his wet one.

Talk to your baby. Have your own conversations. He's hearing new sounds. Soon he'll be talking back to you. Yes, his coos, chuckles, and gurgles are his means of communication.

These sounds are the basis for language. These babblings provide lip, tongue and jaw exercise which helps prepare him for speech. When he makes a sound, echo it back. See what fun you and he can have. Don't confuse babbling with the first words baby speaks. When he actually begins to form words, repeat the *correct* pronunciation and not his baby talk. He learns through hearing you and by practicing language. That's why it's important to speak clearly and encourage him to ask for objects rather than pointing or making unintelligible sounds.

HE NEEDS LOVE

Go to your baby frequently for a pat, a chat, a kiss or a laugh. It takes only a minute but keeps him contented. And it reassures you that all is well. A baby left alone for long periods of time gets bored and fretful and learns to whine or cry to get attention. When you give attention, you give your baby an essential. The time you spend with him, playing, laughing, talking, tells him you love him. He can count on you to care for and protect him from the big old world. He is developing a sense of security and trust, which all individuals need for the best physical and mental growth.

HE NEEDS NOURISHMENT

By this time, you will probably introduce solid foods. The timing and selection of food depends on your doctor. As an infant grows,

he needs more vitamins, minerals and iron. Milk provides most of the essential nutrients but lacks the necessary iron and Vitamin C. Your doctor will recommend ways to meet these needs.

When you give a solid food for the first time, expect him to spit it out. It is natural. Babies have to learn the function and control of their tongue as they begin to eat solid foods. Be leisurely and relaxed when you present new foods. This relaxed attitude will be conveyed to the infant. There is no hurry. Let him get to know the food gradually by feeding him small amounts. If he seems to dislike a food, try it again at the next meal or later.

Baby foods are expensive. Try making your own. If you have a blender, it's a snap. If not, it's a little harder but still can be done.

Here are a few basic recipes:

MEAT AND VEGETABLES

½ cup cubed, cooked meat and/or vegetables. (The meat should be free of fat and skin.)

2 Tbsp. milk, formula or other liquid.

Process this at a puree setting until smooth; or put through a food mill; stir until blended. If too thick, add more liquid as necessary. (This makes a rather large portion, and you may wish to cut it down.)

PUREED FRUIT

¾ cup fruit—cooked or canned.

Process at puree setting until smooth, or put through a food mill, or stir until blended.

You may think this food may be bland without seasoning or sugar. Remember an infant is acquiring his taste preferences and doesn't need the salt or sugar added as adult taste might prefer.

To test for smoothness, rub a small amount between your fingers. If any large particles can be felt, process again. You may want to freeze small portions in ice cube containers, then remove cubes from trays and store in plastic bags in the freezing unit. Of course,

defrost the food before serving it to the baby.

Be sure to feed baby from a dish and not a jar. Take portions from the jar and put into the dish. Throw away any unused food in the dish. *Food spoilage is greater when you take the spoon and saliva from the mouth and return it to the jar.*

Be sure to read the labels of baby food containers. The item listed first is in greatest quantity. Buy a jar of meat or a jar of one vegetable. Combinations of foods are a poor buy both economically and nutritionally.

HE'S TEETHING

Closely related to food is teething. Each child has his own reaction to teething. Some chew things, fret or drool 3 or 4 months before each tooth. Or a mother may discover a tooth one morning without ever having suspected that her baby was teething.

Sometimes between 4 and 7 months the baby may act strangely at feeding time. He nurses frantically for a few minutes, then stops and cries as if in pain. A possible explanation may be that sucking causes his gums to swell and make them tingle unbearably. To relieve this pain, alternate between the bottle and solid foods. If it is too disturbing, ask advice from your doctor.

During this time many infants put everything into their mouths. This is a combination of interest in his world and his teething. His mouth is the most sensitive part of his body at this time. Let him chew. Provide the chewable objects. Rubber teething rings of various shapes are good. Avoid thin plastic toys. Small pieces may break off and the baby may swallow them. Baby equipment or toys should:

- be sturdy enough so they will not splinter or break.
- be large enough so he can't swallow them.
- have no sharp points or rough edges.
- have no parts that can come loose to be swallowed, such as buttons or eyes on stuffed animals.
- be painted with safe, lead-free paint. (If painted at home, check the paint can label to be sure.)
- be washable.

HE MAY GET SICK

The baby is relatively immune to diseases for the first 4 to 6 months of life. After that, respiratory (runny nose, cough) and gastrointestinal (upset stomach, diarrhea) illnesses are likely to begin. During the winter months, babies suffer from respiratory troubles; during the summer, gastrointestinal illnesses occur.

Following are common symptoms; if these occur, watch baby carefully. If they persist, check with your doctor.

1. Fever (rectal temperature of 101 degrees or over).
2. Drowsiness or unusual irritability.
3. Vomiting (spitting up small amounts of milk soon after feeding is not to be considered vomiting).
4. Loose, fluid bowel movements marked with odor changes and unusual color.
5. Rash (not heat rash).

Keeping a record of baby's immunization. Your doctor will advise when to begin immunizations. But it is your job to keep track of those he has had and when he is due for another. Use the following handy chart.

Recommended Schedule for Active Immunization and Tuberculin Testing of Normal Infants and Children*

Age	Immunization or Test	Date
2 mo.	DTP= diphtheria, whooping cough, tetanus OPV= trivalent oral polio vaccine	
3 mo.	DTP	
4 mo.	DTP	
6 mo.	OPV	
12 mo.	Tuberculin test-live measles vaccine	
15-18 mo.	DTP OPV Smallpox vaccine	

*Taken from Report of the Committee on Infectious Diseases, 1970, American Academy of Pediatrics.

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As He Grows

As you watch your infant grow, remember many factors determine his growth and behavior. Three main factors constantly interact and influence him. They are:

- His state of development.
- The way his environment treats him.
- His own special personality.

He is a unique individual who should not be compared to, or compete with, other infants in developmental behavior.

With these thoughts in mind, enjoy your baby.

Sincerely,

Your Extension Home Economist

The following references contain more helpful information. Check your local library for these books.

How a Baby Grows, Arnold Gesel (story in pictures of first year).

Baby Learning Through Baby Play, Ira J. Gordon. St. Martin's Press, 175 Fifth Avenue, New York, N.Y. 10010 (\$3.95).

Child Development and Personality, Paul H. Mussen, John J. Conger, and Jerome Kagan, 3rd Edition.

Prepared by Mrs. Janice Kukar, home economist in Oakland and Wayne Counties; Mrs. Marilyn Rudzinski, home economist in Macomb and St. Clair Counties; and Irene Ott, program leader in family living education, MSU.

Dear Mother and Dad:

Isn't your baby more fun now? At 6 to 9 months, he learns something new nearly every day! He may not move more or faster, but he now begins to move toward objects and to sit up. He may roll over when placed on his back. Soon he'll be sitting alone!

During these months, you're apt to be impressed with how hard your baby works. Or, instead, you might say how playful he is! However you want to put it, he's busy! Within your baby is a powerful force for growth. As each part of his body matures and is ready to be used, he uses it. He puts each new skill together with the old ones, into combinations which send him further forward. Upward, actually—for this is the direction he takes. Head up first, then body propped up in sitting. Many babies detour to creep or crawl or roll. But not all do this. And, finally, your baby himself pulls up to stand. You just can't keep him down.

A baby's increasing ability to handle his body is the best indication that his brain is developing well. An alert baby, interested in everything about him, is using his mind. You can tell! He shows you that he knows what is going to happen next by adjusting his posture as you lower him into the bathtub. Or as he hears the car approaching in the evening by looking toward the door Daddy always uses.

Through daily experiences, he learns. He'll learn the most if he has a change of scenery now and then, some interesting things to do, and people interested in what he does.

Go to him frequently! Pat him! Talk to him! Kiss him! Or laugh with him. It takes only a minute and keeps him contented and certain that all is well.

PLAY TO AID GROWTH

Playing with sounds is the basis for learning to get along with them. Playing with people is the basis for learning how to get along with them. Playing with things helps your baby master his body, and eventually master his environment. He will enjoy a small collection of playthings. He really doesn't need much, and only a few at a time. He'll concentrate for increasing lengths of time.

Encourage your baby's activity—physical, mental and social. Take advantage of opportunities to help him spot and reach for things. Use his rattle or make a toy of a spool and elastic. Hold it near your baby and encourage him to reach and grab for them. When he grasps it, pull gently to give some resistance. *But, remember the real reason for this "game" is to encourage your baby in activity and to help him have a satisfying experience.*

Looking in a mirror will help your baby begin to get an idea of himself. Ask "Where's Steven?" Then help him see himself and say "Here's Steven."

Help your child learn how to use his body to get what he wants. Put a favorite toy on a blanket or a diaper just beyond his reach. Probably he will reach or crawl to get it and,



You and Your Baby

6 to 9 months

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in the process, learn how to do for himself.

Children love to pull on strings, especially if the pulling brings a toy to them. You can make this kind of toy with a store string attached to a ball, rattle or another object.

Hide-and-seek becomes fun at this age. You may want to begin by partially hiding a toy under a blanket. After he gets the idea, completely hide the toy. Encourage him to lift the blanket to find it.

Stacking and nesting toys increase a baby's idea of space relationships. Empty food cans make good stacks or nests of toys. Check for sharp edges before baby plays with them. You'll have fun showing him how to make a pyramid. Don't expect him to have the same results until he has lots of practice.

Have fun playing with your baby. It's good for you and so important in his growth and development.

LEARNING TO TALK

Around your baby's sixth month, or a little earlier, you will hear him repeating sounds. Babies seem to enjoy both feeling and listening to what happens when these sounds are repeated. This "babbling" gives them practice.

Babbling changes when your baby is around eight months old. There will be an increase in the variety of syllables and inflections he uses. He now sounds as if he's making a statement or giving a command or asking a question.

Your eight-month-old baby may understand what you say by how you say it. He may react by being interested, afraid or happy.

Don't be puzzled if your baby temporarily loses interest in babbling or imitation. That's all right. He is probably getting ready to learn something else, like crawling or standing or walking. In learning, he can concentrate on only one thing at a time. When he's ready, he'll return to the babbling.

When he "babbling" to you, "babble" the same thing back to him.

Your baby understands words and phrases before he knows their meaning. He will respond to some words with gestures to show his understanding. He may clap his hands when he hears you say "pat-a-cake." Expose him to other rhythms and games like *This Little Pig Went to Market*; *So Big*; *One, Two, Buckle My Shoe*; and *Hickory Dickory Dock*. They will help him learn words and rhythm.

EATING CHANGES

Been noticing that your baby eats less at one or another of his feedings? If this is so, and he's taking fairly substantial amounts of foods other than milk, try shifting to three meals a day. Most babies make this shift between 6 to 8 months of age. If your baby will need some nourishment to tide him over between meals, give orange juice mid-morning and milk mid-afternoon. Some babies like extra milk before bedtime to help them settle down.

Your meal plan may look something like this:

Breakfast: Iron-fortified cereal, dry toast, milk, Vitamin C enriched juice.

Mid-morning: Vitamin C. Enriched juice, if not given at breakfast.

Noon meal: Milk, teething crackers or biscuits.

Evening meal: Meat or eggs, fruit and milk.

As the time goes by, you'll feel free to experiment with other foods. Keep encouraging fruits, vegetables and meats!

For variety and interest, add food cooked for the family, such as finely minced cooked vegetables, canned fruits and fresh bananas. Some babies enjoy cottage cheese, plain or with milk. Try custards and milk puddings. After six months, a baby may like bread in the form of hard toast or zwieback, or fortified cereals.

When baby starts eating finger foods, supervise him so you can prevent choking if he swallows too large portions.

During the first year, emphasize fruits as

your baby's "desserts." They are neither overly sweet nor unduly high in calories in relation to other nutrients. Custards and milk puddings are next to fruits on the preferred list.

Needless to say, more concentrated sweets, high in calories and low in general nutritive value, cannot be recommended for infants and pre-school children. This includes baby food desserts.

LET ME DO IT!

Your baby will begin to show an interest in self-feeding. Some babies get the idea through being given a second spoon to hold while being fed. Or they try to "help" by putting a hand over yours during feeding with spoon or cup. More aggressive babies may even try to take the spoon or cup away from you. A spoon with a round bowl and a short straight handle is best for beginners self-feeding.

Encourage his attempts at independence, even though it means longer feeding periods and more clean up. He may require several months of gradual and patient learning before he can feed himself entirely alone. More time—maybe *much* more time—will elapse before it's done neatly. In the meantime, you can be so subtle in your assistance, your toddler will think he's doing the whole job himself. This is a great help in keeping up his interest in food!

LETTING THE BOTTLE GO

As your baby's menu takes on a more adult texture, you may be thinking about weaning. Begin by offering your baby a little milk or fruit juice in a cup.

There is no fixed age for weaning—Try to follow your baby's lead. If he appears to enjoy the cup, encourage it! He'll chew the lip edge at first, and spill a lot, but with practice he will learn to swallow smoothly. Put in just a little liquid, only a tablespoon at first, and let him handle the cup himself. When he gets used to that way of taking food, gradually eliminate bottle or breast feeding. Breast-fed babies can be weaned gradually to a cup after about six months. Bottle-fed babies usually like to suck the bottle a little longer.

Your baby will enjoy the independence of drinking from a cup, though he may revert to sucking at times, perhaps when he is troubled by teething or when he feels particularly babyish and cuddly.

In general, the older your child when weaned, the more attachment he feels to the bottle and the more determined he is to keep it. He may be entirely weaned by the time he is a year old, or he may cling to sucking for a longer time. It doesn't really matter. Just don't push or hold him back.

Your Extension Home Economist

For extra help you may wish to order the following publications.

Development and Behavior from Birth to Five Years. Cooperative Extension Service, Michigan State University, Extension Bulletin 437, East Lansing, Michigan.

Infant Care. HEW Children's Bur. Pub. 8. Supt. of Doc., U.S.G.P.O., Washington D.C. 20402 (.20c).

Your Baby's First Year. HEW Children's Bur. Publ. 400. Supt. of Doc., U.S.G.P.O., Washington, D.C. (.15c)

Your New Baby. Public Affairs Pamphlet No. 353. Public Affairs Pamphlets, 381 Park Ave., South, New York, N.Y. 10016 (.35c).

Baby Learning Through Baby Play. Ira J. Gordon. St. Martin's Press, 175 Fifth Avenue, New York, N.Y. 10010 (\$3.95).

Prepared by Mrs. Janice Kukar, home economist in Oakland and Wayne Counties; Mrs. Marilyn Rudzinski, home economist in Macomb and St. Clair Counties; and Irene Ott, program leader in family living education, MSU.

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Dear Mother and Dad:

By the last quarter of the first year, your baby has a personality all his own. He's a full-fledged member of your family. And it's hard to do much without his insisting that he be in on it too! He's quite a handful in more ways than just his size.

He trails around after Mother, creeping or beginning to walk. He horns in on every conversation and laughs gustily, whether he's in on the joke or not. He cries if someone is upset with him, and shows in other ways how sensitive he is and how much he wants to be the center of attention. But he may shyly hang his head if he thinks you find him foolish.

He's into everything, poking, dumping, licking, squeezing, tossing, climbing. He may begin to be choosy about his food, and is very apt to pour his milk or cereal on the tray table, splashing in the foods. He plays with the light cord or fiddles with the television. He won't even stay dressed, taking off his shoes the minute you get them on.

Sometimes, he deliberately teases! He heads straight for the trash basket to upset it, making sure you notice! He reaches for dad's newspaper or glasses, mischief in his eyes, waiting to hear "no, no." At such moments you find yourself joining the age-old dilemma of parenthood, wondering when to stop the child and when to laugh and enjoy his newest success; when to encourage and when to forbid. The whole knotty question of teaching a child to behave—or discipline—has always been a challenge to parents.


THE QUESTION OF DISCIPLINE

You can't separate discipline from the whole business of just living with your child. The relationship between the two of you is the outgrowth of everything that you do for and with him. And it's from this relationship that good discipline springs. Your child grows to love and trust you, he wants to please you and behave to suit you. Obedience or discipline, then, is not so much a matter of making the baby mind as it is a process of making it easy for him to do the right thing.

You make it easy for your baby to be good when you don't ask too much of him! If he sees something bright and pretty, he must investigate it. His curiosity is boundless, and he can only learn about things by tasting and feeling them. Merely looking at them tells him little.

Of course your baby has to be kept from doing things which are dangerous to himself or to others. The dangers that can't be avoided can be handled quickly and firmly. Distract him with another interesting object or activity, or pick him up and take him elsewhere. Give him words to use instead of a flat "no." You say "hot," "tastes bad," "stop." He learns from your voice and facial expressions as well as your words.

Some parents reinforce their commands with a sharp tap on the child's hand. Surely nothing more than that is necessary. Even



**You and
FILE COPY
Your Baby**

9 to 12 months

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then, you run the risk of teaching your child to slap you if he doesn't like what you do. *You're trying to teach your baby what is dangerous, not to punish him for his natural curiosity or lack of knowledge.*

You're teaching your child good discipline when you simply recognize and accept his behavior as part of his babyhood. Give him simple toys and safe places to play. Allow him as much freedom as you safely can. Cheerfully accept his awkward attempts to do things, and don't punish him for his accidents. Meantime, stop him promptly from getting into danger, everytime, consistently..

Be patient, gentle and understanding about the many things he needs to learn, but keep showing him what you expect. As for his mischievous tricks, perhaps you can laugh with him over these, to let him see that you, too, have a sense of humor.

LEARNING THROUGH PLAY

Help your baby learn through play. Encourage him to use and increase his capabilities. Your creeper-crawler will enjoy fetching a rolled ball, a part of the vacuum cleaner, a shoe.

You may be surprised how much time your baby will spend filling and emptying. He may put all his small toys in a pail, empty them out and repeat the activity for fairly long periods of time.

Hide-and-seek can become more complicated. Teach him to search for an object inside a container. Put a toy in his pail or a paper sack. Then help him find it. With a few experiences he will catch onto the idea of exploring things.

Now your baby may be ready to play Peek-a-Boo. First put his hands over his eyes and then progress to hide and seek with the whole body going out of sight.

When your child can handle small objects in his fingers, it's time for blocks. Begin with a few. Show him how to use his stacking ability to place blocks one on top of another. They will topple over, but soon he will be able to build a straight tower. Add more

blocks as he's ready for them. If you're handy with wood tools, perhaps you'll enjoy making blocks for your baby. Sand them well to prevent splinters.

As you play with your baby, talk to him. Tell him what you're doing and what he's doing. Your talking will help him want to learn to talk *with* and *to* you. It's all a part of the way he should develop.

MORE ON EATING

Whether he has teeth or not, a baby is ready to eat foods of a coarser consistency, anywhere from 7 to 9 months of age. There's no need to wait for teeth. His gums enable him to soften many kinds of food.

For some months you've probably been giving a full range of strained or soft foods. Now nudge him into accepting food in a more adult form. If you wait too long, he'll get accustomed to his smooth diet and may balk at lumps.

Chopped foods may be commercially prepared from foods you cook for family meals. Cook vegetables, mash them rather finely with a fork, but leave some larger pieces. Let him pick these up himself or offer him mixture on a spoon.

Give your baby a piece of food—bits of ground meat; a cooked vegetable—such as a carrot or greenbean; or a slice of raw fruit—banana, peeled apple or pear,—or a piece of cheese. Let him gnaw off as much as he wants. Introduce uncooked fruits slowly. They tend to make baby's bowels loose.

Babies enjoy bits of meat—sucking and chewing on its goodness. Chopped crisp bacon or dry breakfast cereal will please him, too!

Gradually you will be able to feed him what you prepare for the rest of the family.

Sometimes it's hard to think of appropriate protein foods if your baby does not chew well yet. Try cheese sticks, luncheon meats, hot dogs, canned tuna fish, scrambled eggs, peanut butter or mashed cooked dried beans, such as navy or pinto beans.

You may notice your baby's appetite de-

creasing as he approaches his first birthday. This is due to his slower growth rate at this age.

Because he's eating less, be certain he gets foods daily from the four food groups: milk, meat, vegetables and fruits, and cereals.

Babies need plain, nourishing food to help them grow—food to build muscle, bones, blood and sound teeth. They need food which provides the tremendous amount of energy they use in pushing, shoving, walking, exploring. They need food which helps to keep them well. There's no room in their stomachs for foods which do not serve these purposes!

Babies and children don't have to learn to like sweets as they do other foods. They accept them instinctively. More than any other food, desserts should be individualized. They may be appropriate for large active babies with appetites and caloric needs beyond those met by reasonable amounts of milk, meats, vegetables, fruits and cereals. Some small babies with poor appetites and poor food acceptance may be better off without dessert. Let your doctor direct you.

Feeding problems begin at this early age when parents are tempted to use food as either a bribe or reward for good behavior. Praise is a more appropriate reward, regardless of the child's age.

Be you're proud of your child's first teeth! To be certain these teeth stay healthy, you will want to provide snacks low in sugar. Sticky, sugary foods can cause cavities—even in baby teeth. Snacks which promote good teeth are crispy fruits and vegetables, such as carrots and peeled apples.

Don't "prop" your baby's bottle. If he falls asleep with it in his mouth, the bacteria which cause tooth decay have several hours to grow on the sugar in the milk or juice.

Remember, healthy primary teeth are the ticket to healthy permanent teeth!

SAYING REAL WORDS

Children normally say their first real word somewhere between nine months and a year and a half. Reward your baby's efforts to use a word. Be sure to show enthusiasm. Make him feel extremely proud of his first words. Give him a smile or a hug to show him how happy you are. If his attempts to talk are not appreciated, he will not try very hard to learn new words.

When your baby begins to use words meaningfully, it's time to stop imitating exactly what he says. Instead, supply him with the correct word. If he says, "Aw, gaw," you say, "All gone."

His first words will normally be one-word puzzles for you to figure out. He may say "go." He may mean "where did daddy go?", or "I want to ride in the car." With one word he is trying to tell you a complete thought. Help him to combine gestures with his single words to make himself more understandable.

Around his first birthday, he should be able to follow one simple direction at a time, like "come here," "get down" or "open your mouth." He will gradually associate the words you say with the correct object, feeling, action or activity they represent.

TOILET TRAINING

Advice about toilet training in your baby's first year is: Don't try! Neither the baby's mind nor his physical mechanisms are up to the complex job of combining to control a bowel movement. His second year is time enough to start testing them. Keeping dry will come even later. Babies almost train themselves, doctors say, once they achieve the ability to control the special muscles involved and discover, besides, that going to the toilet is not only a custom but also a comfort. Don't worry now about toilet training.

WALKING

Many factors enter into the age your baby walks: his weight; temperament—whether he is eager and aggressive or passive and timid; his general rate of development, or the speed at which his bones, muscles and ligaments mature. Children tend to keep the same overall pace in their growth. Some are first in the block to do everything, others take their time.

There's really not much you can do to hurry the day. It helps to encourage your baby to use his muscles freely, to kick, splash in his bath, wiggle his toes, to stretch and roll over. It helps to give him a good place to pull up (furniture to grab) and to hold him securely so he can tip-toe at your feet. You're helping your baby to walk as you give him a feeling of freedom and fun in doing things.

When your child stands alone, he plants his feet wide apart and bends his knees a little. He puts his weight on the inner part of the foot and tends to toe out. This gives him a knock-kneed appearance. As his body adjusts to standing, his stomach becomes round and protruding. The protruding stomach won't flatten out for some years, probably around the age of 5 or 6.

Your baby will take a step! Arms stretched out and up for balance. And, he will fall! Once he's mastered sitting down, he's up and down all day long. His drive to walk pushes everything else out of his mind—sleep, food, cuddling! He struggles to stay on his feet at all costs.

His energy and drive seem boundless. He scarcely notices the falls, but occasionally will check your face after a bump to see if he should cry or not. Save your sympathy for the really tough falls. It is easy to make him fearful if you rush to comfort him after each tumble.

Now your baby needs shoes! Get a well built shoe with some support in the arch, a firm sole which is flexible at the widest part, and the upper made of a soft, porous material. To be sure your baby is properly fitted, take him along. His shoes should be half an inch longer than his foot, and wide enough to allow room on the side for his foot to expand as he stands.

During the rapid growth of the first years, your baby outgrows shoes and socks quickly. So, there is no reason to buy expensive, long-wearing shoes. Be sure that his stockings are not tight enough to curl or cramp his toes. When on, they should extend a quarter of an inch beyond his toes.

As your baby becomes more proficient in walking, he'll increase his range of activity. The sights and sounds of your home and neighborhood will flood upon him and he'll develop words to express his ideas. He'll have names for everything he sees. He's a social fellow and wants to tell you all about it.

He has little sense of right or wrong. He'll depend on you to keep him out of trouble. He's not a bit cautious, so he needs your careful supervision every minute he's loose. His circle of friends grows wider and he reaches out to others as long as he knows you're nearby. He enjoys the company of grandparents, soberly watches other children at play and waves to the milkman. Somehow your circle of friends grows too, as your baby brings people closer together, linking the generations, melting barriers around the world.

Sincerely,

Your Extension Home Economist

For extra help, you may wish to order one of the following.

Your Child From One to Three. HEW Children's Bur. Publ. No. 413, Supt. of Doc., U.S.G.P.O., Washington, D.C. 20402 (20c).

Your Child From Three to Four. HEW Children's Bur. Publ. No. 446, Supt. of Doc., U.S.G.P.O., Washington, D.C. 20402 (25c).

How to Parent. Fitzhugh Dodson, 1970. New American Library, Inc., 1301 Avenue of the Americas, New York, N.Y. 10019 (\$1.25).

Prepared by Mrs. Janice Kukar, home economist in Oakland and Wayne Counties; Mrs. Marilyn Rudzinski, home economist in Macomb and St. Clair Counties; and Irene Ott, program leader in family living education, MSU.

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