

## **Your Growing Child Six to Eleven Months**

The average child will begin to slow down in weight gain. A weight gain of one pound per month is average during the second six months of life. Baby will grow about 1/2 inch per month during the second six-month period.

### Immunizations

At six months, your baby will receive the third injection for diphtheria, tetanus and whooping cough. Again, a slight reaction may be notice following the DPT injection. The child may develop a slight fever, fussiness, loss of appetite and soreness around the injection site. If this occurs, you may give the child Tylenol. She/he will also receive the third dose of HIB, Prevnar, Hepatitis B, and Rota vaccines.

### Safety

The following safety precautions are necessary to guard against accidents:

- Use an approved car seat when traveling in the car. It is best for baby to ride in the back seat. Never leave baby unattended car.
- Remove from reach all cleaning fluids, insect and weed sprays, gas, bleach, matches, medicines, sharp tools, guns, cigarette butts and lamps.
- Medicines should all be kept in safety-capped bottles out of baby's reach. Be especially careful of medicines carried in your purse.
- Stove controls may now be a hazard
- Don't leave baby in a bathtub or wading pool alone.
- Candles should be kept in a high place
- Use tablemats instead of tablecloths on the table.
- Use plug guards in all electrical outlets.
- Fence all stairways, top and bottom to avoid falls.
- Don't throw harmful substance such as razor blades, broken glass, etc. In the waste basket where your child may reach it.
- Keep the number of Poison Control by the phone.
- Check batteries in smoke alarms.

### Characteristics of the six to eleven months old:

#### Physical

- Teething: first tooth may appear between 5 & 8 months, but it is very variable
- Sits without support at 6 months of age then sits alone at 9 months of age
- Pulls up to sitting position at 6 months then pulls to stand at 8 months of age
- Rolls over
- Crawl around 9 months of age then walks around furniture
- Supports weight on legs
- Turns head toward voice
- Transfers toy from one hand to other, and bangs 2 cubes together. Rings a bell

### Social

- Recognizes strangers
- May be afraid of strangers
- Looks when people enter the room
- May express displeasure when you leave
- Request a toy or to be picked up at 10 months

### Language

- Babbles a lot
- Squeals
- May say ma-ma or da-da
- Easily changes from laughing to crying.

The first teeth are usually the lower central incisors. During the teething period, the best thing you can do is providing baby with chewable objects that are doll enough so the gum won't be injured. Some babies like to chew on a piece of cloth, others may like something cold to chew on. Be careful about the objects that can break off while the child is chewing. It is important to remember that children get teeth at different ages. One baby may get a tooth at 3 months and another child may not get a tooth until 9 or 12 months. Yet both are healthy, normal babies.

Between six and nine months, you should allow plenty of opportunity for sitting and provide stimulation by talking to baby. Offer a variety of appropriate toys.

### Feeding

Breast or bottle-feeding continues as previously.

If bottle-feeding, baby should not be taking more than 1 quart of formula.

At about seven months of age add another meal a day then at 10 months of age add another one to reach 3 meals a day. Each time you add a solid meal, you need to drop one formula or breast milk instead. Most foods can be prepared from food you prepare for the rest of your family. There may be days when your child refuses some foods. This may happen during teething. Do not force the child to eat, continue offering sips of formula from a cup. Foods to avoid at this age include raw vegetables, peanut butter, nuts, raw berries, grapes, popcorn, honey, and apples, unless scraped. Avoid over-salting baby's food. Discourage sweets, pop, and desserts. No honey should be given before 1 year of age.

### Playthings:

Provide your child with a variety of toys. Appropriate toys for this age may include musical toys, floating toys for the bath, pie pans, lids, clothespin, a safe, unbreakable mirror, measuring spoons, and a stuffed toy.