



What's It Like To Be 9 Months Old?

How I Grow

- I crawl and turn around, and crawl up stairs.
- I may stand for a little while when my hand is held.
- I side step along furniture.
- I can sit by myself & turn my body around without losing balance.
- I poke my fingers into holes or into things that look interesting.
- I pick up small things with my first finger and thumb and big things with both hands.

Date	_____
Weight	_____
Height	_____
Head Circumference	_____
Next Appointment	_____

How I Talk

- I understand some words, my name and simple sentences.
- I repeat one or several sounds over and over.
- I like to cough, click my tongue and make hissing noises.
- I listen to people talking and try to imitate the sounds.

How I Respond

- I like to watch people scribble on paper.
- I like to perform for people and love it when they clap.
- I want praise for everything I can do.
- I like playing games like pat-a-cake and peek-a-boo.

How I Understand

- I try to figure things out by myself.
- I know that if I partly cover my eyes or look upside down everything will look different!
- I know my toys and get upset when they are taken away.
- I can tell what kind of mood people are in by looking at them.

How I Feel

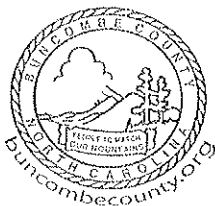
I'm very sensitive. If I see another baby crying, I'll cry too.

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

I may be afraid of heights.

I am very determined and sometimes stubborn - that's all part of my growing up!

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Welcome To The "No-No's"

Most parents of 11-month olds go through the "No-No's" at this age. Sometimes it will seem like you're always telling your baby what not to do. No wonder - the 11 month old loves her independence as she moves around and touches more things than ever before! And so discipline becomes part of the daily routine.

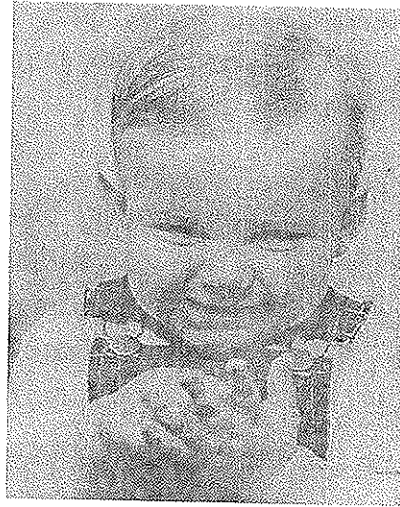
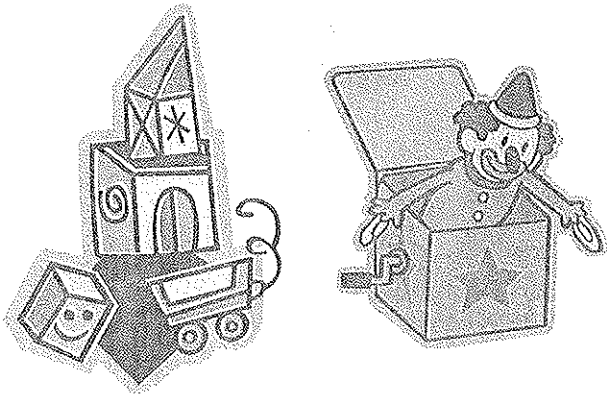
What is discipline?

It is something that you do for and with your child, and not to her. It is setting up reasonable limits to teach your child what is acceptable and what isn't.

Discipline is also letting her know that though you may disapprove of what she did, you still love her.

Here is a way to handle discipline problems:

- Anticipate what children will do.
- Divert them to something else.
- Substitute or remove the object.
- Be firm in saying NO.



Your baby may continue to do something that is a "No-No" just to get attention. It becomes a game. She crawls to a forbidden object and turns around to look at you. You say "NO," but she reaches out to touch it anyway. You get angry and say "NO," again. She reaches again for the object, waiting for your "NO," and so the game goes on.

SOLUTION

You can take the object away and replace it with something your baby can have, or take her away from the forbidden area and give her some attention. A little tenderness goes a long way.

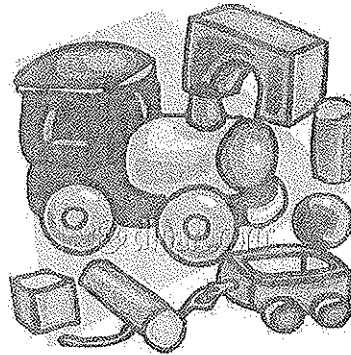
Babies at this age also like to shake their heads while saying "NO." They delight in swinging their heads from side to side. They may even say "NO" to things they enjoy, like taking a bath, eating dinner, or getting dressed to go out. Don't be alarmed at this negativism. It's all a part of growing up and becoming more independent.

Activities for Parents and Babies to Do Together!

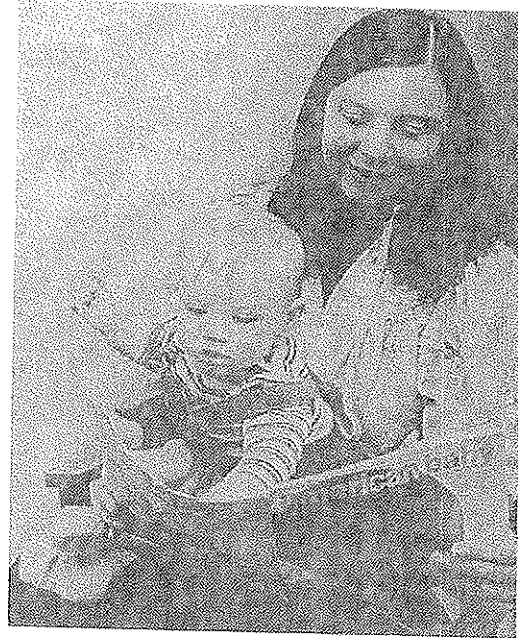
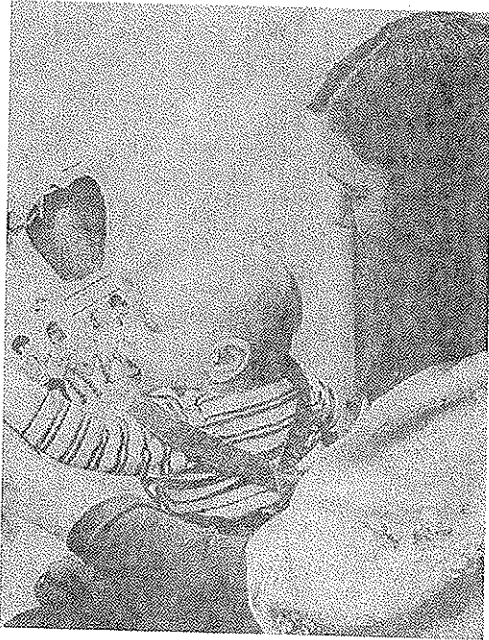
Babies: 9-12 Months

- * **Watch Me!** See if your baby will imitate you when you do these things - pat your thigh, clap your hands, put your hand on your head, puff out your cheeks, move your head from side to side.
- * **Here's Mommy's Nose.**
Touch your nose and say, "*Here is Mommy's nose.*"
Then touch baby's nose and say, "*Here is baby's nose.*"
Touch your nose again and say, "*Here is Mommy's nose.*"
Ask, "*Where is baby's nose?*" See if your baby will imitate you.
Do the same with your ears, mouth, and head.
- * **Jack in the Box.** Make a fist by wrapping your fingers around your thumb. Pop up your thumb when you say the last line of this rhyme.

*Jack in the box,
sits so still.
Won't you come out?
Yes, I will.*



Games Babies Play



The Name Game: A Communication Game

PURPOSE OF GAME

- Helps your baby learn that everything has a name.
- Encourages your baby to imitate the sounds you make when you're naming objects.

HOW TO PLAY

- Let your baby sit in your lap while you hold a book or magazine.
- Point out and name at least ten objects in the pictures of the magazine.
- Point to an object, name it, and say, "See the car. Look at the dog."
- While you are pointing, you can sometimes ask your baby, "What is that?" Wait a few seconds and then say something like "That's a car!"

Note: Your baby will not understand all the words you use. However, he will hear the different tones of your voice. This will help him become aware of language.

