

Your Security Blanket

A monthly newsletter for parents of newborns

Eighth Month

The Eighth Month

Not only is your baby's world fascinating, so is she! This eighth month she continues to be curious and perhaps temperamental.

A Message from Baby



Both my memory and understanding are much better now. I understand more of what you say. Have you noticed that I can almost remember what a whole room looks like? If you put something new in a room, I will go directly to the new object and examine it. I'm learning to "tell time." I might be near the door when you come home from work. Or, at daycare, I might be waiting for you to arrive to pick me up.


You will see me act curious about everything. I will imitate you and your behavior. I can understand how to move an object from one hand to another.


I also have many physical developments. I might be sitting, standing, crawling, pulling up or walking. Any one of these is normal. I will practice a lot so that I can trust myself. You can expect banged heads and bottoms. Give me plenty of room to practice, and be sure my spaces are childproof. I'm really growing up!


Baby's Temperament


Your baby is probably more temperamental and difficult this month than ever before. There are reasons why this is so.

She finds her world so exciting and is so curious that she's often restless. Have you had trouble getting her to sleep? She doesn't want to leave "her world." Sleep is important, so you will probably have to force the issue. Routines really help a child. These suggestions might help:

 Put her into bed at the same time every day for nap and bedtime.

 Put her in the same room and bed where she will awaken.

 Cuddle and talk with her a few minutes before sleeping time.

 Many children play a game of calling you when they don't want to sleep or when they awaken in the middle of the night. If your child gets into this habit, be firm. Tell her firmly that you will not come again until morning. She may cry several nights, but a busy father or mother cannot afford to be up and down all night. Neither can an active baby.

Some eight month olds cry when you leave. Does your baby? Is she frightened or uninterested in people she has liked in the past? This is normal. She realizes that she is becoming independent because she can move on her own. This is frightening for her and, for the next few months, she may be very dependent on you. When visiting with friends and relatives, tell them about this and ask them to let the baby approach them first, even if it takes several hours. Your baby's dependence can make you tired, but she needs to be dependent now. Soon things will be different. Try not to push it now.

Parent - Baby Games

This is the age of imagination. Try gestures and hand movements with your baby such as pat-a-cake. If she has trouble copying you, help her by moving her hands through the motions. Soon she'll be able to play imitation games on her own.

Baby's Food

Does your baby "give you the raspberries?" That is, does she sputter with her tongue and lips? This sometimes indicates that she has eaten enough food at that particular feeding.

If your baby is not drinking from a cup yet, it is time for her to begin. She can choke easily, so watch her closely when she is first learning.

Most babies can bite and chew. Let her have some dry toast or crackers. She can try plain, hot cereals and mashed or hot table food, too.

(over)



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Safety Tips

Your baby now experiments with her hands. She empties drawers, tears magazines to shreds and turns everything topsy-turvy. Be sure harmful things are out of reach. Use locks and latches to store harmful products. As she moves about more, even toy chests and clothes baskets can become dangerous.

In general, your home will be safe for your baby if you:

-  Read product safety warnings, and keep unsafe items out of reach.
-  Provide special play areas for your child such as a special cabinet or drawer in the kitchen filled with pots, pans and plastic ware.
-  Don't worry when your child makes a mess. A child's freedom to play and explore in a safe environment contributes to healthy development.
-  Keep a list of emergency telephone numbers handy so you will have it if an accident does occur. Some numbers to include are:

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• doctor _____

• hospital _____

• ambulance _____

• drug store _____

• poison control _____

• police department _____

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Van Horn, J.E., Program Director. Off to a Good Start - You and Your Baby. Cooperative Extension Service, The Pennsylvania State University.

Diane D. Sasser

Prepared by Diane D. Sasser, Ph.D., Assistant Specialist, Family Development

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Louisiana State University Agricultural Center,
William B. Richardson, Chancellor
Louisiana Cooperative Extension Service,
Jack L. Bagent, Vice Chancellor and Director

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