



Your Security Blanket

A monthly newsletter for parents of newborns

Seventh Month

The Seventh Month

As your baby continues to grow in the seventh month, moving around is the key to development. In a short time, your baby will be in constant motion.

A Message from Baby



Hi! I am growing, and you can really see me developing physically. I roll over, keep my body erect for a short time and have a lot of energy. I am developing in many other ways. My language needs help, and I need to touch, taste and feel everything. I need things to help me learn. Be sure I have toys and other safe objects around to examine, taste and feel. Not long ago, I didn't remember an object if I couldn't see it. Not any more. Now try putting a toy behind your back and putting your hand where you had the toy. Watch me try to move your hand. I am getting a memory. Look at me when you talk to me so I can watch your lips and imitate you. One more thing, I still may not like strangers, but I love you a lot!

Choosing a Toy Chest

Baby probably has a number of toys now, so you may consider buying a toy chest. Look for these features: one that doesn't lock automatically; a lightweight lid which a child could lift, but won't hurt the child if it shuts; ventilation (in case the child gets trapped inside), hinges that won't pinch small fingers.

Baby's Temperament

It is not wise to give baby a bottle to take to bed. He can become attached to the bottle, and later it will be harder for him to give it up. His dental health will also suffer. It is always best to hold and cuddle baby when you give him a bottle.

Feeding time may be the only time you cuddle baby. Most like to be cuddled, but the amount of cuddling differs. No two babies are alike. So, if your baby doesn't enjoy cuddling as much as you would like, don't worry.

Baby has learned by now that cries get results. You help him more if you make sure he is all right when he cries and then limit your attention. When he smiles and laughs, give him more attention. He'll learn quickly that smiles get the best results.

Baby's Food

Baby will probably begin to try to feed himself this month. Mealtime will become quite an experience. He has not developed all the coordination he needs, but he must try. Let messiness become a way of life for a while. He might pick food up and smear it into his mouth. It will become smeared onto the table, baby's body and you. Try not to become frustrated; relax and enjoy the pleasure your child is getting from becoming independent.

As baby drinks from a cup, he is not aware of the level of milk in the cup. Fill the cup only 1/4 to 1/2 full in the beginning so baby will have fewer accidents. Covered cups are a help.

If baby will not take a new food you are offering, don't force it on him. Instead, do not offer it for a few days and try again later. Eventually, it will be accepted.

Safety Tips

Rule of baby safety: Never underestimate the rapid rate of a baby's physical development. A baby who has never rolled all the way over may decide to do so at any time. Never leave baby alone in an unsafe spot, especially at bath time.

Baby's Health

Unfortunately, all babies are ill occasionally. Here are some hints when baby is sick. Take his temperature. If it is more than 101.5, call a doctor and give the symptoms. When he is sick he may be fussier than usual. Talk to him softly, rock him gently, keep him in a darkened, quiet room.

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Parent - Baby Games

Place a toy which makes a sound when it is shaken or moved in front of your child. Hit the toy to make it sound. Does he hit the toy to make it sound again?



Baby's Clothes

Baby is so active now. He needs clothes to suit his life. If the weather is cool, get a couple of pairs of coveralls and use sleeping garments with legs and feet.

First Aid and Health

As baby moves around more, there will be more cuts, bumps and bruises. Keep a first aid list tacked to your wall to remind you of what to do. Keep a list of emergency numbers written down, too.

Other Cooperative Extension Service publications from the Louisiana's Future: Families and Children program that you might find helpful with your baby are:

Every Touch Counts (Leaflets to Help a New Mother), Pub. 2520

How to Protect Kids From Lead Poisoning, Pub. 2556.

Call your parish office for a free copy and for other suggestions.



Notes About Your Baby:



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Pub. 2555-G (6M) 10/00 Rev.

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service offers equal opportunities in programs and employment.