



The World of Infants 6 to 15 months!

4-C: Community Coordinated Child Care • 155 North Third Street, Suite 300 • DeKalb, IL 60115

For more information contact 4-C staff by phone:

1-815-758-8149
or
1-800-848-8727

Nurse
Ext. 289 or 241

Social Worker
Ext. 242

Provider Support
Consultant
Ext. 233 or 286

Help Finding
Child Care
Ext. 230

Help Paying for
Child Care
Ext. 225

Parenting Support
& Information
Ext. 237

Helpful Hints:

Talk to the baby and mimic sounds the baby makes.

Provide toys that are safe for mouthing.

Arrange for the baby to see themselves in mirrors.

Keep window curtain and blind cords are securely out of reach.

Read and sing to the baby, and play music you both enjoy.

Keep the environment safe for the baby to explore.

Enjoy parenting!

Nutrition and Feeding:

- Feed solids to the baby when they're in the upright position. Mix cereal with breast milk or formula.
- Finger foods that can be smashed between fingers, can be introduced when the baby is able to grasp the food, has control of their mouth muscles, can close their mouth around a spoon and can pull the food off.
- Start new foods one at a time to make it easier to identify problem foods. For example, wait a week before adding each new cereal, vegetable or other food.
- Infants should be fed when they're hungry. It's important to learn the clues that infants give when they are hungry, full, in need of a cuddle, diaper change, or quiet time to nap. When adults understand the "language" the infant uses, the care of the infant is easier.
- It's the parents' responsibility to supply safe, nutritious food to the infant, and it's the infants' choice to determine how much they'll eat.
- To avoid possible illness or allergic reactions do not serve peanut butter, shellfish, or honey.
- Infants need fat in their diet for proper growth and development and absorption of essential nutrients. Fat restriction during the first two years is not recommended.
- About 7 months the baby can begin to drink from cups. It's easier to move from the bottle to the cup at this age.
- Never feed the baby while unattended.
- To avoid tooth decay and other health problems, do not feed the baby in their crib.

Illness & Immunization:

As a babies lose their mothers' protective antibodies, they begin to build their own immunity. This is accomplished by fighting colds, viruses and other infections. From 6 to 18 months babies will get about 12 colds or respiratory infections, and about 3 gastric illnesses that can cause diarrhea and stomach upset. Illnesses become less frequent as children grow older.

Immunization protects children from many diseases and the suffering and complications they cause. To be protected, a child aged 6 to 12 months should be immunized as follows:

- **HepB** (Hepatitis Type B): doses at birth, between 1 to 2 months & 4 months;
- **DTaP** (Diphtheria, Tetanus, Pertusis): doses at 2, 4 & 6 months;
- **IPV** (Polio): doses at 2 & 4 months;
- **Hib** (Haemophilus Influenza type b): doses at 2, 4 & 6 months; and
- **PVC** (Pneumococcal): doses at 2,4 & 6 months.

Parent and Child Relationship:

- Enjoy reading, finger-play games, and music with the baby.
- Use daily activities such as bath time, meals, dressing and, diaper changes as a time to talk and communicate.
- Daily, dedicate at least 15 minutes of uninterrupted play and talk time with the baby (without TV or phone conversations).
- Alert the baby to what is about to happen, such as saying, "I'm going to pick you up to change your diaper."
- Include the baby at meal times. Place the highchair at the family table so the baby is part of the family meal.
- Follow the same routine when putting baby to bed: dress in pajamas, read a book, cuddle, then place the baby in the crib.
- Parents are the most important people in the baby's life. The baby can't get enough of their love and attention.

Expected Growth and Development:

Research confirms that infants benefit from optimal brain development that lasts a lifetime, when they have loving attachments with adults and appropriate stimulation.

- By 12 months the baby should be pointing to objects and pictures. Help the baby learn this skill.
- About 12 months the baby weighs about triple the birth weight.
- The baby will babble and make sounds of various pitches. Make sounds back to the baby so they know they've been heard.
- The baby will follow moving objects with their eyes.
- Interest in special objects may develop such as a blanket or toy.
- During this time the baby will roll, then crawl and usually stand with support at about 12 months.
- Naps will be fewer, but for longer times.
- Babies will naturally begin to give up pacifiers around 7 months and can begin drinking from cups then too.
- Banging blocks or other toys together is a skill the baby achieves.

Safety:

- Avoid the use of walkers as many injuries have occurred with their use.
- Remove choking hazards, and check toys for safety and secure parts.
- Avoid using microwave ovens can "superheat" food that can cause burns.
- Use infant car seats that are made for the size of the baby and be certain that restrains are used as instructed.
- Even in play, avoid tossing, or spinning the baby as brain injury can occur from such quick movements.
- Limit sun exposure to short times that avoid burns. Use sunscreen for longer times in the sun.
- Avoid foods that may cause choking, hot dogs, hard fruit and vegetables like raw apples and carrots. Cook to soften the food and chop into tiny pieces.
- Use smoke and carbon monoxide detectors at home.
- Do not allow smoking in the home or near the baby as it contributes to illness and infection.
- Keep plants out of reach and be certain that they are not poisonous.
- Keep hot drinks out of baby's reach to prevent the risk of serious burns.
- Anticipate the changing ability of the baby and make adjustments that provide a safe living space.

Choose quality child care for the baby. For information about what to look for in a quality setting and for child care referrals, call the 4-C Child Care Resource and Referral Program at 800-848-8727 or 815-758-8149 x230. For parenting information call the 4-C Family Enrichment Program at extension 237. For information about 4-C use extension 221.