31 - 36 MONTHS OLD

MY BABY’S PHOTO

Milestones:

Introduction or “Welcome” Page
NEWBORN - 1 MONTH

**What it's like to be a newborn**

**How I grow**
- I turn my head sideways when I'm on my stomach.
- I root around and try to suck, even when I'm not feeding.
- I may use only one eye at a time, keeping the other one closed. I may even cross my eyes sometimes.

**How I understand**
- I like to feel warm and safe.
- I like to feel a lot of noise. I feel pain and distress and let you know about it.

**How I feel**
- I'm beginning to make some different sounds.
- I cry when I'm hungry, wet, tired—or when I want to be held.

**How I respond**
- I make eye contact with you.
- I stare at things, but I don't grab for them yet.
- I may smile when I see you.
- I get scared by loud noises, bright lights, and rough handling.

**How I help me learn**
- Change my position occasionally.
- Hold me close and cuddle, hug, and rock me. Put a mobile about 8-12 inches away from my face on either my far right or left side so I can see it. I especially like black and white or contrasting colors.
- Let me listen to wind chimes, musical toys or soft music.
- Sing a lullaby to me. I like to feel you breathing and your heart beat helps me feel secure.
- Read to me for a few minutes every single day. Though I may not be able to clearly see the pictures or understand what you are saying, I will become familiar with your tone of voice and pattern of speech. Reading to me helps my brain develop.

**What it's like to be 1 month old**

**How I grow**
- I turn my head sideways when I'm on my stomach.
- I root around and try to suck, even when I'm not feeding.
- I may use only one eye at a time, keeping the other one closed. I may even cross my eyes sometimes.

**How I understand**
- I like to feel held gently and close to you. I get a sense of security that way.
- I like to feel warm and safe.
- I can hear a lot of noise. I feel pain and distress and let you know about it.

**How I feel**
- I'm beginning to make some different sounds.
- I cry when I'm hungry, wet, tired—or when I want to be held.

**How I respond**
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**Safety & Your Baby**

**Car seats**
Car seats are highly effective in preventing injury and death to children. Hawai’i law requires approved car seats for children under the age of four. The back seat is the safe place to put your car seat. Children 12 months and younger or weighing less than 20 lbs. need to be in rear facing car seats.

**How I understand**
- I prefer looking at patterns instead of solid colors.
- I need to be fed when I'm hungry.

**How I feel**
- I feel comfortable when you hold me close.
- I show distress when I am in pain.

**How you help me learn**
- Smile and talk gently to me.
- Do not be afraid of spoiling me.
- Show me bright colors (red and yellow are favorites).
- Put a mirror or poster next to my diapering area.

**Sleeping**
Babies should not sleep on soft mattresses, pillows, waterbeds or other soft surfaces. Keep toys, quilts, and blankets out of the crib until your baby is older. When your baby is in your bed, be careful. You could roll over on your baby, especially when you're tired. Unless your doctor suggests otherwise, place your baby on his back to sleep. When he is awake, he should spend time on his stomach.

**Your baby’s health**

**Dressing your baby**
If you are comfortable in a room, then probably your baby is too. When the temperature is about 80 degrees F, you need not worry about your baby being cold. A diaper and light shirt will be just fine, but cover your baby when you go into an air-conditioned room. To tell if your baby is warm enough, touch hisummy or back. In Hawai’i, baby’s hands and feet often are covered by mittens and booties. Parents use mittens because they worry that their baby will scratch himself. Careful trimming of your baby’s nails is preferable to using mittens. He needs to have his hands and feet free. He learns about his world by grasping, touching, and feeling.

**Spitters**
With some infants the swallowing reflex is not developed at birth. Some infants may be frequent spitters until they begin walking and gravity keeps food in the stomach.

**Be gentle**
Be gentle—Never shake your keiki. You may be surprised at the range and depth of feelings you have toward your baby—from anger and resentment to sheer delight and joy. Be gentle. Even when you're just playing, shaking a baby can cause serious injury or even death. Shaking can hurt the head, neck or back of your baby. Shaking can cause brain or nerve damage, blindness or eye injuries. Hitting, biting, and other rough treatment can break softly-formed bones and can hurt internal organs. Most babies are fussy and cry for part of the day. Your baby is too young to understand that you want him to stop crying when you are rough with him. Things you can do instead:
- Put your baby in a safe place and leave the room, take a shower or play some calm music.
- Stop, sit down and count to 10.
- Try a pacifier.
- Call a friend or The Parent Line.
- Take your baby for a stroller or car ride.

**Be Gentle!**

**Sleeping**
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Colic
Colic is one of the most common and most puzzling problems of early infancy. About 20% of babies have “colic”. They often cry inconsolably for up to 3-4 hours at a time. They may stretch their legs out, pull their legs up and arch their backs. These episodes frequently occur after feeding. Colic is likely to end by three months. About 20% of babies develop colic. Some studies suggest that colic in breast-fed babies may be caused by certain foods in the mother's diet. Check with your doctor before changing your diet. Breasfeeding may require some schedule adjustments so that you can be with your baby to nurse or can pump breast milk if you are away for more hours. These adjustments are easier when you have the support and encouragement of friends and family. Breast milk is nature's most perfect food and protects your child against disease. Studies show that breast-fed babies have less serious allergies and less illness. They are often leaner in childhood. Brain development is also enhanced by breast-feeding. If you can't or choose not to breast-feed, there are many nutritious formulas available. Talk to your doctor when choosing which formula to use.

FEEDING YOUR BABY
Breast and/or bottle?
Breast-feeding is the healthiest way to feed your baby. Breast-feeding is much less expensive than formula and much more convenient. Many mothers start out with good intentions but need encouragement. It may be harder to breast-feed than to bottle-feed in the very beginning, but is much easier than bottle-feeding after a few weeks. Getting support and information during these early weeks is crucial in helping you stick with it.

Breast-feeding may require some schedule adjustments so that you can be with your baby to nurse or can pump breast milk if you are away for more hours. These adjustments are easier when you have the support and encouragement of friends and family.

Breast milk is nature’s most perfect food and protects your child against disease. Studies show that breast-fed babies have less serious allergies and less illness. They are often leaner in childhood. Brain development is also enhanced by breast-feeding. If you can't or choose not to breast-feed, there are many nutritious formulas available. Talk to your doctor when choosing which formula to use.

All babies spend a lot of time eating. Both formula-fed and breast-fed babies benefit from being held and being moved from arm to arm while nursing. One of the most important parts of feeding is the warmth and pleasure your baby feels while being held and fed.

Your baby depends on you, so take the time you need to rest. Eat healthy foods and keep plenty of water handy. A balanced diet includes:
- 6-7 servings of fruits and vegetables
- 8 or more servings of bread, cereal, rice, noodles, and pasta or starchy vegetables
- 2-3 servings of meat, poultry, fish, beans, eggs, tofu and nuts
- 3 servings of milk, yogurt and cheese or other calcium rich foods
- 2-3 servings of meat, poultry, fish, beans, eggs, tofu and nuts

You may notice that certain foods you eat affect your infant. It is probably best to avoid these while breast-feeding, but check with your doctor. Your doctor may also recommend a vitamin and fluoride supplement while you are breast-feeding.

Any medications you take can affect your breast-feeding infant. Avoid all street drugs and check with your doctor before taking nonprescription medications or alcohol.

A PARENT ASKS
Q - I thought most childhood diseases had been eliminated. Is it really necessary for my baby to be immunized?
A - Yes. Most definitely your baby needs to be immunized. Childhood diseases do exist. Although they may not be as widespread as in the past, they are just as deadly. Many childhood diseases can be prevented through vaccination. Immunizations help to trigger your child's own protective mechanisms to keep him safe from certain diseases. By two years of age, the primary immunization series should be completed.

A serious reaction to a vaccination rarely occurs. There is a risk associated with every medical procedure, but all vaccines are thoroughly tested for their safety. For more information about immunizations, contact your doctor.

TAKE CARE OF YOURSELF
If you need support or have any questions about your child's behavior or development or need community services, call The Parent Line.
If you have concerns about your baby's health, growth or development, see your doctor, nurse, or call H-KISS.

Is your infant a passive smoker? Babies who are not exposed to cigarette smoke have fewer health problems.

• Parents and babies learn together.
• Parents' needs are important.
• Your baby relies on you.
• You can rely on others.
• Guide your baby with love and limits.
YOUR BABY IS SPECIAL

Birth Beginnings

The thing about babies and sunrises, is that each one is full of potential to bring only guessed-at promises.

The thing about babies and sunrises, is that each one is unique, ever-changing, awe-inspiring, capable of opening your heart, of filling all your senses, of making you want to be around to watch the rest of the story develop.

Kay Pearce

MY BABY’S PHOTO

6 • KEIKI O’ HAWAI’I

WHAT IT’S LIKE TO BE 2 MONTHS OLD

HOW I GROW

• I still wobble my head a little when I am propped up.
• I hold on to things for awhile.
• I wave my arms and legs and “bicycle” with my feet when I get excited.
• I may sleep for as long as seven hours a night, but don’t count on it. Please be patient with me when I wake up during the night.
• I want to explore objects with my hands as well as my eyes.

HOW I TALK

• I gurgle, laugh, and smile when I’m happy.
• I like to make cooing sounds.
• I cry to let you know when I want something. (I’m probably crying real tears because my tear ducts are developing).
• I also cry when I want company. I may stop when you come near or pick me up.

HOW I UNDERSTAND

• I recognize some people by their voices.
• I recognize a few objects—such as my bottle or a favorite rattle.
• I like to stare at people and things around me.
• I have discovered my hand and will stare at it each day. This is the start of curiosity.

WHAT IT’S LIKE TO BE 2 MONTHS OLD

HOW I FEEL

• I feel happy, scared, or uncomfortable at times.

HOW YOU HELP ME LEARN

• Place a mobile or crib gym close enough for me to hit it when I reach the objects with my hands. Make sure the toy is sturdy. I will begin to reach for it and bat at it.
• Rub my body gently after my bath. I like your touch. I also like the feel of soft fabric against my skin.
• Change my position frequently to let me get a new view of the world.
• Let me lie on my back under a tree and watch the leaves blow.
• Take me for a walk or to the store. I like to see and hear what’s happening.
• Put me in a sling or carrier and keep me close to you while you move about the room. Talk to me about what you are doing.

HOW I RESPOND

• I am fascinated by my hands.
• I blink at shadows made by my own hands.
• I follow you with my eyes when you move from one place to another.
• I can follow objects with my eyes.
• I perform just to get your attention.
• I’m starting to smile when I see you.

2 MONTHS - 3 MONTHS OLD

HOW I GROW

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• Let me lie on my back under a tree and watch the leaves blow.
• Take me for a walk or to the store. I like to see and hear what’s happening.
• Put me in a sling or carrier and keep me close to you while you move about the room. Talk to me about what you are doing.
WHAT IT'S LIKE TO BE 3 MONTHS OLD

HOW I GROW

- I hold my head and back straight when you support my body.
- I lift my head, lean on my elbows, arch my back, and rock when I'm on my stomach.
- I may be able to turn over.
- I can move my arms and legs smoothly and independently.
- I can bring my hands together in front of me.
- I will hold a small object in one hand and finger it with the other.
- I reach for objects with my hand. I like to bat at them, finger them and put them in my mouth.

HOW I TALK

- I can make simple sounds, like "ooh" and "ah".
- I respond to sounds and voices I hear by gurgling, cooing, and squawking.
- I don't cry as much as before.
- I practice sounds when I'm alone, and finger it with the other.
- I react to familiar faces with my eyes.
- I get excited when I see people I usually in the early morning.

HOW I RESPOND

- I'm becoming more social. I smile at a familiar face. My smile is irresistible.
- I recognize family members.
- I'm beginning to find out that I am a separate person from you.
- I love being cuddled.
- I can bring my hands together in front of me.
- I can make simple sounds, like "ooh" and "ah".

HOW I UNDERSTAND

- I follow sounds with my eyes.
- I get excited when I see people I
- I react to familiar faces with my eyes.
- I follow sounds with my eyes.
- I like to listen. Talk to me in simple sentences.

HOW I FEEL

- I'm beginning to find out that I am a separate person from you.
- I recognize family members.
- I love being cuddled.
- I don't like being left alone.

HOW YOU HELP ME LEARN

- I give me safe, squishy toys to hold.
- Play pat-a-cake with me.
- Place me in my crib in different positions so that I do not favor one eye as I look around the room.
- Look into my eyes when you talk or sing to me.
- Whisper in my ear. It will be a different sound for me.
- Make sure my mobile or crib gym is secure. I can pull it down if it is too close to me.

FEEDING YOUR BABY

Ready for solid foods?

There are good reasons for waiting to introduce solid foods. Your baby's digestive system is not yet ready to handle foods other than breast milk or infant formula. If solids are introduced too early she might develop allergies to foods that she may be able to eat when she is a little older. Her tongue and swallowing movements won't develop until she's about four to six months old. Until then breast milk or formula provide all the nourishment she needs. During her first year of life, don't give your baby whole milk, low fat or skim milk, sweetened condensed milk, evaporated milk, acidophilus milk, or milk substrates.

Your baby's appetite will increase and decrease with growth spurts, so let her decide how much breast milk or formula she wants. If she has six to eight wet diapers a day and is gaining weight at a good rate, she is getting enough to eat.

Feeding at bedtime?

Parents used to think that feeding solid foods at bedtime would help their babies sleep through the night. Now we know that's not true. Your baby will sleep through the night when she's ready (usually when she weighs about 11 pounds), not because you feed her solid foods.

FEEDING YOUR BABY

YOUR BABY'S HEALTH

Health records

An important thing you can do for your baby is to keep accurate records. Ask the doctor or nurse to show you how to record your baby's weight and length on a growth chart. On a calendar, or on these newsletters, record immunizations, clinic appointments, and events such as when your baby first smiles, rolls over, or sleeps through the night.

Regular visits to the doctor during your child's first few years of life should be made even when there are no symptoms of sickness. This is the time to ask questions or talk about any of your concerns. You and your health professionals are partners in your baby's health.

Hearing

Check your baby's hearing. Stand where she can't see you. Call her name. Shake a rattle or ring a bell. Don't make a loud noise to surprise her. Don't want to confuse instead of enrich.

YOUR BABY IS SPECIAL

Formula

Especially in Hawai'i's warm weather, bacteria grow rapidly in infant formula that is not refrigerated. If you take your baby's bottle of formula with you when you go out, be certain that it will remain cold for the entire time. Regular cleaning of your baby's bottle is also important. Do not microwave your baby's bottle. The milk can heat unevenly and burn your baby's mouth.

SAFETY & YOUR BABY

Brain development

At birth, the brain weighs only 25% of its adult weight. It Triples in size during the first year after birth and grows to full size around age 5. These early years influence the structure and content of your child's brain. Your child depends on you for this good start. When you talk, sing, hug, play and read to a child, what you are doing is helping your baby's brain grow. You can play music and dance with your baby, or go to the park or beach. You can talk to her about everything you are seeing and doing, and she can touch and explore things of different sizes, shapes, colors, and textures.

Don't overdo it with flash cards and super duper toys and activities. You don't want to confuse instead of enrich. Everyday activities such as reading, talking and singing can help stretch and stimulate her mind. Things that are interactive with you are the best. They can be fun for you too.

SAFETY & YOUR BABY

Safety

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Mobility

Your baby is stronger now and may twist, roll, arch or tip her body right out of the baby carrier. Use the safety strap and keep the carrier on the floor, away from stairs and other hazards. Do not leave your baby alone on a bed, table or chair. Your baby may surprise you and turn over at the wrong time.

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YOUR BABY IS SPECIAL

Tell your baby how special she is. Talk to her and hold her as much as you want. Rock her and hug her. Most babies need to be held, kissed, and cuddled so that they can grow up happily and normally.

It can be a big surprise to a parent to find out that some babies don't like to cuddle and even more of a surprise if your baby doesn't! Even though this might be hard to get used to, it doesn't mean you aren't a good parent or that your baby doesn't like you. It is your baby's individual temperament shining through. If your baby seems to dislike cuddling, try giving love messages through words, smiles, and play rather than hugs.

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Today, most baby toys, rattles, and pacifiers meet federal safety requirements. They must be large enough so that they cannot lodge in an infant's throat and must be constructed so they cannot be taken apart.

To avoid strangulation, do not put a pacifier or a toy on a ribbon around your baby's neck. Be sure to keep all toys, rattles, and pacifiers clean.

If you have questions about baby products, check the Parent Resource Directory for the numbers to call.

Soothing your baby

You are not spoiling your baby when you pay attention to her cries. A baby's needs are usually immediate. If she is hungry she wants to be fed; if she is uncomfortable or scared she wants to be held. Paying attention to a child's needs makes her feel safe, loved, and worthwhile. Ignoring her may teach her that the world is not to be trusted. Studies have shown that babies who are given attention when they cry actually cry less often than babies who are ignored.

Try some of these suggestions to calm your baby:

- Rock her in a cradle, rocking chair, stroller, or in your arms.
- Gently burp her.
- Check her clothing—is she dressed too warmly? Is she wet?
- Darken the area or turn on a soft light in the room where you want your baby to sleep.
- Sing a gentle melody over and over; play soft, soothing music; turn on a music box; or provide some monotonous sound such as a fan.
- Wrap your baby in a soft, light blanket or cloth to keep her from thrashing about. She may want to be cuddled or held close or she may want to have her position changed.

In spite of everything, you may not always be able to calm your baby. Sometimes babies cry when nothing is wrong. This may be the time to give yourself a break. Go into another room, take a shower, listen to some music, or call a relative or friend to give you a break.

Sucking is normal and may occur even before your baby is born. The need to suck is very strong, especially during the first four months, and your baby may quickly discover her own fingers or fists.

Sucking is not always a sign of hunger. It is the way your baby uses her mouth to learn about her world. Babies also use sucking to calm themselves when they are upset.

When your baby cries, first check to see if she needs feeding, a diaper change, or a change of position in the crib. Sometimes she just needs to be held. Try all of these things before offering a pacifier.

Whether your infant sucks her thumb or uses a pacifier, let her decide when to stop. If you do not draw too much attention to it or try to stop your baby's need to suck, she usually will stop some time in the first five years of life.

Where your baby sleeps is a decision you and your partner need to make. Some questions to ask in making your decision include:

- Are you and your baby getting enough sleep?
- Can you hear your baby when she cries?
- What kind of sleeping arrangement do you want to develop on a regular basis?
- How much physical closeness do you or your baby want or need during the night?
- Will having your baby in your bed with you interfere with your sexual relations?
- Can you be consistent with your choice?

Babies thrive on routine. Decide what's right for you for now while also thinking about what will be okay later.
Keiki ‘O Hawai’i is for fathers as well as mothers. Today, with more mothers working, fathers are becoming more involved in the care of their babies. In some families, the father is the main caretaker for his child.

There’s no question that fathers, as well as mothers, can form close relationships with their babies. Fathers can love, guide, teach, and nurture their babies. How much should fathers be a part of their babies’ lives? As much as they can be.

WHAT IT’S LIKE TO BE 4 MONTHS OLD

HOW I GROW

• I turn my head when held upright.
• I lift my head when I’m on my back and grab my feet with my hands.
• I prefer sitting to lying down—it’s more interesting.
• I stretch my legs out straight when I’m on my back or my stomach.
• I put most everything I can reach in my mouth.
• I splash and kick with my hands and feet when I’m in the bathtub.
• I like to try to reach out to toys on my own. It always takes me a lot of tries before I finally get the toy into my hand.

HOW I TALK

• I babble and imitate sounds like coughing and clicking my tongue for long periods of time.
• I coo, grin, or squeal with joy when you talk to me.

HOW I RESPOND

• I love to see myself in the mirror.
• I like some people and am shy or scared of others.
• I’m still fascinated by my hands.

HOW I UNDERSTAND

• I’m starting to be able to judge how far away a toy or person is from me.
• I show my interest in things and people by looking at them and my facial expression gives you clues about what I’m thinking.
• I may get bored by the same pictures or shapes on my mobile or wall, but if you change them just a little bit, I will become fascinated again.

HOW I FEEL

• I get excited when I’m having fun—everything is a game to me.
• I may cry when you stop paying attention to me or take a toy away.

HOW YOU HELP ME LEARN

• Encourage me in play activities that use both eyes and both sides of my body.
• Play with me in front of a mirror.
• Encourage my babbling. Repeat my sounds but don’t try to “correct” the sounds.
• If I have figured out how to click my tongue, click your tongue back; I think that’s a great game.
• Place a blanket, washable stuffed animal, or soft doll next to me when I go to sleep. Always use the same item. It may become very special to me and I can hold it to help me calm down.
• If I can sit up by myself, I’m too old for mobiles and crib gyms. I might pull them down. Read me a book as part of my bedtime routine.
WHAT IT'S LIKE TO BE 5 MONTHS OLD

HOW I GROW
• I rock, roll, and twist my body.
• I kick my feet and suck on my toes.
• I keep my head and back straight when I sit. I still may need a little help from you.
• I stand up if you hold me under my armpit, jump up and down, and stamp my feet.
• I have fairly good aim when I grab at something.

HOW I TALK
• I babble to myself, to my toys, and to you.
• I watch your mouth and try to imitate you when I hear sounds.

HOW I FEEL
• Babies have a keen sense of taste and some show very definite, but changeable, food preferences. Present each food with a positive attitude. If your baby rejects something you’ve prepared, don’t force it or take it personally. Serve it again a few weeks later, and he may like it.

HOW I RESPOND
• I may burst into tears and make a fuss. It’s hard to believe that I spent a small amount of new food.
• Gradually add other cereals, then vegetables and fruits. I introduce new foods one at a time, at least one week apart.
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WHAT IT'S LIKE TO BE 5 MONTHS OLD

HOW I UNDERSTAND
• I recognize my name.
• I can tell the difference between myself and others in the mirror.
• I like to drop and throw things.
• I look for something if I drop it.
• I explore by touching your face, pulling your hair or beard, and poking at your eyes and mouth.
• I look around a lot; it is my way of gathering information.

HOW I HELP ME LEARN
• I look at a picture book with me.
• Talk to me in complete sentences about what you are doing.
• Face me so I can watch your lips when you talk. I will try to imitate you.
• Play “peek-a-boo” games with me.
• Let me listen to music. Allow me quiet times too.

FEEDING YOUR BABY

Introducing solid foods
Between five and six months, most infants are able to sit up alone and have developed control of their neck muscles. Being able to do this indicates a readiness to eat from a spoon, and solids can be introduced. This is an important time for you to talk with your doctor about his or her ideas on infant feeding.

Consider these suggestions when your baby is ready for solids:
• Begin with a little iron-fortified infant rice cereal or poi diluted with formula or breast milk.
• Gradually add other cereals, then vegetables and fruits. I introduce new foods one at a time, at least one week apart.
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SAFETY & YOUR BABY

Meal times are important
Arrange your schedule so your baby’s meal can be a time for loving and learning as well as eating. Talk or sing to your baby as you feed him. What your baby eats is your responsibility, but how much he will eat is something he can best determine.

Making baby’s food
Commercial baby foods are nutritious, safe and convenient. However, they may cost more than home-prepared food. You can prepare your own baby food using a blender, food processor, or baby food grinder. For soft foods, mashing with a fork may be all that you need to do. Sanitation is particularly important for baby foods—no matter how they are prepared.

To make your baby’s food:
• Remove peels and seeds from fruits and vegetables.
• Cook most vegetables in just a little water or steam them.
• Don’t add seasonings—not even sugar or salt.
• Remove all fat, gristle and skin from meat or poultry.
• If you prepare food for more than one day, immediately freeze the rest in ice cube trays. Then put the frozen cubes in labeled plastic bags to keep for up to a month.

GUIDANCE

Using commercial baby food
Check the “circle of safety” on the baby food jar lid to be certain the vacuum seal has not been broken. Listen for a “pop” sound when you open the jar. Carefully check the ingredient label to be certain you know what you are feeding your baby.

Don’t feed your baby directly from a jar of commercial food until he is finishing the entire jar at a single meal. Saliva can spill baby food quickly even when refrigerated.

Use opened jars of baby food within three days.

Parents and babies learn together.
• Parents’ needs are important.
• Your baby relies on you.
• You can rely on others.
• Guide your baby with love and limits.

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Using commercial baby food
Your baby learns about himself through the way people react to him. Words are important, but your actions, facial expressions, and tone of voice also give your child messages about himself. Here are some non-verbal ways to tell your baby you love him and that he is important to you.

• Touch is the most important love message! Hold your baby in a gentle, secure way, giving tender caresses and affectionate hugs. Tell him you love him by letting your body express all the love you feel for him.

• Use your eyes to tell your baby you love him. Look at him eye-to-eye and smile.

• Hum, whistle, or play music to your baby. If the sound is soft, gentle, soothing, and full of joy and love, he will feel it.

• Rock your baby. Find a rocking chair and use it while you're giving the "love messages" mentioned above.

Use of fluoride

The military bases in Hawai‘i have fluoridated water. However, water elsewhere may be low in fluoride. It is important to provide supplemental fluoride to help develop permanent teeth that are resistant to decay. Some prescription vitamin preparations contain fluoride, but others do not. If your baby is not receiving fluoride, check with your doctor.

Hearing

Is your baby babbling or responding to your voice? If not, check with your doctor.

A PARENT ASKS

Q - I think my son is teething. He wants to chew on everything. He is cranky and drools a lot. What can I do to make him feel more comfortable?

A - As teeth push through the gums, your baby may feel some soreness and become cranky and irritable. If you put an ice cube in a clean cloth and rub it over his gums for a few minutes, it will ease the soreness. Letting him chew on a teething ring that has been chilled in the refrigerator also may help.

The first teeth usually appear at six months. Some babies get them much earlier and others don't get any teeth until they are a year or older. When teeth do come in, your baby may feel miserable. His drooling is normal. Don't blame fever, vomiting, diarrhea, or other signs of illness on teething. If your baby shows any of these signs, have him checked by your doctor.

Watch your diet. What you eat does make a difference in how you feel.
Each day is bringing new excitement and new challenges to your task of being a parent. You now realize that what parents do is important to their child’s development, but you’re probably not at all sure what things really make a difference. Researchers have studied children and their parents to find out what parents do that make a difference.

The parents of children who are curious, independent, and self-confident:

- Baby proof their homes so their curious, independent, and self-confident:

- Foster a positive self-concept through appropriate encouragement and give dealing with these feelings.
- Accept their children’s feelings and help their children understand and develop their natural curiosity.
- Help their children understand and develop their natural curiosity.
- Provide a positive self-concept through appropriate encouragement and give their children a sense of being special and loved.
- Set a few firm, reasonable limits and be consistent in their guidance.
- Help their children understand and develop their natural curiosity.

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SAFETY & YOUR BABY

Toys

During the first few months of life, toys for your baby were primarily things for her to watch. Now she has become aware of her hands and what they can do. She is interested in grasping and exploring toys using both her hands and her eyes.

Most toys will go into her mouth or be hit against something. So make sure the toy is washable, smooth, and doesn’t chip or splinter if chewed, dropped, or hit. Check to see that toys are too large to swallow. If a toy can fit through the hole in a bathroom tissue roll, it can be swallowed or become lodged in your baby’s throat.

Dolls and stuffed animals should have strong seams, be made of durable fabric and be washable. Embroidered faces are best. Ears, eyes, and noses that are too large to swallow. If a toy can fit through the hole in a bathroom tissue roll, it can be swallowed or become lodged in your baby’s throat.

Some toys can be pulled off can be swallowed. Some eyes are attached with spikes or pins. Check carefully the toys you offer your baby.

Baby proofing

There are many reasons to baby proof your home.

- It protects your child from accidents and accidental poisoning.
- It gives your baby a large environment that is free to explore.
- It keeps you from having to say “no” all the time.
- It protects your treasured possessions from harm.

Accidents may happen at any time, even in a baby proofed home. Be especially alert when you or your child are sick, tired, hungry, busy, or when you’re in a new place.

Most accidents happen in the kitchen. Keep all poisons, cleaning solutions, and knives well out of your child’s reach. Put safety latches on cupboards and drawers. Keep hot foods and drinks out of reach. Research shows that the most dangerous time of the day for your child is while you’re fixing dinner.

To baby proof their home, parents find it helpful to get down on the floor, crawl around and remove anything that they don’t want their baby to touch, grab, taste, or swallow. You may feel a little silly doing this, but you’ll see things you would otherwise miss. Prevention is the key to safety. Think ahead to what your child might do next. Check your baby’s room and play area daily. Look for small items that could choke your baby.

First aid

A good family health book and first-aid kit is a valuable addition to any home. You may not need it often, but when you do it may help you make the right decision quickly.

Keep syrup of ipecac on hand but locked up. This syrup can be obtained at any pharmacy. It is used to cause vomiting in some cases of accidental poisoning. Syrup of ipecac should only be used according to directions and after consulting your doctor or the Hawaii Poison Center. See the Parent Resource Directory for the phone number and keep it near your phone.

Baby bottle tooth decay

Toddlers with silver caps on their top front teeth are a common sight in Hawai‘i. These decayed front teeth are “baby bottle tooth decay”.

The problem develops when infants are given fruit juices and flavored drinks from a bottle. Fall asleep with milk in their mouths, or carry their bottle around with them, frequently sucking from it during the day.

When you hold your infant either to breast-feed her or feed her from a bottle, her head is elevated and the liquid she is drinking flows down her throat. However, when your baby holds her own bottle, when she drinks from a propped bottle, or when she is allowed to breast-feed lying on the bed beside you, she may fall asleep with unswallowed liquid in her mouth.

YOUR BABY’S HEALTH

Harmful substances

With your baby’s increased movement comes a desire not just to see and touch but also to taste objects of every sort. Everything possible goes into her mouth. It is easy for your baby to get hold of poisonous substances in your home.

- Painted cribs, walls and doorways.
- Painted furniture, closets, and cabinets.
- Laced plastic cups.
- Poisonous plants such as oleander and plumeria.
- Cockroaches. Cockroaches may have eaten poisonous insecticide and snails and plants such as oleander and plumeria can also be very dangerous.

Lead based paint may have been used in your home through the 1980’s. Keep your baby from chewing on painted cribs, walls and doorways.

This liquid, whether it is your breast milk, infant formula, or fruit juice, collects around the teeth and provides food for the bacteria that live in your infant’s mouth. Until the teeth erupt, these bacteria are harmless. However, once the habit of going to bed with a bottle has been established, it is difficult to change.

Until she is weaned, each bedtime bottle creates the stage for an attack on the baby teeth. To prevent decay, wipe her teeth gently with a soft wet cloth after feeding. If your infant likes to suck on something in order to sleep, let it be a bottle of water (not sweetened), a pacifier, or even her thumb or fist.

The time to begin preventing painful, unsightly tooth decay is when your infant begins developing her feeding/ sleeping patterns.
**A PARENT ASKS**

**Q** - My baby is 6 months old. I thought she would be sleeping through the night by now, but she usually wakes up at least once and sometimes several times during the night. Is this normal?

**A** - Yes. Babies wake for different reasons. They may be hungry, thirsty, uncomfortable, frightened, or just light sleepers. At this age, teething may also be the problem.

Some babies, just like some adults, are simply light sleepers or “catnappers.” These babies are not necessarily hungry when they wake and they may not be content to amuse themselves with a crib gym, cuddly toy, or even a rattle. They may need a soft light in the room to help them find a way to amuse themselves. Some babies wake, cry briefly, and then go back to sleep. Others, no matter what you do, keep crying. Unless your baby’s cry signals discomfort, you might safely wait to see if she will go back to sleep before attempting to comfort her. Some babies fall back to sleep if they are given a pacifier, patted gently, or soothed by the sound of music.

**TAKE CARE OF YOURSELF**

It is easy to ignore the first signs of stress: tense stomach, headache, muscle ache, fatigue, etc. If you listen to your body and to your feelings, you can learn to read the warning signals and take action to reduce tension.

- When your baby takes a nap, forget what you “should” be doing. Take time out. Do whatever relaxes you.
- Plan ahead! Unplug your phone to assure a quiet time for feeding or bathing the baby or a rest time for you. You might let your friends and family know the best times to reach you. A “Do Not Disturb” sign on your front door can also give you some uninterrupted time.
- Talk about your feelings of anger and worry with people who are really close to you. During times of stress it may be difficult if you must rely on only one person so it is helpful to have more than one person with whom you can really talk. Fathers as well as mothers need to talk out their feelings. For a more objective listener, you can also call The Parent Line.
- Trying to do everything will wear you out. Choose to do the most important things and don’t worry about the rest.

**Milestones:**

- Parents and babies learn together.
- Parents’ needs are important.
- Your baby relies on you.
- You can rely on others.
- Guide your baby with love and limits.
I know it isn't easy being a parent and I do demand a lot from you. It isn't easy being a baby either. Most of the time, I'm happy, curious, and content. But sometimes I get upset and scared. You can help me by trying to understand my feelings and how they change as I grow older.

At seven months, I may get upset when I have to face new situations, meet new people, see animals, wake up at night, or become separated from you. I may not have been bothered by changes when I was younger. Now I am more aware of the world. I cry because I can't see, hear, or smell as much.

When I was younger, I didn't want to do. Now I feel strongly about what I want and don't want to do.

HOW I GROW
• I get around by raising my back and pushing with my feet.
• I sit without any support.
• I keep my legs straight when you pull me up, and I try to stand by myself.
• I explore my body with my mouth and hands.
• I may have some teeth.
• I feed myself finger foods but I sure am messy.
• I play with a spoon and a cup but I'm not too good at using them yet.
• I change objects from one hand to another.

HOW I BEHAVE
• I concentrate better now and spend a lot of time examining things.
• I can tell when people are angry or happy by the way they look and talk.

HOW I FEEL
• I may be afraid of strangers, so stay with me when they are around. I like to "keep my eye" on you.
• I feel strongly about what I want and don't want to do.

HOW I UNDERSTAND
• I concentrate better now and spend a lot of time examining things.
• I can tell when people are angry or happy by the way they look and talk.

HOW I RESPOND
• I want to be included in family activities.
• I like to touch my reflection in the mirror.
• I get excited when I see a picture of a baby.
• I like toys that make noise like bells, music boxes, or rattles.
• I may put my hand over your mouth if you are talking to someone else and not paying attention to me.

HOW I TALK
• I giggle and squeal to attract your attention.
• I imitate the sounds I hear.
• I say several sounds like "ma", "mu", "da", "di" and "ba"—all in one breath.

HOW YOU HELP ME LEARN
• Give me a ball or some small cans of food from the kitchen shelf to roll. I will start trying to stack the cans later.
• Sing to me when I am on your lap. I like the sound of your voice, the rhythm of your body and being close to you.
• Play peek-a-boo with me. You can hide behind a chair or a door and I will giggle while waiting for you to reappear.
• Talk to me about what is around me. Talk to me while you are doing chores.
• I like to practice the skills that I have been developing. Practice is the basis of all my learning.
• Give me plastic or metal cups, bowls, and pans. I will try putting one inside the other.
• Read to me. Cloth, plastic, or hard cardboard books are best. Point to the pictures as you tell me about them.
• During my diaper change, keep me distracted with a toy. I won't squirm as much.
• Hide a toy under a cloth while I'm watching and I will find it.

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A word from your baby about fears

**Fear of strange animals**
I may cry when a strange dog or cat approaches me. If you cuddle me and hold me close, I'll feel safe when these animals are around. Later, I may want to play with them.

**Fear of separation**
I may scream loudly when you leave me. That's because I think that the most important person in my life is leaving me for good. A reassuring word or hug may help.

Plan ahead if you are leaving me with a new caregiver. Arrange several short visits for both of us to become familiar with this new person. Stay with me during these visits. The first time you plan to leave me, make it only a few minutes. Give me a hug or kiss, say goodbye, and tell me when you'll be back. Don't sneak out or stretch out your goodbye.

Return when you promised and comfort me if necessary. Tell me you've returned just as you said you would. You are building trust and confidence and making it easier for me to handle our separations. After a while, I will learn that you always come back.

**Fear of loud noises**
Don't be surprised if an appliance such as a vacuum cleaner or blender suddenly makes me cry. I won't feel so afraid if you hold me while you show me how the machine works.

**Fear of the dark**
Sometimes I wake up at night. It's dark and no one is around. When I realize I'm all alone, I may get scared. Come in and talk softly to me for a few minutes, or leave on a small light so that I can see that there's nothing to fear.

P.S. Please don't try to make changes in my life too quickly. Give me a lot of time to get used to new things. Everything I see, taste, smell, hear or feel is a new experience for me, and I need time to understand.

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**Trips away from home**
Always use approved car seats when driving with your child in the car. There is also danger in leaving your child in a parked car. Even with the car windows partially open, the temperature in the car can rise very fast. Also, young children might kick the gearshift resulting in an accident or someone could take your child even from a locked car.

Most infants seem to enjoy the sights and sounds of a supermarket. Encourage your child to sit quietly in the cart while you shop by talking to him about the things you are buying, showing him the colorful cans and boxes, and naming familiar items. Don't leave him unattended in a shopping cart even for a moment.

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**Your baby's health**

Babies need fresh air and light. Ultraviolet rays of the sun help the body make Vitamin D, but their ill effects build up. Enjoy sunshine in small amounts. The lighter your baby's skin, the more harmful the sun's rays can be. Protect his skin as well as your own. Ask your doctor which sunscreens are recommended for infants under one year of age; avoid the hottest time of the day (usually mid-morning to mid-afternoon); and protect his head with a hat.

If your baby has a sunburn, stay out of the sun. Offer him more liquid than usual. If his skin blisters, see your doctor.

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**Trips away from home**

Always use approved car seats when driving with your child in the car. There is also danger in leaving your child in a parked car. Even with the car windows partially open, the temperature in the car can rise very fast. Also, young children might kick the gearshift resulting in an accident or someone could take your child even from a locked car.

Most infants seem to enjoy the sights and sounds of a supermarket. Encourage your child to sit quietly in the cart while you shop by talking to him about the things you are buying, showing him the colorful cans and boxes, and naming familiar items. Don't leave him unattended in a shopping cart even for a moment.

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**Your baby's health**

Babies need fresh air and light. Ultraviolet rays of the sun help the body make Vitamin D, but their ill effects build up. Enjoy sunshine in small amounts. The lighter your baby's skin, the more harmful the sun's rays can be. Protect his skin as well as your own. Ask your doctor which sunscreens are recommended for infants under one year of age; avoid the hottest time of the day (usually mid-morning to mid-afternoon); and protect his head with a hat.

If your baby has a sunburn, stay out of the sun. Offer him more liquid than usual. If his skin blisters, see your doctor.
A PARENT ASKS

Q - My baby has suddenly become afraid of my friends. He sometimes cries even when my mother comes to visit. Why does he act this way? What can I do?

A - Respect your baby’s very real fear but don’t worry. A fear of new people at this age is normal. It’s the time when babies begin to develop a separate sense of self, an important step in growing up. They are afraid because they know the difference between people they see all the time and strangers. They become upset when someone they don’t know is around them.

Some babies cry or whimper with genuine fear. Others cling to their mothers and refuse to let go. Some babies, just like adults, develop an instant dislike for a person.

Comfort your baby if he is fearful. Hold him close to let him know that he is safe. Explain to friends or relatives not to take the rejection personally—that your baby needs time to get used to them. Ask them to give your baby a chance to get to know them from the safety of your arms. He may be willing to let someone hold him in a little while. As your baby gets older he will feel more secure and more comfortable with other people.

TAKE CARE OF YOURSELF

By now you’re probably feeling quite confident and relaxed about bringing up your baby. But there may still be times when you feel unsure of yourself and guilty that you’re not the “perfect” parent. Remember: there is no such thing as the perfect parent. You may be expecting too much from yourself. It’s impossible to be patient and loving all the time. Even if you’re doing the best you can, you may feel guilty and discouraged if you’re not living up to your image of a “good” parent. You may have a whole list of “shoulds,” such as “I should never get mad at my baby” and “I should be able to get everything done every day.”
DO YOU FEEL OVERWHELMED WITH PARENTING INFORMATION? DOES SOME OF THE ADVICE CONFLICT?

DRES WHAT YOUR PARENTS SAY DIFFER FROM WHAT YOUR FRIENDS SAY OR FROM WHAT YOU READ IN BOOKS AND MAGAZINES? IT CAN BE CONFUSING WHEN THE "EXPERTS" ARE NOT IN AGREEMENT. WHEN IN DOUBT, ASK RELIABLE INFORMATION AND THEN USE YOUR OWN JUDGMENT.

IF YOU HAVE BEEN OVERLOADED WITH ADVICE, TAKE SOME TIME TO GET TO KNOW YOURSELF AS A PARENT. WHAT DO YOU FEEL IS IMPORTANT FOR YOUR CHILD? NO ONE KNOWS YOUR BABY AS WELL AS YOU DO. WHEN YOU GET ADVICE, ASK YOURSELF IF IT FITS INTO YOUR FEELINGS ABOUT YOUR BABY AND YOUR ROLE AS A PARENT. RELY ON YOUR ABILITY TO DECIDE WHAT WORKS FOR YOU.

YOU HAVE ALREADY LEARNED A LOT AS A PARENT. YOU PROBABLY KNOW WHAT IS BEST FOR YOU AND YOUR BABY. KEEP UP THE GOOD WORK.

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SAFETY & YOUR BABY

Earlier issues of Keiki 'O Hawai'i stressed the need to baby proof your house or apartment. Now, as your baby's mobility is increasing:
- Use corner protectors on sharp edges of furniture.
- Store plastic bags out of reach and tie them in a knot when discarding.
- Store all medicines, cosmetics, beauty items, perfumes, and cleaning aids well out of your baby's reach.
- Keep balloons away from your baby. More children have suffocated on uninflated balloons and pieces of broken balloons than on any other type of toy.
- Keep matches and lighters away from children.
- Store all medicines, cosmetics, beauty items, perfumes, and cleaning aids out of reach and keep them out of your child's reach.
- Avoid scalds by lowering the temperature setting of your water heater to under 120 degrees.
- Use roach traps (instead of poisons) and keep them out of your child's reach.
- Use outlet covers. Outlet covers are available in clear and colored plastic.
- Put safety gates at the top and bottom of stairs.
- If your child is cranky, try distracting her with a song, a poem, or a toy. Don't ever distract by teasing or name calling.
- If your child drops a toy and wants it back, calmly, let her know you are aware of how it hurts, and give her a hug.
- If your child is cranky, try distracting her with a song, a poem, or a toy. Don't ever distract by teasing or name calling.
- If your child crawls into another room and gets scared when she can't see you, call her name, talk, or sing to her to let her know you're still there. The fear and anxiety she feels upon separation shows a healthy emotional attachment to you.
- If she drops a toy and wants it back but can't get to it, retrieve the toy and handle her tears with a hug or pat. It is never too early to empathize with your baby and accept her emotions.
- Your baby is unique. Learning to walk and talk takes a lot of time and effort. While your baby is learning to get around, her talking may not develop very rapidly. On the other hand, if she is working hard on her babbling, she temporarily may not be very interested in moving around. Give her the freedom and encouragement to develop at her own rate and in her own style.

GUIDANCE

Expressing feelings
At eight months, most babies express a variety of emotions. You may see signs of shyness, anxiety, and frustration, as well as excitement, happiness, and joy. These early expressions are the beginnings of adult emotions. You can help your child deal with these emotions by understanding what she may be feeling.
- If your baby crawls into another room and gets scared when she can't see you, call her name, talk, or sing to her to let her know you're still there. The fear and anxiety she feels upon separation shows a healthy emotional attachment to you.
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YOUR BABY'S HEALTH

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A PARENT ASKS

Q - I was spanked a lot when I was little, and I really want things to be different for my child. I read about child abuse and when I get mad at my baby, I worry that I could lose control and really hurt her. What can I do?
A - During the first year, you and your baby do a lot of growing and learning together. You have already faced some difficult moments. There will be more. Sometimes it may be difficult to cope with your baby and accept her emotions. The responsibility of raising a child creates a wide range of feelings in parents. Parents feel rage, anger, and frustration more easily when they are tired, ill, or under stress. Child abuse may happen at those stressful times. Children can be injured even by those who love them. It is not easy to think about or talk about since most parents may happen at those stressful times. Children can be injured even by those who love them. It is not easy to think about or talk about since most parents do not set out to hurt their children. When you feel you are losing control, leave the room, call a friend, or contact a community support group. Help is available.

If you are worried about how to handle difficult times with your baby, it might help to:
- Call The Parent Line. It's a free, statewide service, and you don't have to give your name. You may ask any question about your child's development or behavior. You can also find out about community services. Check the Parent Resource Directory.
- Talk with your family, friends, doctor, minister, rabbi or priest.

PROBLEMS MAY ARISE BECAUSE YOU'RE A PARENT TO YOUR CHILD BUT STILL A CHILD TO YOUR OWN PARENTS. YOUR PARENTS MAY WANT TO RELIEVE YOU OF YOUR CHILD CARE RESPONSIBILITIES IN ORDER TO ALLOW YOU TO SPEND TIME WITH YOUR FRIENDS AND COMPLETE YOUR EDUCATION. THEY MAY ALSO FEEL THAT THEY NEED TO TEACH YOU TO ACCEPT YOUR NEW RESPONSIBILITIES AS A PARENT.
If tension is building up between you and your parents, here are some ideas that may help.

• Express your feelings as calmly and patiently as possible.
• Recognize your parents’ concerns and try to understand why they feel the way they do.
• Show by the way you act that you are a responsible person.

There are community agencies that can give you support and help in working out family, school, and social problems. Call The Parent Line to find out what agencies can help.

Parents and babies learn together.
Parents’ needs are important.
Your baby relies on you.
You can rely on others.
Guide your baby with love and limits.

Milestones:

HOW I GROW
• I crawl and turn around while holding something in one hand.
• I sit by myself and turn my body all the way around without losing my balance.
• I may be able to stand up and sit down without holding onto furniture.
• I stand for a little while when my hand is held.
• I poke my fingers into holes, especially those that look interesting.
• I pick up small things with my first finger and thumb, and larger things with both hands.
• I may be able to crawl up stairs but haven’t yet learned how to get back down.

WHAT IT’S LIKE TO BE 9 MONTHS

HOW I UNDERSTAND
• I try to figure things out by myself.
• I know that if I partly cover my eyes or look at things upside down, they will look different.
• I get upset when my toys are taken away.
• I can usually remember a game, a person, or a toy.

HOW I TALK
• I understand some words and simple sentences.
• I repeat one or more sounds over and over such as “ga-ga” or “bye-bye.”
• I like to cough, click my tongue, and make hissing noises.
• I listen to people talking and try to imitate sounds.

HOW I RESPOND
• My social life revolves around the people who take care of me.
• I like to watch people scribbling on paper.
• I like to perform for people and love it when they applaud.
• I want you to notice my accomplishments and tell me how much I am learning.
• I recognize myself and my parent in the mirror.
HOW YOU HELP ME LEARN

- Play “pat-a-cake” with me. I can move my hands by myself now and will clap my hands when you do.
- Give me soft playthings to poke at with my finger.
- You’ve been talking to me for some time. But now I may be able to imitate the sounds you make when you are naming objects. I probably have figured out what “wave bye-bye” means and may recognize names of people in my family.
- Sit me on your lap and look at a magazine or picture book with me. Point to a picture, name it, and say “see the dog,” or “look at the car.” While you are pointing, ask me “what is that?” Wait a few seconds and then say something like “that’s a car.” I may not understand everything, but I will hear the different tones of your voice. It helps me become aware of language.
- Cover a toy with a cloth. I will look for the toy under the cloth. I enjoy doing this again and again.
- I like to hide under a blanket and play “peek-a-boo” with you.
- Sing “Eensie Weensie Spider” to me. Make a spider of your fingers and play “peek-a-boo” with you.

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FEEDING YOUR BABY

Table food
If your family eats foods without added salt, seasonings or rich sauces, your baby can eat many of the same foods you do. Feed him small, soft pieces of the foods you eat. If you season your foods, remove your baby’s portion before adding sauce or seasonings. Foods that seem bland to you are exciting taste experiences for your baby.

Iron supplements
If your infant is drinking formula with added iron or is eating fortified cereals and other iron-rich foods such as meats, your doctor may decide that a nutritional supplement containing iron is not necessary. However, if you are a breast-feeding mother and your baby is eating a limited amount of iron-rich foods, check with your doctor to see if your baby needs an iron supplement.

SAFETY & YOUR BABY

- Table food
- Iron supplements
- Finger foods
- Feeding your baby

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GUIDANCE

When you want to encourage a particular behavior, tell your child what to do rather than what not to do. Say, “Please lie down while I change you” rather than, “Don’t try to get up when I’m changing your diaper!” When your child is doing something you like, tell him. Mention the specific thing he’s doing well. Say, “You are lying down so I can change your diaper. I thank you.” Your baby needs to know when he is behaving well. He’ll feel your love and acceptance and you will be supportive and encouraging.

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With the added demands of your baby, it may be hard to find time with your partner. As difficult as it may be, it's important to make time for each other. Here are ideas some couples have found useful:

- Set up a “date” - Reserve a time (or times) each week when you can be together without distractions.
- Use “I” messages - say how you are feeling without placing blame. Make sure you put your communication. Instead of saying “You always put me down,” say “I feel put down when...” By using “I” messages, your partner is less likely to feel blamed or defensive.
- Be direct and specific - Say what you mean, rather than hoping the other person will guess or know what you mean. Instead of saying “The living room has been looking messy lately,” say “I get upset when clothes are left in the living room.”
- Avoid the question trap - Asking questions is often a poor substitute for direct communication. Instead of “Why didn’t you call to tell me you’d be late?” say “I was worried that something had happened to you when you didn’t come home at the usual time. Next time, I’d really like you to call me so I won’t worry.”
- Be sure to listen - Give your partner a chance to air feelings and gripes. Don’t interrupt, jump to conclusions, or preach. Check back to see if you really understood what was said; for example, say, “Let me see if I understand. Are you saying that...?”

A counselor can help you practice better communication techniques. You don’t have to wait for a crisis before seeking help.

Your child is unique and has his own timetable of events. You have to wait for his “happenings” as they occur. If you have any questions about your child’s development, call your doctor or H-KISS.

Q - My sister and her 3-year old daughter live with us. My niece sometimes hits my 9-month old son and seems to hate him at times. What should I do?
A - Now that your baby is crawling and moving around, your niece may regard him as a threat. He may get into your niece’s things or may take your attention away from her.
Your niece was probably the center of attention until her cousin was born. She now needs to be reassured that she is still loved. Make it clear to her that certain behaviors, like hitting her cousin, are not acceptable. You could say “Be gentle. Hitting hurts”. If she forgets and does hit him, physically stop her, and calmly move her out of the situation.
It might help if you spend some time alone with your niece each day, free from distractions and away from the baby. You could give her your complete attention when your baby is asleep. Your niece may need a place and time to play by herself, uninterrupted by the baby.
Fun times and activities you all enjoy together such as the beach or park are important, too. Notice when your niece is playing gently or helping with the baby and thank her. We sometimes tend to complain and nag rather than notice good behavior.

Q - My parents are always telling me how to take care of my baby. I know they mean well but I get really upset with them. What can I do?
A - Relatives, particularly grandparents, can be very special people in your baby’s life. They can provide warmth, security, and loving care for your baby. However, many new parents feel as you do that their parents are telling them what to do every step of the way.
You might try discussing your feelings about child rearing with your parents. Listen to their ideas. If they differ from yours, you might tactfully say, “I thank you for your suggestions. I really appreciate your concern. I’ll think about what is best for us.”
Your baby is now 10 months old. Her world is growing and she loves to play. Babies learn from playing. Play is their work. When you talk, sing, hug, play with and read to your child, you are helping your child’s brain grow. Encourage your child’s natural curiosity and follow her lead. Research shows that babies are incredible learning machines—constantly experimenting and testing. They touch, hear, smell, taste and see. That’s how they learn. Providing interactive learning experiences for your baby is an important part of parenting; it can also be a lot of fun.

WHAT IT’S LIKE TO BE 10 MONTHS OLD

HOW I GROW
• I side-step, holding onto furniture, to get around a room.
• I sit down from a standing position.
• I climb up on to chairs and then climb down again.
• I am beginning to show if I’m right-handed or left-handed. Let me decide which hand I want to use.
• I carry things in one hand without dropping them.
• I try hard to feed myself. I help hold my cup and I am messy.
• I may have trouble sleeping at night because I’m restless.
• I walk if you hold my hands.

HOW I TALK
• I understand simple sentences.
• I may say “no” and shake my head from side to side.
• I like to repeat the same words all day long.

HOW I RESPOND
• I notice your facial expressions.
• I cry if another child gets more attention than I do.
• I like to imitate people’s gestures and sounds.

HOW I UNDERSTAND
• I know which toys belong to me and I have some favorites. Don’t expect me to share.
• I am beginning to think of myself as separate from you.

HOW I FEEL
• I have many feelings now—sad, happy, mad, scared, and hurt.
• I can be very moody and may get upset easily.
• I still may feel shy around people.
• I am very sensitive to other children’s moods.

Milestones:

10 MONTHS OLD
• Parents and babies learn together.
• Parents’ needs are important.
• Your baby relies on you.
  You can rely on others.
• Guide your baby with love and limits.

HOW YOU HELP ME LEARN
• When I’m away from home and we have to wait for something (the doctor, the restaurant food, the traffic) distractions may keep me happy.
• Give me crackers, unsweetened cold cereals, toys, books, or sing with me.
• Make a book for me. Using stiff card board for a page, paste a photograph of me, my family members, my favorite foods and toys, or plants or flowers that I see on my walks. Let me turn the pages and stop when I want to. Point and tell me what is on each page.
• Give me time to practice dropping things into containers (such as a block into a cup), but help me get them out.
• Let me try to stack unbreakable cups or bowls. This is much harder for me than it looks.
• Use my name when talking to me and play games like “Where is Lanii?”
• Hold a small object in one of your fists then show it to me. Switch the object back and forth inside your fists several times and ask “Which hand is it in?” If I pick the right hand, say “Yes, it’s in this hand.” If I choose the wrong hand, show me that it’s empty and say “No, it’s not in this hand.” This hand is empty.” Then show me that the object is in the other hand. This teaches me that things don’t disappear just because they are not in sight. It also teaches me that I can learn from listening to what you say.

10 MONTHS OLD

FEEDING YOUR BABY

Cup skills and weaning

Cup skills, like spoon skills, develop slowly with practice. Some 10-month-old babies are quite good at using a cup and may prefer it to a bottle or the breast. Others are less skillful. Encourage your child to use a cup even if spills are frequent. For most infants, the period between nine and 12 months is a good time to encourage the gradual transition to a cup. Until your baby is a year old, continue to give formula instead of milk, in either cup or bottle. If your baby seems reluctant to give up the breast or bottle, continue to feed her this way. There’s no need to be concerned.

Spoon skills

Skill in using a spoon does not develop overnight. Help your infant develop spoon skills by giving her foods that stick to the spoon when scooped up. Try these:
• Mashed white or sweet potato
• Mackerel and cheese
• Poi
• Mashed cooked beans such as lima, kidney, or pinto
• Unsweetened applesauce
• Cottage cheese or unsweetened yogurt (plain or with mashed fruit)
• Mash tofu
• Cooked cereal, such as oatmeal or cream of wheat
• Rice

• Parents and babies learn together.
• Parents’ needs are important.
• Your baby relies on you.
  You can rely on others.
• Guide your baby with love and limits.

SAFETY & YOUR BABY

Storing toys

When deciding where to store your child’s toys, you might consider:
• Sturdy bookshelves
• Woven baskets
• Sturdy cardboard or wooden boxes
• A toy chest

If you want to use a toy chest, find one with a lid that your baby can lift and that does not close or lock automatically. Hinges should be designed to protect tiny fingers.

Hazardous vitamins

Keep all medicines, including vitamins, out of your baby’s reach. Chewable children’s vitamins can be a hazard. If your child accidentally swallows something, try to find out what it was, then call the Hawaii Poison Center or 911. If you take your baby to emergency treatment, bring the container of whatever was swallowed.

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Parents need a few, carefully set limits. When your baby is old enough to understand the meaning of “no,” begin setting these limits.

Limit setting involves both encouragement and intervention. Encourage your baby when she does something appropriate. Intervene when she does something you don’t want her to do. Setting limits means you must be involved. Don’t yell at or threaten your baby. When she does something annoying or touches something you don’t want her to have:
• Say “no” firmly and give a reason, such as “it’s hot.”
• Substitute by offering another toy.
• Direct her attention to something else.
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Sometimes your baby will not be happy with the limits you set and will make a fuss. You may be tempted to give in to her demands. Keep in mind that setting limits is necessary for your child’s safety and welfare.

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• Say “no” firmly and give a reason, such as “it’s hot.”
• Substitute by offering another toy.
• Direct her attention to something else.
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TAKE CARE OF YOURSELF

Protect yourself from future back problems. When you pick up your baby, bend your knees and kneel or squat, keeping your back as straight as possible. Make your legs, not your back, do your work.

Use the same motion with your back straight when you want to pick something from the floor. This will help prevent back strain.

When standing or sitting, hold your back straight and pull in your stomach. Good posture will help prevent future backaches.

Your child is unique and has her own timetable of events. You have to wait for her “happenings” as they occur. If you have any questions about your child’s development, call your doctor or H-KISS.

A PARENT ASKS

Q - My baby is 10 months old. I’ve heard that some babies are toilet-trained by their first birthday. When is the best time to begin toilet training?

A - The best advice about toilet learning in your baby’s first year is: don’t try! A baby’s muscles are not well enough developed to control bowel movements until 18 to 24 months. Keeping dry will come later, probably at two-and-a-half or three years. Toilet learning started too early will just frustrate you and your child.

TAKE CARE OF YOURSELF

Milestones:
WHAT IT'S LIKE TO BE 11 - 12 MONTHS OLD

HOW I GROW
• I may stand by myself.
• I hold a toy in one hand while pulling myself up with the other hand.
• I may wave “bye-bye” while standing.
• I may squat down, stoop, and bend over.
• I hold a pencil or crayon and love to make marks with it.
• I can get food to my mouth using a spoon. I am still messy.

HOW I TALK
• I know that words are used to identify things.
• I use one word to express a complete thought.
• I babble and mumble gibberish quite a lot, but I do know a few words.

HOW I FEEL
• I may cling to you, especially in new situations. That’s because my world is expanding and I feel safe with you.
• I love to shake my head and say “no” even when I mean “yes.”
• I may cry, scream and have tantrums if I don’t get my way.

HOW YOU HELP ME LEARN
• Make animal sounds when you show me pictures of animals. I will try to copy you.
• Teach me new songs and nursery rhymes, but don’t be surprised if I like the old famous ones best.
• Play music that has a rhythm so I can clap or move to the music.
• Make a funny face at me and I will try to copy you. Open and close your eyes, and mouth, or move your head from side to side or up and down, and I will imitate you.
• Give me toys that I can push and pull. If it shakes or rattles as it moves, I like it even better.
• Give me soft cuddly toys that I can carry easily.
• Give me washable, non-toxic crayons to hold and large pieces of paper to mark. Taping the paper down makes it easier for me.
• Don’t be surprised when I bring you a familiar object. I may stop listening to you or use your “no” to get attention. As your baby crawls toward a breakable object, he may turn around to look at you. You say “no”, but he reaches out to touch it anyway. You say “no” again. Or, more he reaches for the object, waiting for your “no” and so the game goes on. To end the game and help him realize the meaning of “no,” calmly remove the object and replace it with something he can have, or take him away from the forbidden area and get him interested in something else. Get up, go over to him and show him what you want him to do. It won’t be effective to yell at him or threaten him if he doesn’t stop.

FEEDING YOUR BABY
Most babies this age enjoy an amazing variety of foods. The size of your child’s appetite relates to his activity and how fast he is growing. Appetites tend to decrease now because the rapid growth and weight gain of the first year tapers off.

• If your infant appears to be a picky eater, don’t overtact or let mealtimes become a battleground. Many parents panic and give their child anything that he wants just so he won’t “starve.” During an appetite slump, many children are bribed or pushed into eating by being promised “a cookie if you eat just one spoonful of vegetables.” Along with breast milk or formula, your baby’s daily diet should now include small servings of:
  - Breads, cereals, rice and pasta, or starchy vegetables (poli, breadfruit, yams, and potatoes).
  - Soft cooked vegetables
  - Fruits
  - Meats, poultry, fish, eggs, tofu, and soft cooked beans

HOW I RESPOND
• I try to mimic what I see you do.
• I try to get your approval and may hide when I know you are not pleased with me.

HOW YOU HELP ME LEARN
• Make animal sounds when you show me pictures of animals. I will try to copy you.
• Teach me new songs and nursery rhymes, but don’t be surprised if I like the old famous ones best.
• Play music that has a rhythm so I can clap or move to the music.
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• Give me soft cuddly toys that I can carry easily.
• Give me washable, non-toxic crayons to hold and large pieces of paper to mark. Taping the paper down makes it easier for me.
• Don’t be surprised when I bring you the same book, over and over again, for you to read to me. I like the repetition.
• I like pop-up toys and simple boxes that have doors to open and two or three simple shapes to match.
• If we are going to visit friends and relatives, tell me where you are taking me and we will see. You might even show me photographs of them.

限界設定
Most babies this age are accomplished crawlers. Now, discipline becomes a major part of your daily routine.

DISCIPLINE involves setting up reasonable limits to teach him what is safe and acceptable. Discipline also lets him know that you may have to stop his behavior. At this age, a firm “no” may stop your child from his unacceptable behavior. Be sure, however, to save your forceful “no’s” for those situations that really concern you.

If you use too many “no’s,” your child may stop listening to you or use your “no’s” to get attention. As your baby crawls toward a breakable object, he may turn around to look at you. You say “no”, but he reaches out to touch it anyway. You say “no” again. Or, more he reaches for the object, waiting for your “no,” and so the game goes on. To end the game and help him realize the meaning of “no,” calmly remove the object and replace it with something he can have, or take him away from the forbidden area and get him interested in something else. Get up, go over to him and show him what you want him to do. It won’t be effective to yell at him or threaten him if he doesn’t stop.
Temper tantrums

Most parents find it difficult to cope with temper tantrums. Babies “melt down” most often when they are frustrated, tired, hungry, sick, over stimulated, or can’t have what they want. For example:

A tantrum might occur when your baby wants to play with your watch. If he doesn’t get what he wants, he may lie on the floor crying. Your baby is angry because you have set a limit. Let him cry out his anger and stay near him while he cries. If you stay calm, it will help him regain his composure. When he has calmed down, offer him an appropriate toy or activity.

Take Care of Yourself

As you know, time is a valuable resource. There never seem to be enough hours in the day. Some parents have found these ideas to be helpful:

- Make a short list of things that really need to be done and cross out tasks as they are completed. You will feel a sense of accomplishment as tasks are finished. It helps to make a new list every day, expect the unexpected, and be prepared to revise the list as needed.
- Reduce the time and energy spent feeling guilty or frustrated about things that can’t be completed or jobs that can’t be done.
- Routines reduce thinking time. Make a simple, daily housekeeping schedule with basic important tasks on it.
- Avoid clutter. Have a place for things and plan a regular time for picking up.
- Plan ahead to save time. Leave 10 minutes earlier than necessary for an appointment. Being early can cut down on stress.

A Parent Asks

Q - My son has a blanket that he carries around with him all the time. He wants to take it everywhere. Should I try to get it away from him?

A - No. Many children develop a special attachment to a blanket or other object, such as a stuffed animal. These precious objects go through thick and thin, sickness and health, good and bad with them. Your son’s need for his blanket will probably decrease over the next few years, especially if he doesn’t feel pressured to give it up. Meanwhile, it is a source of great comfort and security and helps him cope with his daily life.

Q - What should we get our baby for his first birthday?

A - As your child approaches his first birthday, you might consider the purchase of a riding toy even though he probably won’t be able to use it for several months. Be sure it is well built with wide wheels and a low center of gravity to prevent falls. Pull toys, large interlocking construction blocks, balls, sturdy books, and activity boxes are favorites. When you select toys, look for those that:

- Encourage action and stimulate imagination.
- Hold up under rough treatment.
- Are washable, painted with non-toxic paints, and made of fire-resistant material.
- Have no detachable parts that can be lost or swallowed.
- Have rounded edges that won’t injure your child.
- Are appropriate for the child’s age.

While careful toy selection is your responsibility, adequate supervision during play is still the best way to prevent injuries.

Q - My son loves to pull everything out of cupboards and drawers. I feel I should let him explore, but it is such a mess. What do you suggest?

A - Babies at this age create clutter. A healthy, 11-month-old baby is only doing what comes naturally—exploring. He pulls things out of drawers, tips over wastebaskets, unrolls toilet paper, drags toys all over the house, and examines anything he can touch. He is not doing it to upset you. If there is nothing harmful in the cupboards and drawers, allow him to explore. This stage will pass and encouraging his curiosity teaches him to enjoy learning.
You’ve made it through the first year! You have many memories of the times you have shared with your baby. The second year is also a very important time for your child. It is a time:
• When she learns new skills such as dressing and eating.
• When she wants to do things herself but still does not have the words or physical ability to do them and is easily frustrated.
• When her safety is of major importance as she doesn’t understand the danger of her actions.
• When her curiosity will delight and frustrate you.

A toddler is challenging and exciting. She’ll need a lot of attention and encouragement from you. You’ll need a sense of humor, some time for yourself, and a lot of patience. Remember that her dramatic and changeable behavior is both normal and temporary.

WHAT IT’S LIKE TO BE 13 - 15 MONTHS OLD

HOW I GROW
• I can pick up things with my finger and thumb. Even tiny pieces of lint under furniture catch my eye.
• I may be able to climb out of my playpen or crib.
• I can hold a cup with both hands, but spills are frequent. I like to use a fork and spoon.
• I am having more regular bowel movements, but I’m not ready for toilet learning.
• I may take fewer naps or begin waking up at night.
• I can stand up and side-step while holding on.

HOW I TALK
• I say about four words clearly. I play at making sounds and say the real words I know over and over again.
• I will usually give you a toy when you ask me for it. But then I want it back again. When you ask me “Where is the ball?”, I look for it.
• I know names of family members and I respond to my own name.
• I like rhymes, jingles, and songs. I will try to sing along with you.
• I use my finger to point at things I want. It’s my way of asking for them.

HOW I UNDERSTAND
• I throw or drop things from my high chair to see what happens to them. I like to empty drawers, cabinets, wastebaskets, purses, and ashtrays because I’m curious. I don’t do it to upset you.
• I understand more than I can say.
• I point to the correct body part when you say, “Show me your nose, eyes, toes.”
• I put small things into containers, dump them out, and do it all over again.
• I pat or kiss pictures in a book.

HOW I RESPOND
• I am very definite about my likes and dislikes.
• I seek attention and approval.
• I do not always cooperate.
• I’m loving and affectionate with my favorite people and pets.
• I think a lot of things are funny.
• I am easily distracted and entertained.
• I am beginning to learn about things I’m not supposed to touch. I may still touch them because I don’t have much self-control.
• I express a wide variety of feelings and respond to feelings of others.

MY BABY’S PHOTO

Milestones:
FEEDING YOUR TODDLER

Milk
Your child will need less milk as she eats more table foods. Whole milk can be substituted for formula or breast milk. Unless your doctor suggests otherwise, whole milk or breast milk are the best choices for your child until she is two years old. It provides more of the essential fatty acids needed for your child’s growth.

However, milk alone cannot provide enough of the nutrients needed by an active toddler. She needs regular food because milk is low in iron. At mealtime, give her food before nursing or offering milk from a cup.

Some children are allergic to cow’s milk. If your child develops allergic signs such as spitting up when beginning to drink cow’s milk, see your doctor.

SAFETY & YOUR TODDLER

Car seats
A child not in a car seat could be hurt or killed by a sudden stop. No matter how tightly you hold her, she could be thrown from your arms by the force of the stop or collision. Even short trips at very low speeds could have a fatal ending.

She may resist the idea of being confined in a car seat. She may cry or try to climb out of it. However, be firm and always use the car seat. Never start the car until she is safely buckled in.

Resistance to a car seat is usually a passing phase. Sing songs and provide her with small toys and books to help keep her busy. On longer trips, something to eat or drink might help.

Always feel the vinyl and metal parts on the car seat to make sure they are not too hot to touch. Hot seats can burn her skin. Covering the seat with a light cloth may help.

Appetite swings
Offer your child a variety of healthy foods, and don’t push or bribe her to eat. Your child knows when she has had enough to eat and what foods she likes.

Her appetite may change from day to day as her rate of growth varies. Preference for certain foods, refusal to eat, and pickiness are common. Keep mealtime relaxed and enjoyable.

Accidents at home
Constantly check your home to protect your active, curious toddler. A chair next to the kitchen counter allows her to climb to risky heights and reach dangerous objects. A bookcase, dresser, TV or table that can tip over easily may cause an accident. Recliners have injured children playing on the leg rest. At this age, your child is still unable to judge when a situation is dangerous.

Self-feeding
Encourage your child to feed herself. She no longer needs baby food. Offer her well-cooked, cut or mashed foods from the family meal. It is normal for toddlers to spill and be messy. Plan ahead by protecting the floor and her clothes. Feeding herself is your child’s way of saying, “I want to do it myself.”

13 - 15 MONTHS OLD

HEALTH

Bumps and cuts
As your child practices walking and climbing, she will have bumps, bruises, cuts, and scrapes. To reduce swelling, place something cold on the injured spot. A frozen can of juice or a package of frozen vegetables wrapped in cloth can be used quickly and easily. Clean the area well with soap and water and cover, if necessary.

GUIDANCE

Routines
Establish routines for meal-times, naps, and bedtime. A toddler depends on these routines. Changing some way to predict what is going to happen makes a child feel secure. A child’s bedtime routine may include taking a bath, putting on pajamas and reading a story.

A young child may sometimes resist routines, especially at naptime or bedtime. Positive statements such as, “It’s time for bed,” rather than, “Do you want to go to bed?”, may avoid a quick “no” from your child. Talking to her about the next steps in the routine may also help prevent resistance.

When a child’s routine is disrupted, it is upsetting for her. Plan ahead. Allow extra time for changing from one activity to another, and keep to your daily routines as much as possible.

Your child is unique and has her own growth timetable. Each child develops in her own way. If you have any questions about your child’s development, call your doctor or H-KISS.
Your child’s temperament

Each child is born with her own unique temperament. Children differ in activity, attention level, persistence, and personality.

What is your child like? Is she generally active or quiet ... willing to try new things or more cautious ... cheerful or serious ... persistent or easily distracted?

How you accept, handle, and adjust to your child’s individual traits is important. By understanding your child’s temperament, you are better able to respond to her needs and make her feel she’s loved just as she is.

A PARENT ASKS

Q - Our son seems to enjoy playing with his penis while taking a bath. Is this okay?

A - Yes. Both boys and girls touch their genitals. It feels good and is a source of self-comfort. Although this may make you uncomfortable, remember that your son is exploring his body and is not behaving unusually in the same way as adults. Be sure not to shame or scold him. Over time you can help him learn that this is a private behavior.

TAKE CARE OF YOURSELF

The decision to have another baby will affect your entire family in many ways. Consider your own values and goals as you decide on family size.

• A second child creates changes in the family. Your older child may go back to some of her babyish ways. She may need extra care and comforting from you.

• Some parents can take two children under two years of age in stride. For others, it may be taxing both physically and emotionally. Studies have shown that it takes about two years for a mother’s body to recover after the birth of a child. Close spacing of babies makes the recovery period longer. Your temperament, energy level, financial needs, and feelings of support from others are also things to consider.

• Some parents report that children who are close in age have a special relationship to each other. Other parents have found that closely spaced children are more competitive and that children three or four years apart are likely to be better companions. Siblings are going to have arguments and fights, no matter what their age differences.

• Some parents would really prefer to raise one child. Research indicates that these children are as happy and well adjusted as children in larger families.

• Each child needs your special attention and love as well as your time and energy.

MY BABY’S PHOTO

Milestones:

For help or information, call the Hawaii Poison Center, or dial 911. (Available 24 hours a day statewide.)
16 MONTHS - 18 MONTHS OLD

A t this age, your child is likely to have intense emotions. He may react quickly and impulsively to them. Excitement, frustration, joy, anger, and fear are some of the feelings he has.

Help your child understand these feelings by giving them a name. When a box will not open or a car will not roll, your child may drop it in tearful frustration. Say “I know it makes you angry when your toy won’t work.” These words show your toddler that you understand his frustration. It gives him words for understanding his feelings. Showing him how the toy works or substituting another toy may help him gain control over his frustration.

It takes many years for a child to learn about and to cope with his emotions. Giving names to feelings is important. If your child has intense emotions, he may need support, understanding, consistency, and encouragement as he learns to handle his emotions.

WHAT IT’S LIKE TO BE 16 - 18 MONTHS OLD

HOW I GROW
• I walk by myself.
• I can throw a ball from a standing or sitting position.
• I may be able to climb stairs with help.
• I am beginning to remember where objects belong.
• I try to copy adults.
• I understand simple directions most of the time and follow them some of the time.
• I may go find a toy in another room if you ask me to get it.

HOW I TALK
• I may be able to hum.
• I have long babbling “conversations” with you or with my toys.
• I can combine two words such as “go-by-bye.”
• I may let you know when my diaper is wet or soiled.
• I will begin to say “please” and “thank you.”

HOW I UNDERSTAND
• I am beginning to put things inside other things to see how they will fit.
• I am beginning to remember where objects belong.
• I may help put toys away if you show me where they belong.
• I will play by myself for awhile but may need to explore.
• I am beginning to remember where you are going, and what we will see.

HOW I RESPOND
• I am struggling to be independent and to do things by myself.
• I depend on your help when I am in trouble.
• I dont understand what it means to share. I like to play near other children but not with them.
• I hunt for you by going from room to room.
• When I give you something, I want to see how you like it.

HOW YOU HELP ME LEARN
• I am figuring out how things work and may discover that your lipstick marks just as well as crayons. It may be difficult for you to imagine how clever I was to have made that discovery. It will be easier for both of us if you put the “no-no’s” out of my reach. I need to explore, and I need a safe place to discover how things work.
• Play with me. One of my favorite games now is “chase-and-be-chased.” Other favorite games are “hide-and-seek” and “roll-the-ball.”
• Give me lots of hugs and kisses. Tell me you love the way I smile, that you like my giggle, that you love my nose, my toes, and my ears. Tell me over and over again.
• Talk to me, even though I don’t understand everything you say. Talk to me as you would talk to an adult. Listening to you will help me understand longer sentences. Tell me what is going to happen today, where we are going, and what we will see.

GUIDANCE

Anger and tears
A toddler’s ability to handle frustration is very limited. He gets angry and upset easily. An outburst is most likely to happen when he is hungry, tired, or excited.

To help prevent outbursts:
• M aintain your child’s routines: eating, nap time, and bedtime.
• Give your child a few minutes notice before ending an activity. His advance notice makes “changing gears” easier.
• Take snacks, books, and small toys with you when you go places. Avoid large crowds, long waiting periods, and too many errands which may overstimulate your child.
• If you see that a situation is upsetting him, stop or change the activity. Respond to your toddler’s tears before he loses control.

When an outburst does occur:
• R ealize that it is always worse for you when it occurs in public. If you can find a quiet place to help your child calm down, it will be easier for both of you. I think about what your child must be experiencing.
• T ry not to get angry yourself. If you do, the outburst is likely to get worse instead of better. However, don’t give in to unreasonable demands.
• D epend on the situation, if there are safety issues involved, you may need to restrain your child. Decide whether to ignore an outburst or to hold your child securely. Offer your child comfort when he has calmed down.

These outbursts may continue through age five. They may be less frequent but more intense as a child grows older. It takes a long time for a child to learn self-control. He needs support, understanding, consistency, and encouragement as he learns to handle his emotions.
SAFETY

• Keep eating times relaxed. Fighting, laughing, and crying can make him catch his breath and inhale food.
• Insist that he sit down to eat. Foods on the run.
• Never give him food when he is lying down.
• Always watch your child when he is eating.
• Cook carrots. Cut grapes into strips, meat, fish, poultry, egg, tofu, beans, and continued contact with his teeth.
• Avoid giving food such as crack seed, hard candies, and jelly beans.

Choking

Your toddler can easily choke on food. To prevent choking, here are some things to remember:
• Avoid giving food such as crack seed, arare, chips, peanut butter served from a spoon, nuts and iso peanuts, raw carrots and celery, hard pieces of fruit, gummy candies, popcorn, trail mix, marshmallows, mochi crunch, hard candies, and jelly beans.
• Cook carrots. Cut grapes into quarters and remove the seeds. Cut hot dogs and Vienna sausages lengthwise into four strips.
• Always watch your child when he is eating.
• Never give him food when he is lying down.
• Insist that he sit down to eat. Foods that cause choking are often eaten “on the run.”
• Keep eating times relaxed. Fighting, laughing, and crying can make him catch his breath and inhale food.

To prevent these problems, help your toddler gradually give up the bottle.
• Give him milk and juice only from a cup. If he insists on having his bottle, fill it with water or allow him to have it when it is empty.
• Be prepared for a few tough weeks of crying and whining. Look for ways to distract your child from his bottle.
• Continue your special routines. If the bottle has been associated with cuddling and rocking, carry on these activities, but without the bottle.
• Keep his bottle out of sight unless you intend to give it to him.

Weaning from a bottle

A toddler can usually drink from a cup quite well. However, many parents continue to give their child a bottle because they prefer giving liquids in a spill-proof container. Other parents are worried that their toddler will not get enough to eat if he doesn’t get a bottle. He may also provide a lot of comfort to a child. If your toddler continues to use a bottle with milk or juice in it, problems can occur. A child may carry his bottle around sucking on it frequently during the day. At night, he may go to sleep with the bottle in his mouth. Juice or milk is in frequent and continued contact with his teeth. These liquids feed bacteria in the mouth and can cause cavities. If he sucks his bottle while lying down, there is also a chance of painful ear infections.

Food choices

Your child knows when he has had enough to eat and what foods he likes. He doesn’t know what foods are needed for growth and health. That part is your job. Offer several small servings of food from each of these groups daily:
• Breads, cereals, rice, pasta, crackers, poi
• Vegetables cut in small pieces
• Fruits cut in small pieces
• Milk, yogurt, or cheese
• Meat, fish, poultry, egg, tofu, beans

HEALTH

Dental care

Schedule your child’s first visit to a dentist sometime between the ages of 1 and 2. Dentists who have special training and equipment to care for children are called pediatric dentists or pediatricians. Your own dentist may also be willing to care for your child.

This important first visit should be a pleasant experience. Prepare your child for the visit by reading him a children’s book about going to the dentist. Explain to your child that the dentist is a helper to mom and dad in caring for his teeth. Before he gets there, tell him what to expect. Playing “dentist” may also help.

During the first visit, ask your dentist how you can keep your child’s teeth strong. Ask for a lesson on how to teach your child to brush his teeth properly. Find out if you need to floss your child’s teeth. Regular brushing and flossing, the use of fluoride, regular check-ups, and a diet low in sweet foods and drinks will help reduce dental problems.

This is the time to establish good dental habits. Young children often feel very grown-up when they are given their own toothbrush and are allowed to brush and spit to their heart’s content. You will need to help your child do the actual daily brushing but toothpaste is not needed until age three.

Keiki ‘O Hawai’i describes a typical child at each age. These descriptions are based on the study of many children. Because your child is unique, he may do things somewhat earlier or later.

FEEDING YOUR TODDLER

Weaning from a bottle

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SAFETY

Make your home safe for your child.
• Plastic bags and balloons are responsible for many suffocation deaths. Tie each bag in a knot for storage or disposal.
• Medicines, household and garden chemicals, paints and craft supplies make kitchens, bathrooms, workshops, and garages especially dangerous. Lock up all these hazards.
• Fluoride and vitamin pills (child or adult type) are a major cause of poisoning for children this age. Over the counter and prescription drugs (including birth control pills) are also dangerous.
• A friend’s purse containing pills that look like candy is tempting to a curious child. A pill bottle in plain view at a grandparent’s house is a safety hazard.
• If you suspect that your child has swallowed something dangerous, immediately call the Hawaii Poison Center or dial 911.
• Keep ipecac syrup on hand and locked up. Do not use unless advised to do so by medical personnel.
• Keep toothpicks out of reach. They can cause serious injury to eyes and ears and can be swallowed.
• Check window openings and lanai railings to be sure a child could not slip through. Remove lightweight lanai furniture or planters that your child could push close to a lanai railing. He could climb up and over the railing. Check to see that window screens are secure and furniture is away from a window to prevent falls out of the window.
• Put screening around your railings if the bars are too far apart.

Dental care

Schedule your child’s first visit to a dentist sometime between the ages of 1 and 2. Dentists who have special training and equipment to care for children are called pediatric dentists or pediatricians. Your own dentist may also be willing to care for your child.

This important first visit should be a pleasant experience. Prepare your child for the visit by reading him a children’s book about going to the dentist. Explain to your child that the dentist is a helper to mom and dad in caring for his teeth. Before he gets there, tell him what to expect. Playing “dentist” may also help.

During the first visit, ask your dentist how you can keep your child’s teeth strong. Ask for a lesson on how to teach your child to brush his teeth properly. Find out if you need to floss your child’s teeth. Regular brushing and flossing, the use of fluoride, regular check-ups, and a diet low in sweet foods and drinks will help reduce dental problems.

This is the time to establish good dental habits. Young children often feel very grown-up when they are given their own toothbrush and are allowed to brush and spit to their heart’s content. You will need to help your child do the actual daily brushing but toothpaste is not needed until age three.

KEIKI ‘O HAWAI’I describes a typical child at each age. These descriptions are based on the study of many children. Because your child is unique, he may do things somewhat earlier or later.
A PARENT ASKS

Q - My baby is 18 months old. I am still breast-feeding him. My mother says I should have weaned him a long time ago. One of my friends breast-fed her baby until she was three years old. What do you think?

A - There is no right answer. By 18 months, children are able to drink quite well from a cup, so breast-feeding becomes a way of asking for and receiving comfort more than a way of fulfilling nutritional needs. Some children lose interest in breast-feeding before the mother is ready to stop. Other children want to continue well into the third year. Some mothers believe that breast-feeding should continue until the child stops nursing by choice. When you decide to wean your baby, here are some suggestions:

• Avoid weaning when your child is faced with a stressful situation. Your return to work, a family vacation, or the excitement of a holiday could be a difficult time.
• Wean your child gradually. First, stop the feeding that seems least important to your child. Then gradually stop other feedings one at a time. Look for other ways to respond to your child’s hunger, thirst, or his desire for attention and affection.
• Be sure to offer your child a variety of protein-rich foods. Meat, fish, cheese, tofu, and eggs can make up for the decrease in breast milk.
• Continue pleasant routines such as bedtime rocking and singing that your child has come to associate with his breast-feeding.

TAKE CARE OF YOURSELF

Toddlers are curious, loving, and full of fun and laughter. They can melt your heart and lift your spirits. They can also be very demanding. They have little patience and endless energy.

• Toddlers have their own schedules. Just because you’re tired at the end of the day, doesn’t mean that your toddler is. Or your toddler may be exhausted yet unable to wind down when you are needing quiet time.
• Talk about your frustrations to a friend, counselor, or doctor to help put things in perspective. Call The Parent Line to get support and ideas on how to cope with your active toddler.

• Trust your common sense.
• Take time for yourself.
• Keep your sense of humor.
• Be a good model for your child.

Milestones:
19 MONTHS - 21 MONTHS OLD

You are the most important person in your child's life. She will spend a lot of time watching you and copying you in her play. She will also watch other children playing and may even try to play with them.

Poking, touching, and pushing are her ways of showing interest in other children. She may even have a special friend her own age if they are together a lot. You will notice more smiles and less fighting with this friend than with a child who is a stranger.

Children play together best when they have the same toys or materials. Having two blue trucks of the same size causes less problems than having one truck and one doll.

Play is the main activity of childhood. It helps children learn about themselves, their family and their world. Allow your child time to play alone, and also time to play with her. You'll learn a lot. You will notice more smiles and less fighting with this friend than with a child who is a stranger.

WHAT IT'S LIKE TO BE 19 - 21 MONTHS OLD

HOW I GROW

- I can kick a large ball, but I'm awkward doing it.
- I can stack rings, fit a peg into a hole, and place a lid on a shoehbox.
- I can stack three or four small blocks on top of each other if you show me how it's done.
- I love to move to music and can occasionally match the beat.

HOW I TALK

- I may mimic the last words of your sentence.
- I like to listen to short nursery rhymes.
- I can understand simple questions, such as, "Where is the kitty?" and "Do you want juice?"

HOW I UNDERSTAND

- I know that you will return when you go out, but I may still cry when you leave.
- I can point to the body parts of a doll.
- I can hold a pencil in my fist and scribble. I like to make marks on paper with a big crayon or washable felt marker.

HOW I RESPOND

- I recover quickly from minor bumps.
- I claim everything as "mine."
- I may be frightened by things I used to like such as the vacuum cleaner, tub or waves at the beach.

HOW I LEARN

- Clap your hands to music while I am sitting on your lap to help me notice the beat.
- Keep me interested in my toys by dividing them into two boxes and switching boxes each week.
- Take me on a walk. Allow plenty of time so I can look, listen, and touch. Stop and help me listen for sounds. Say, "Did you hear the bird?" or "I hear a dog barking! Where is it?"
- Help children to play with another child. I may push or poke to say "Hi, hello." Show me how to gently touch her shoulder or use my words as a greeting. Stay near me while I play with her. So I can come back to you quickly. Don't force me to share my favorite toys. Help me look for toys that my friend can play with. I still may take the toys away. "This isn't because I want to play with them. I'm just not sure I want the other child to have them. If we go to another house to visit, let me take a few of my own toys along."
- Let me play with water. Filling and emptying containers are easier than shoveling. I will paint the sidewalk, the house, and everything I can reach.
- Keep mealtime fun. Let the meal end when she stops eating. If your urge her to take another bite and she refuses, calmly remove her plate.
- Avoid using sweets as a reward for finishing a meal.

HOW YOU HELP ME LEARN

- Keep mealtime fun. Let the meal end when she stops eating. If your urge her to take another bite and she refuses, calmly remove her plate.
- Avoid using sweets as a reward for finishing a meal.

FEEDING YOUR TODDLER

Mealtime hints

Although eating should be an enjoyable family time, feeding a toddler can be hard on your imagination and your patience.

- Let your toddler eat her food any way she chooses and in any order. Expect mealtime to be messy. Table manners can be taught when she is older and has better muscle control.
- Keep mealtime fun. Let the meal end when she stops eating. If your urge her to take another bite and she refuses, calmly remove her plate.
- Avoid using sweets as a reward for finishing a meal.

- Serve healthy snacks such as fruit (papaya, mango, banana), crackers, dry cereal, yogurt or poi. Sweets and chips can spoil her appetite and keep her from eating more nutritious foods at mealtime. Think of snacks as mini meals. Small, frequent meals are more appropriate for her than three larger meals per day.
- Your child may be too hungry to wait for your regular family meal. If so, give her part of her meal while you finish cooking.
- Introduce new foods one at a time, in small portions, along with familiar foods. Avoid fancy flavorings and sauces. If your toddler doesn't like a particular food, wait a few weeks and try again.

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ENCOURAGING INDEPENDENCE

It is normal for a toddler to try to do things on her own. She needs and wants to feel grown up.

Here are some hints to help your child be independent.

• Use low shelves or drawers for your toddler’s toys and clothes, so she can reach them without your help.
• Put a large hook at her height and have her practice hanging her clothes on it.
• Give her a toothbrush, washcloth, and towel of her own.
**A PARENT ASKS**

**Q** - How do I teach my daughter to share?

**A** - A toddler does not understand the concept of sharing. Sharing is developed over a long period and cannot be rushed any more than walking or talking can be. Before sharing, the idea of ownership must be developed. Talk to your child about what is hers, what belongs to you, and even what belongs to the dog. When she says “it’s mine,” it doesn’t mean selfish. She is learning about possessions. Although your child may show caring and generous behaviors, she does not understand the meaning of sharing even though she may have offered you a bite of her sandwich or taken turns if you insisted. Encourage these behaviors however, with a smile or a word of praise.

Let her see you sharing with her and with others and hear you describe what and how you are sharing. When she is about eight years old, she will develop a sense of fairness. True sharing cannot take place until this time.

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**TAKE CARE OF YOURSELF**

Choosing child care will be one of your most important decisions. In order to reduce your stress level and for you to be happy, relaxed, and productive at work, you need to feel that your child is in a safe, healthy, stimulating environment. Spend the extra time that it takes to find the right care for your child.

Family day care, toddler programs and preschools differ in program goals and values. Here are a few questions for you to consider in choosing child care.

- Does your caregiver enjoy and respect the children? Is there warm contact such as hugging and holding? Does your caregiver talk with and listen to the children? Does the adult get down to the child’s eye level?
- Are there enough adults to supervise children and pay attention to each child?
- Are you invited to spend time with your child there?
- Do the children seem happily involved in activities?
- Are there enough play materials for all?
- Is there a balance of quiet and active play?
- Is there a balance of indoor and outdoor play?
- Are there choices to play alone or in a small group?
- Does indoor play include music, art, water, dress-up, block building, books, and puzzles? Does it also include toys for pretend play such as trucks, cars, and figures of people and animals?
- Are the caregivers ideas on guidance acceptable to you?
- Is there a safe, adequate outdoor area that encourages large muscle activity? Are there ladders, barrels, low slides, and riding toys? Is there protection from the sun?
- Are the adults willing to answer your questions? Do they confer with you on a regular basis about your child’s progress?

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**Milestones:**

- [Blank lines]
- [Blank lines]
- [Blank lines]
- [Blank lines]
- [Blank lines]
**WHAT IT'S LIKE TO BE 22 - 24 MONTHS OLD**

### HOW I GROW
- I turn doorknobs and open doors.
- I walk up and down stairs. I put both feet on each step and hold on to the railing.
- I can walk on a line and even take a few steps backward. I can run fairly well.
- I wash and dry my hands with help.

### HOW I UNDERSTAND
- I begin to understand what "today" and "tomorrow," mean, but I cannot understand "yesterday."
- I have a good idea of where things are located around the house.
- I remember some places where I have been.
- I like to stack things and knock them down, pull things apart and fit them together.
- I turn the pages of a book and "read" the story by myself. I know when a book is upside-down.

### HOW I TALK
- I ask for food when I am hungry and water when I am thirsty.
- I can say more words clearly and can understand more of your words.
- I like to use my voice to make up my own music.
- I can say "I," "Me," "Mine," and my own name.
- I have discovered that everything has a name.

### HOW I RESPOND
- I may cry if you speak sharply to me.
- I may resist bedtime.
- I am continually testing the limits you set. I like to have my own way in everything.
- I may hit or bite when I am angry or want something.
- I do better on a schedule. Routines and rituals are very important to me.

### HOW I LEARN
- I make up a song or a story using my name. Change the words to match my actions or feelings. This may help to calm me when I am upset.
- Sing songs like "Twinkle Twinkle Little Star," "I'm a Little Teapot" and "Wheels on the Bus." They will be easy for me to copy. I won't really be able to "sing" until I'm closer to three.
- Look at the sky at night with me. Point out the clouds, moon, and stars.
- When we go for walks, take a bag to collect "treasures." We can look at them and name them when we get back home.
- Repeat the names of objects over and over again, using simple words and short sentences. Talk to me about what I am doing and what you are doing.
- Let me get things for you.
- I make some play dough for me. I will roll, pound, and squeeze it. It will be easier for me to handle if you put it on a plastic place mat. Protect the floor from spills and play with me.

### HOW YOU HELP ME LEARN
- Make some play dough for me. I will roll, pound, and squeeze it. It will be easier for me to handle if you put it on a plastic place mat. Protect the floor from spills and play with me.
- Avoid play tricks with food, such as hiding spinach in applesauce. Tricks with food encourage distrust and unhealthy attitudes toward eating.
- Serve one tablespoon of each food group for every year of your child's age. The Basic Food Groups are:
  1. meat, fish, poultry, beans
  2. vegetables and fruits
  3. bread and grains (rice, noodles, cereals)
  4. milk and dairy products (2 servings of milk, yogurt or cheese daily)
- Don't play tricks with food, such as hiding spinach in applesauce. Tricks with food encourage distrust and unhealthy attitudes toward eating.
- Let your child be in charge of his own plate. Avoid scooping up messy food too quickly. Mangled carrots and peas may look terrible to you, but he may eat them happily.
- Use a child-sized bowl. Small utensils and a cup with a heavy bottom that prevents tipping also help your child have more control.

### FEEDING YOUR TODDLER

**Play Dough Recipe**

2 cups flour
1/2 cup salt
1 cup water (food coloring may be added)

Mix all ingredients in a mixing bowl. Knead for ten minutes. Keep in refrigerator in a covered container.

**Managing mealtime**

- Avoid arguing with your toddler about eating. Never force him to eat or eat everything on his plate. Your demands will strengthen his refusal to eat. Give him small portions of healthy foods. Offer at least one food he likes at each meal. Allow him to choose what and how much he eats.
- Serve one tablespoon of each food group for every year of your child's age. The Basic Food Groups are:
  1. meat, fish, poultry, beans
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- Use a child-sized bowl. Small utensils and a cup with a heavy bottom that prevents tipping also help your child have more control.

**Cooking activities**

Your toddler may want to be near you while you are cooking. Place him nearby where he can safely see what you are doing and hear you describe what you are preparing. When he wants to help, begin to let him do little tasks. Give him a spoon and some batter in a bowl. He'll stir happily while you bake. Some lettuce or cabbage to tear into pieces will give him a real sense of being part of your activities. It will also keep him happy and busy while you work.
SAFETY

Poisons
To the young child, all colored liquids look like juice and all white powders look like sugar. Keep cleaning supplies and medicines locked up or out of reach. Never refer to medicine as “candy.”

Keep all forms of tobacco, including used and new nicotine patches out of reach. If a child eats even one cigarette, it can be fatal.

Look up all pesticides. Roach sprays and powders, rat bait, and snail and slug pellets are very dangerous.

Cologne, perfume, hair products, and cosmetics can also be poisonous to a young child. Air and deodorant sprays can harm a young child’s eyes and lungs.

Call the Hawaii Poison Center or 911 in an emergency to check on the safety of products in your home. Almost anything in your home, if misused, can be a poison.

HEALTH

Information
Is there anything about your baby’s health or development that concerns you? Are immunizations up to date? Are you worried about delays in your child’s development? Call your doctor, public health nurse, or H-KISS.

GUIDANCE

Biting and hitting
When young children play together, there will be some pushing, hitting, slapping, or biting. Most children will bite as a short time. However, biting and forceful hitting must be stopped right away.

Some children bite when they are feeling frustrated and don’t have the words to express how they feel. If your toddler bites you or another child, say “No. Biting hurts.” Move him to a safe place, make eye contact with him and say “Let’s stay here until you feel calmer. No biting.” Within a minute or two, allow your child to return to his play. Remind him of the rule. Ask him, “Are you ready to try again? No biting.”

Get him interested in a play activity to distract him from the other child.

Never bite a child back. It only confuses your child and does not stop the biting.

Do the same thing for forceful hitting. Hitting may continue for a longer time than biting.

Help your child to use words to explain how he feels and what he wants. Encourage him to say “I hate that,” “I hate that now,” “Stop that, I don’t like it,” or “I hate that.”

When your child uses his words and does not bite or hit while upset, say, “You did a good job of using your words.” As your child learns to express his feelings more appropriately, behaviors such as biting and hitting will decrease.

Toilet learning
Your toddler’s body needs to be developmentally ready before he can learn this skill. Before he can have any success he must:

• Realize the need to go to the bathroom.
• Understand what he is supposed to do in the bathroom.
• Get to the toilet or potty chair.
• Remove his clothes.
• Relax the right muscles.
• Relax the right muscles.

Waiting until your child shows interest in toileting will increase his chances for success. The ability to stay dry for 3 to 4 hours shows physical readiness.

The average age at which a toddler begins to stay dry is 2-1/2 years, but the range is wide. Nerves and muscles take time to mature. He will probably be at least three years old before being able to stay completely dry during the day. Staying dry at night will take even longer. Be prepared for accidents for several more years.

You can be most helpful to your toddler if you:

• Help your child to understand what he is supposed to do in the bathroom.
• Help him to use the toilet.
• Help him learn to climb onto the toilet seat.
• Help him learn to flush the toilet. Never force a frightened child onto the toilet, if he is afraid, he is not ready for the toilet, but may be willing to use a potty chair.
• Help him learn to climb onto the toilet seat. A small step stool worked well. A small seat that fits on top of the toilet seat may make it easier for him to use the toilet.
• Treat “accidents” calmly. Punishing, scolding, or shaming hurts his self-esteem and does not help his learning. Suggest that “when he is ready” or “maybe next time” he’ll be able to use the toilet. Don’t refuse his request for a drink because you think it will help him stay dry.
• Praise your child’s success when he makes it to the bathroom on time. Patience, love and confidence in your child will help you both during this time.

Your child is unique and has his own growth timetable. Each child develops in his own way. If you have any questions about your child’s development, call your doctor or H-KISS.

A PARENT ASKS

Q - Recently, we’ve noticed our son looking curiously at our bodies. Is this normal for a two-year-old?

A - Yes. It is quite normal for both boys and girls to be interested in parents’ bodies. A toddler’s curiosity about everything is intense. Interest about physical and sexual development is no exception. As your child gets older, he will start to ask questions. Answer these questions honestly and simply. At first he may feel surprised and uncomfortable with these questions. But with practice both you and your child will be able to handle these questions in a more relaxed manner. Don’t be surprised if he asks the same questions over and over. This is the way children learn about everything.

• Trust your common sense.
• Take time for yourself.
• Keep your sense of humor.
• Be a good model for your child.
Family outings can be fun and relaxing and are also a great time for you to really enjoy your child. Pick an activity and place that is of interest to both you and your child. Planning ahead will help the event go smoothly.

Before you go:
• Tell your child what you will see and do.
• Explain any special rules to him.
• Plan for drinks, snacks, and a wet cloth for clean-ups.
• Keep it short. Head for home before your child is tired and grumpy.

TAKE CARE OF YOURSELF

Before you go:
• Tell your child what you will see and do.
• Explain any special rules to him.
• Plan for drinks, snacks, and a wet cloth for clean-ups.
• Keep it short. Head for home before your child is tired and grumpy.

Milestones:
- I run fairly well, but I still may fall.
- I stay dry for longer periods, but I may not be ready for toilet learning.
- I enjoy jumping off a low step.
- I enjoy being pushed on a swing.
- I like to scribble.
- I am beginning to walk on tiptoe.
- I can blow bubbles.

HOW I TALK
• I am learning to say a lot of new words, but it will take me a long time to really understand them.
• I say two-and-three-word sentences such as “me do it” and “two feet.”
• I talk to my toys or sing and hum when playing by myself.
HOW YOU HELP ME LEARN

- Show me new things. Name them to help me develop my vocabulary. I like the sound of big words such as “escalator,” “rhinoceros,” and “elephant.” I’ll have fun trying to say them too.
- Sing and play action songs with me. I’ll like “Ring Around the Rosy,” “London Bridge,” and “The Hokey Pokey.”
- Ask me questions when I point to things. This helps me use my words.
- I like to dance to music.
- Let me use a squeeze bottle to water outdoor plants. Think of other ways I could help you outside.
- Take photos of special times, and let me guess what is making the sound.
- Limit my T.V. time. I learn better by doing things than by watching T.V.
- Read to me. I can point to and name things in books. I know the words in my favorite books and may like to help you tell the story. Keep my books where I can get to them easily.
- Play “follow the leader” with me in front of a mirror. I will enjoy seeing how our bodies move. Eyes, teeth, and tongues will be especially interesting for me.
- Play with me. I can point to and name things in books. I know the words in my favorite books and may like to help you tell the story. Keep my books where I can get to them easily.
- Limit my T.V. time. I learn better by doing things than by watching T.V.

FEEDING YOUR TODDLER

- Picky eaters
Some children like only certain foods at certain times. Respect your child’s right to refuse to eat a food, but don’t feel that you can’t serve that food to the rest of the family.
A picky eater is sometimes willing to take a very small serving of food. A child will be more willing to take a tiny taste if she knows she won’t be forced to eat more. She might also try a bite of a new food from your plate.
You are your child’s first and most important model. Serve a wide range of healthy foods and limit the amount of sodas, chips, and sweets in your own diet.

Preparing for a new baby
It is normal for your toddler to be confused and jealous when a new baby joins the family. Behaviors such as clinging, whining, hitting, crying, or more babyish ways may be a sign of these feelings. You need to reassure her that you will always love her and that she is still very important to you.
If you are planning to move to a new home, change her from a crib to a bed, or start her in preschool, do it well before or after the new baby’s arrival. Coping with a new sibling and a new home or school at the same time is a lot to ask of a two-year-old. Remember, she is still a toddler.
Here are some things you can do to help your prepare for the new baby:
- Read books to her about the arrival of a new baby and the feelings involved.
- Let her help pick out some toys, clothes, and other items for the baby.
- Look through her baby pictures with her.
- Give her a doll to “practice” caring for a baby. Visit friends who have a new baby.

HEALTH

- Immunizations
By age 2, your child should have had all her baby shots. Check with your doctor or public health nurse.

- Burns
There are several things you can do to prevent burns:
- Adjust the setting on your water heater to under 120 degrees. This will prevent scalding if your child turns on the faucet. Never leave your child alone in the tub.
- Be sure that an adult is present when using the barbecue grill, hibachi, or kamodo. Children are fascinated by fire.
- Turn pot handles to the back of the stove while cooking. Use the back burners whenever possible.
- Keep ashtrays, lighters and matches out of reach.
- Do not let cords hang down from toasters, coffee pots, rice cookers, or curling irons.
- If your child is burned, put the burned area into cold running water right away. Do not use butter or any ointment. For serious burns, call your doctor or 911.

SAFETY

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GUIDANCE

Using “no” appropriately

Keep asking yourself how you can tell your child what you want her to do instead of always telling her “No!”.

Here are some ideas:

• Tell your child what to do instead of what not to do. “Stay away from the stove; it’s hot,” warns your child without using “no.” You can also suggest, “Come and cook over here with your own pots and pans.”

• When your child picks up a package, you can say, “Put it down carefully,” instead of, “No! Don’t touch that.”

• Offer suggestions instead of using “No.” “I wonder if there is another truck for Billy?” rather than “No don’t do that. Give it back.”

The use of “no” should be saved for times when your child is in danger of hurting herself, other people, or your possessions. For example, if your child is climbing on bookshelves that could fall over and hurt her, say “No, stay on the floor” or “No! The shelves could fall over and hurt you.” Move her to a safe spot and get her interested in a different activity or toy.

When your child repeatedly tries to do something you don’t want her to, try to figure out why. Is she climbing the shelves because there is something she wants that is out of reach? If it’s something she can play with, move it down for her. If it’s something she can’t have, put it away where she can’t see it. Maybe she’s climbing because she enjoys the challenge. Take her to a playground or place where she can climb safely.

Bedtime

Toddlers may not want to go to bed or may wake up several times during the night. Here are some ideas parents have found to be helpful at these times:

• Regain yourself to the fact that you cannot force your child to sleep.

• Recognize that sleep needs differ. Some toddlers sleep as little as 9 hours a day, others sleep up to 13 hours a day.

• Relax with your toddler rather than playing roughly right before bedtime.

• Keep a consistent bedtime routine (bath, story time, lights out).

• Use a safety gate to keep her safe in her room. She may be scared if you close the door or lock her in the room. Be sure she can’t lock herself in.

• If she can’t sleep right away, let her look at books or play with stuffed animals quietly in bed.

Q - My son is two and a half and still sucks his thumb. Is this okay?

A - Yes. Thumbsucking is a very common behavior in children under six and helps some children feel secure and happy. It usually disappears on its own, especially if a child is not pressured or shamed into giving it up.

Dental problems caused by vigorous thumbsucking do not usually occur until the child’s permanent teeth start to come in at five or six years of age. Even then, there may be no ill effects from thumbsucking as long as it isn’t constant. If you are worried about your child’s thumbsucking, check with your child’s doctor or dentist.

In Hawai’i about 18% of families with children under 18 years of age are one-parent families. Single-parent homes are as different from one another as are two-parent homes. Both can produce well-adjusted children.

If you are a single parent, you may have some special concerns or needs. Call The Parent Line for information about community resources, your parenting questions, or support for the challenging task of single parenting.

• Trust your common sense.
• Take time for yourself.
• Keep your sense of humor.
• Be a good model for your child.
Isn’t it amazing how fast children grow? Your child is almost three! “Me do it!” is a common expression at this age as your child strongly demands the right to become his own person. Saying, “Let’s do it together” or “I will help too” usually works better than “You can’t do that” or “No, I’ll do it.” Surprisingly, there are many things your child can do by himself at this age. He can water plants. He can put napkins on the table. It takes time and energy for you to show him how to do a new job, but it’s worth the effort. Letting your child help builds cooperation and confidence.

WHAT IT’S LIKE TO BE 31 - 36 MONTHS OLD

HOW I GROW
- I have more bowel and bladder control.
- I like filling, dumping and rolling things.
- I stack blocks and build things.

HOW I TALK
- I understand more words than I can say.
- I ask a lot of questions. “Why” is my favorite word.
- I am beginning to carry a tune.
- I am speaking more clearly, and people can understand most of the things I try to say.
- I talk in three-to-four-word sentences using correct word order such as “Me go car.”

HOW I RESPOND
- I can play well alone.
- I play alongside other children.
- I like to watch other children playing.
- I often throw things when I am playing with other children. I also hit, and sometimes I may bite. I do this to get what I want.
- I like to hear my name used in stories.
- I like to hear about what I was like as a baby.
- I still take toys away from other children.
- I can act out a simple story or rhyme.
- I like finger play and action songs.

HOW I UNDERSTAND
- I am more aware of the order in which events take place; first and last, before and after.
- I can match colors and shapes.
- I like to play make-believe.
- I will notice if you skip a page when you read a favorite story. I may insist that you read it the “right” way.
- I like the same story day after day.
- I can hold up two fingers to tell you how old I am.
HOW YOU HELP ME LEARN

- Include nursery rhymes along with your bedtime story. The rhythm is soothing and relaxing.
- Have patience with me if I want to say “good night” to all my toys. Although it may seem endless to you, this routine comforts me and gets me ready to sleep.
- Turn a cardboard box over and draw stove burners on the bottom. Get another box for me to use as a low table to serve the “food” I’ve “cooked.” I especially like it if you join in this play with me. I’ll take the orders and prepare the “food” to your taste.

FEEDING YOUR TODDLER

Healthy eating habits
Some parents may worry that their chubby baby will become an overweight adult. Research has found that chubby babies tend to slim down as they grow.

Every child has a different appetite and a different body type. Let your child determine what and how much he eats from the nourishing foods you’ve picked for your family.

To help your child develop a healthy body, plan time for active play and exercise. Limit chips, fries, soda, candy and cookies.

Unless your doctor advises otherwise, don’t encourage your child to either lose or gain weight. Never tease or shame your child about his body size.

Your child is unique and has his own growth timetable. Each child develops in his own way. If you have any questions about your child’s development, call your doctor or H-KISS.

SAFETY

Hazard
- Keep guns unloaded and locked up at all times. Keep dangerous tools, craft supplies (needles, glue gun), and sporting equipment such as fish hooks and hunting knives in a safe place.
- Be aware of anything your child could crawl into but not get out of, such as an unused refrigerator or ice chest. Remove doors from these items or tie or tape the doors closed.
- Keep kitchen knives and scissors out of reach. Let your child use blunt scissors only and teach him how to sit and hold them safely.
- Remember to lock up solvents, paints, fertilizers, gasoline, motor oil and swimming pool chemicals.
- Check any home outside playground equipment regularly and supervise your child’s play closely.

FEEDING YOUR TODDLER

- Trust your common sense.
- Take time for yourself.
- Keep your sense of humor.
- Be a good model for your child.

HEALTH

Stuttering
In your child’s eagerness to talk to you, he may repeat words and phrases. Repeating words and phrases is normal for this age and is not true stuttering. Children between the ages of two and five do not talk smoothly and may repeat sounds and words as they begin to put sentences together.

Can you remember when your child was so eager to get somewhere that his body outran his legs, and he fell down? This is a similar situation. Your child’s eagerness to tell you something may be greater than his ability to coordinate his tongue and mouth. Repeating words and phrases almost always disappears if you don’t draw attention to it. Avoid finishing your child’s sentence or making him repeat his words. Don’t scold, shame, or talk for him. Be patient and wait for him to finish. If your child’s speech continues to worry you, seek help from your doctor, or H-KISS.
Providing choices
Offering choices will help your child learn to make decisions. It will also increase his self-confidence. When your child wants a story, he can choose between two books. When getting dressed, he could choose his blue or red shorts. At mealtime, he can choose between two salad dressings.

Making choices gives your child a feeling of control. It gives him a sense that his feelings and wishes are being respected. However, if you give him a choice if there is no real choice, it will only confuse him. Whether or not to go to bed, to preschool, or to the doctor’s office are not choices. Just say, “It’s time for bed” or “It’s time to leave.”

Sometimes your child may have difficulty making even simple choices. He may change back and forth and be unable to choose. At other times, he may be too tired or upset to make a choice. In these cases, calmly make the decision for him.

Basic Guidance Rules
1. Recognize your child’s good behavior.
2. Tell your child what to do rather than what not to do.
3. Give your child reasonable, limited choices.
4. Prepare your child for new situations.
5. Save “No’s” for those times when your child is in personal danger, or is in danger of hurting other people or damaging property.
6. Whenever possible, try changing the situation or activity instead of your child’s behavior.

A PARENT ASKS
Q - My 2-1/2 year old son likes to watch TV. Is this harmful?
A - Research shows that:
• Children who are aggressive tend to watch violence on television.
• Children are likely to be attracted to and influenced by TV commercials. They may pressure parents to buy toys and food. Many of the toys may be inappropriate for your child. The foods advertised are generally high in sugar, fat, or salt.
• Children who are heavy television viewers tend to use less creativity in their play and have less tolerance for the “give and take” of playing with other children.
• Children may become insensitive to the pain and suffering of real people.
• Children can become “couch potatoes”, leading to weight gain and muscle loss.

Turn off the T.V. Go to the beach or park. Read to him and talk about the pictures in a book. Play some story tapes.

Think about these questions when deciding how much television to allow your child to watch:
• Do you know what programs he watches? Do you know what he is learning from them?
• Do you watch television with your child and discuss what you are seeing?

Eating out
While eating out with your child, it’s important to have a fun, relaxing time. Worrying about his behavior in public can upset both of you.

Children copy the table manners used by adults around them. The best way to help your child learn good table manners in public is for you to use them at home. Don’t expect him to learn too rapidly. The muscles necessary to eat gracefully take a long time to develop. Table manners take even longer to learn.

Encourage him when he behaves in a way you like. Saying, “You are using your spoon so carefully” will increase his confidence. Saying, “You did a good job of using your napkin to wipe your mouth” can help him remember what is expected. Avoid constantly correcting his behavior.

When you do eat out, choose family-type restaurants where you all will feel comfortable and relaxed. Before going, help your child be more prepared for the restaurant experience. Play with him ahead of time and pretend to be the person who will take his order and bring his food. Let him pretend to be the server also. Take along some books or small toys to help him wait more patiently.

Pediatricians recommend:
• No more than 2 hours of T.V. per day.
• No T.V. sets in children’s bedrooms.
• No background T.V. during meals and other activities.

Continue to plan time for yourself and your own interests. Just as your child has grown these past three years, so have you. There is more growth to come. Keep up the good work and take care of yourself.