

Infancy Visit #23

- 10 Month Growth and Development
 - Getting to Know Myself
 - Health Role Models
 - Stop! Think. Go.

Topics for Next Visit

- PIPE: Learning the “Do’s”
- InJoy Videos: Normal Behavior 7-12 months, Positive Discipline 7-12 months, Showing Love 7-12 months

Month 10: What's New?

Learning about me...

Some things bother or scare me. What are some things that bother me?

Loud noises? Yes No

Clothes or shoes? Yes No

Backrubs? Yes No

Things moving fast? Yes No

What are some other things?

How do you help me if I get upset?



Things I did this month:

Learning about you...

As I get older, play time is more fun!

How did you play when you were little?

What is one of your best memories of play time?

What was your favorite place to play?

How do I like to play with you?

How do you make play time fun for me?

Dad's Days: 10 Months



Dad's
Days:
10
Months

SHHHH, IT'S A SECRET

Some men are shy about parenting. They love to kiss and cuddle the baby... but only if no one is looking.

Don't let others decide how you should act with your baby. Enjoy your baby. And let everyone know it!

Baby learns about male responsibility and achievement.

I teach my baby about responsibility by:

I teach my baby about reaching goals by:

Baby learns the difference between assertiveness and aggressiveness.

I assert myself and get what I need in a respectful way by:

I keep my baby from seeing or hearing aggressive behavior by:

Baby learns about male respect. Baby learns to respect by seeing you respect others.

I show respect to my baby by:

I show respect to my partner by:

I respect myself by:

Month 10: What's Next?

At ten months I might:

- Walk along furniture
- Use a "pincer" grasp (use my thumb & pointer finger to grasp objects)
- Bang two objects together
- Respond to simple requests
- Find hidden objects

SAFETY CHECK

You can help me learn!

- Make an easy puzzle for me. Put balls in a muffin pan or egg carton.
- Play hide & seek with objects. Let me watch you put something under a blanket. Then let me find it!
- Play "So Big." Ask, "How big are you?" Hold your arms & hands straight up and say, "Sooo big!" Let me copy you. Play again and again. I like to repeat things.
- Give me blocks or wooden spoons to bang. Show me how to bang objects together.

Keep hot liquids out of my reach!

Getting to Know Myself

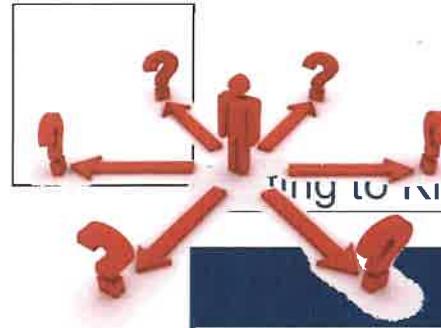


You want to do what's best for your baby. You want to be a good parent. Getting to know yourself can help.

Know what makes you happy. Then you can search for ways to be happy. Know what upsets you. Then you can plan to deal with problems.

Get to know yourself. Learning about yourself helps you to be a better parent.

I get mad when:		I am happy when:	
I feel frustrated when:		I am calm when:	
It pushes my buttons when:		When I am upset, I often:	
I will fight if:		I will back away if:	
The best things about my life are:		Things about my life that I would change:	



Try to Know Myself

People I Can Call When I Need Support

When I'm angry:	
When I'm scared:	
When I don't know what to do with baby:	
When I'm lonely:	
When I want to have fun:	
When I need a friend:	
When I need advice:	
When I need help:	

Getting to Know Myself (for Dad)

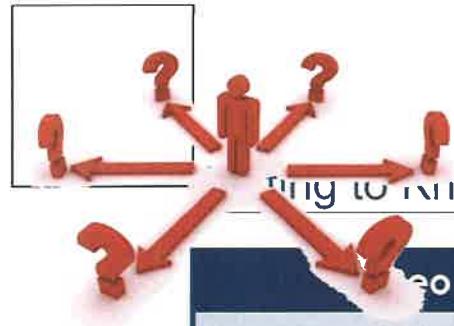


All dads want to do what's best for their baby. You want to be a good parent. Being a dad brings out lots of emotions. You can learn how you react and share that with your partner. This can help you work together as a team.

Learn what makes each of you happy. Then you can search for ways to be happy. Learn what upsets your partner. Then you can make a plan for how to deal with problems.

Learning about yourself helps you to be a better parent.

I am happiest when:		I get mad when:	
I calm myself by:		I feel frustrated when:	
When I am upset, I usually:		It pushes my buttons when:	
I will isolate myself or back away if:		I will argue if:	
The best things about my life are:		Things about my life that I would change:	



Try to Know Myself (for Dad)

People I Can Call When I Need Help or Support		Phone Numbers
When I want to have fun:		
When I need a friend:		
When I need advice:		
When I need help:		
When I don't know what to do with baby:		
When I'm lonely:		
When I'm nervous:		
When I'm angry:		
When there is a real emergency:		

My Role Models

When I was growing up, the person I most admired was...

The thing I liked best about this person was...

This person taught me...

Right now, the person I admire most is...

What I like best about this person is...

Some of this person's strengths are...

This person has taught me...

My child will learn from this person, too. I hope my child will learn...

My child will grow up to be a role model. Strengths I hope my child will show are...

Healthy Male Role Models

Healthy male role models can add a lot to your life.
They can add so much to baby's life.



Things baby can learn from a healthy male role model:



Ways to recognize a healthy male role model:

Ways to find healthy male role models:



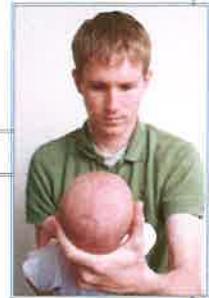
Healthy Male Role Models (for Dad)

Healthy male role models can add so much to baby's life.

Things baby can learn from a healthy male role model that are different from what baby learns from female role models:



Things that make someone a healthy male role model:



Ways I will be a healthy male role model:

Ways I will find other healthy male role models for baby:



Helping the Men in My Life Support Me

How can you help healthy male role models to be involved in baby's life?

- Ask him how he wants to be involved.
- His approach might be different – but he can still help diaper, feed and play with baby.
- Notice things that he enjoys doing with the baby. Encourage him to have fun with baby.
- If you don't live together, plan times that he can be involved – maybe include him in a walk or other outing.
- Respect his time and energy level – ask him to respect yours too. Babies change things!
- Have him be in charge of one or two tasks that he does consistently like; put the baby down for one sleep cycle each day, feed the baby one supplemental feeding, engage the baby during tummy time, take baby for a walk and give Mom a break.
- Include him in conversations about what the baby did that was new, funny, interesting.
- Take a picture of the two of them and include it in baby's first picture book.
- As you learn baby cues share them with him – see if he notices when baby gives that cue.
- Value each of your time with baby – have some alone time and some together time if possible.
- Playing is babies main job – both men and women can play with baby and help them learn.
- What other ideas do you have to include the men in your life into your baby's life?



Stop! Think. Go.

Being a parent can be hard. Sometimes you react to your child in a way that is not helpful. Try to remember these three steps.



Stop!

Take a deep breath. Take a moment before you react.



Think.

Look at your child. Ask yourself, “Why is he acting like this?” (Is he hungry or sleepy?)

Think about yourself. “Why am I upset right now?” (Am I stressed or feeling bad?)



Go.

Respond to your child. Be loving. Be consistent.

Stop! Think. Go.

Read this story. Can you find the three steps?

Tonya is a 19-year-old mom. She has a 6-week-old son named Shawn. Shawn was more fussy than usual during his bath. Tonya was struggling to finish the bath. She became very frustrated with Shawn.

Tonya took a deep breath. She realized that she was feeling stressed more than usual. Her family was coming to visit. She wanted to have her apartment clean. There were still dishes in the sink. The trash needed to go out.

Tonya wondered about Shawn being fussy. Then she realized it had been over 4 hours since he ate. Shawn must be hungry.

Tonya decided to worry about cleaning her apartment later. She stopped bath time. She wrapped Shawn in a warm towel. Tonya talked to him gently and sat down to feed him.

How did Tonya **Stop**? Place a checkmark by that part of the story.

How did Tonya **Think**? Circle the words in that part of the story.

How did Tonya **Go**? Underline the words in that part of the story.

How I will Stop! Think. Go. with my child: