

Infancy Visit #17

- 7 Month Growth & Development
- Baby Proofing, Safety & First Aid
 - Poison Control



Topics for Next Visit:

- PIPE: Baby's First Teacher

Month 7: What's New?

**I love to explore and
learn new things. The
world is exciting to me!**



New to me this month...

Foods	People	Places	Toys/Games/Books

I tried this and I liked it!

I tried this & didn't like it!



Learning about you...

**You learned about parenting as a child.
Who were the people you learned from?**

Your mom
Your dad
Your grandparents
Your aunts & uncles
Your foster parents
TV and movies

Your church
Your teachers & school
Your friends
Your friends' parents
Your neighbors
Others

What is something good about your childhood that helps you be a better parent?

What is something you want to do differently than how you were raised?

Month 7: What's Next?

At seven months I might:

- Pass objects from hand to hand
- Respond to my own name
- Use my voice to show joy and anger
- Babble a chain of consonants
- Find a partly hidden object

You can help me learn!

- Fill a small container with beans or rice. Let me shake it. I might pass it to my other hand.
- Play Peekaboo with hands or cloth. Hide your face first. Say, "Where am I?"..." Here I am!" Then let me hide. Say "Where's (my name)?"..."There you are!" Pull the cloth off if I can't do it. Take turns with me.
- Sing two or three notes over and over just saying, "lalala," or "mamama." See if I can imitate you.

SAFETY CHECK

**Never leave me
alone in the car!!**

**Don't leave water in
tubs or buckets.
Never leave me alone
near water.**

Dad's Days: 7 Months



DO YOU KNOW ANOTHER LANGUAGE?

- Now is the best time for baby to learn a language.
- Talk to your baby in the languages you know.
- Babies who hear more than one language learn language more easily.
- Sing songs.
- Expose baby to music from other cultures.

Is your baby in childcare?

Things to think about:

- ☐ Is it licensed and is license visible and current?
- ☐ Do they greet baby in a warm and friendly manner?
- ☐ Is it neat and clean?
- ☐ Does baby seem happy when you pick them up?
- ☐ Do they have safe toys for your baby's age?
- ☐ Are there places to play both inside and outside?
- ☐ Do they read to baby? Hold baby? Play with baby?
- ☐ Are you welcome any time?
- ☐ If you drop in, is everything going well?
- ☐ Does baby enjoy the other children?

Baby is learning about words. It will be so fun when baby can talk to you! For now, baby might “talk” to you by pointing, wiggling, or making noises.

My baby shows me what he/she needs by:

We are careful with words around my baby by:

My favorite story to tell my baby is:

When someone says “bye-bye,” my baby:

Object Permanence

Learning to problem solve is developmental. Most of a baby's brain matures after birth. Good nutrition, consistent caregiving, and sensory experiences develop strong nerve connections for the growing brain. As this happens, babies become more able to remember and to plan ahead.

For instance, infants first learn that there are relationships between senses, such as between their feeling of touch and their own movements. Very quickly they learn that they can pull away from sensation or reach toward it. New connections are made in their brains. "I can reach and touch. My hand is connected to me. I am in control!" A new world of challenge appears. But ... if the ball rolls out of sight, the infant turns to something else. It is as if the ball had vaporized.

In the last half of the first year, a baby's brain matures to a new level. She can then *remember* the ball when she can't see it. She looks for it and finds it. She quickly learns that the ball exists somewhere. This is called the Principle of Object Permanence.

Now the baby has a new level of problem-solving ability. Peek-a-Boo games become fun for baby. Babies can make choices and see differences in people and objects around them. They can define who they want to be with and what things they like.

DEMONSTRATION ACTIVITY:

1. Try hiding an object that the baby likes under a box.
2. Be sure the baby sees you hide it. Does the baby try to discover it under the box?
3. Has the baby developed an understanding of object permanence?





Have You Crawled Around the House?



The best way to check your house is to crawl! Get on baby's level. What can baby see?

What could baby grab? What danger could baby get into?

Check these areas:

Windows

- Can baby reach windows? Windows should be locked or guarded. Screens won't prevent a fall.
- Keep cords from blinds or curtains away from baby.
- Move furniture that could be used to climb to the window.

Household Hazards

Look for:

- Exposed electrical cords or plugs
- Plants
- Trash
- Cleaning supplies
- Medicines

Stairs

- Use baby gates at top and bottom of stairs.

Kitchen

- Turn pan handles to back of stove.
- Install child latches on cabinets.
- Don't store cleaning supplies in lower cabinets.

Bathroom

- Keep lid down on toilet.
- Don't leave standing water in tub.
- Unplug electrical items (curling iron, blow dryer, etc.)

Other Spaces

- Be sure baby can't get trapped in a room, toy chest, basement, garage, cabinets etc.



Falls

Your baby gets more active each day. It's easy for baby to squirm and fall. Falls are the most common accident for babies and young children.

Baby can fall from a couch, bed, or table. Keep one hand on baby if she is on a high surface.

Don't leave baby alone. Ignore the phone. Ignore a knock at the door. If you have to leave, take baby with you.



Sometimes you get busy. You need a safe place for baby. Try using a playpen, a crib, or the floor.

You could use a front carrier. Your hands are free to work. Baby is with you and safe.

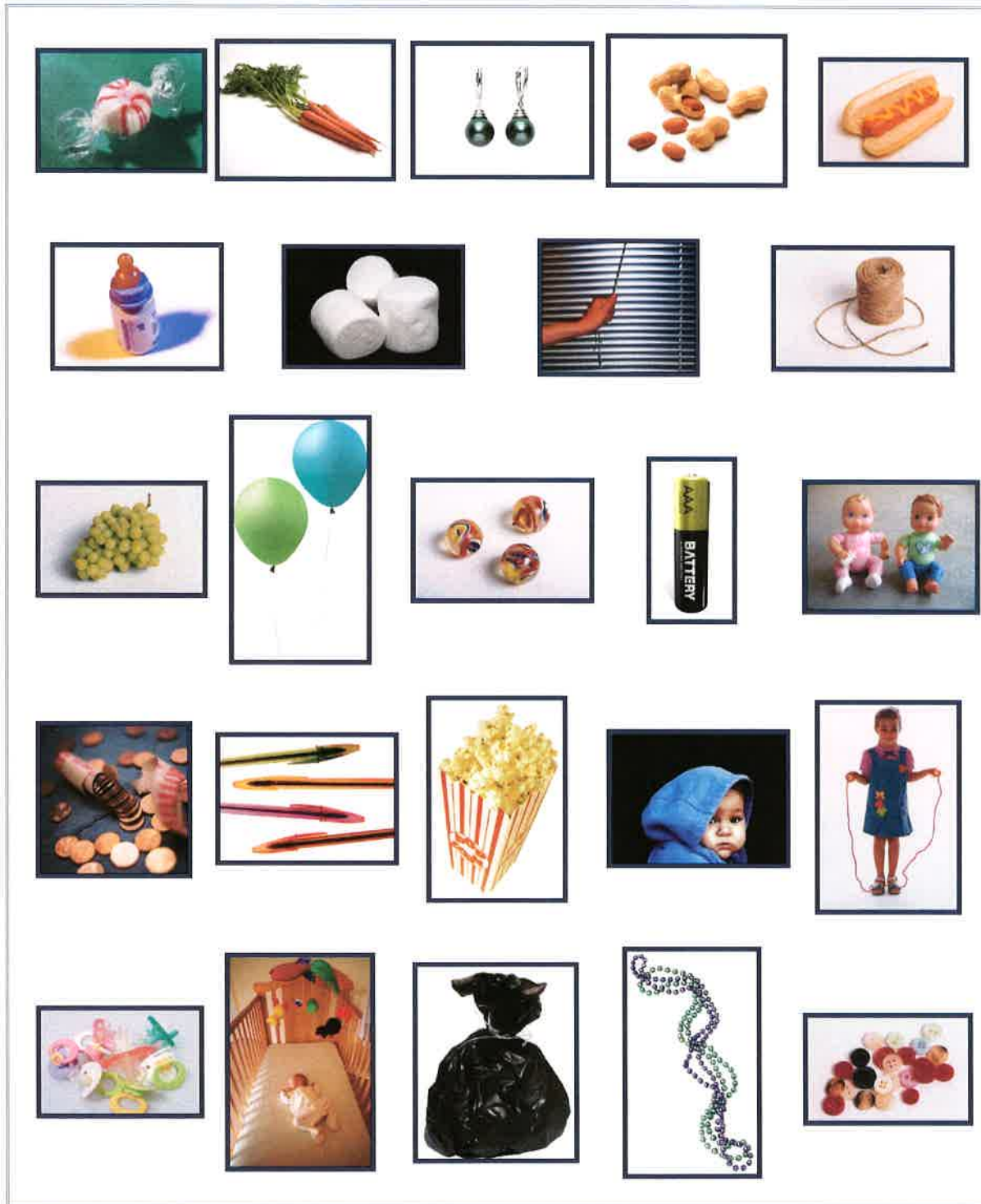
Always have children sit down to hold baby. Baby could fall from a child's arms.



Sometimes others take care of your baby. Remind them to be careful about falls!

Choking

Babies like to put things in their mouths. They can easily choke. Here are common choking and strangulation hazards. Do any of them surprise you?



Choking

I will protect my baby from choking hazards by...

An empty toilet
paper roll?

What's that
about?



Learn to save your baby's life!

- Find a class in infant CPR and first aid. You will learn what to do in an emergency. Ask your doctor about classes.
- Learn online. The Internet can teach you about CPR and first aid.
- Learn from a book. Your library has books about CPR and first aid.



What If Baby Gets Hurt?

You'll do your best to keep baby safe. But accidents can still happen. Baby may get hurt.

Do you know when to call 911?

Call 911 right away for these symptoms

- No pulse
- Not breathing
- Bleeding that doesn't stop with pressure
- Unconscious – doesn't respond to voice or touch
- Skin is bluish (also check fingernails and toenails)
- Trouble breathing (wheezing, struggling to breathe)
- Child cannot move arms and/or legs (Do NOT move the child!)
- A broken bone has broken through the skin



Follow your gut feeling. If you feel your child needs help, call!

Burns

Burns can be very serious. You may need to see your doctor. You may need to call 911. Use your best judgment if:

- Burn has caused 3 or more blisters
- Blister is too large to fit under a band-aid
- Burn is on face, neck, hands, feet or genitals
- Skin is charred black or totally white
- Burn was caused by a very hot substance
- Burn was caused by electricity
- Burn was caused by an explosion
- Burn was caused by chemical

Eye Injuries

Get emergency help if:

- Eye is bleeding
- Something is stuck in eye

Poisoning

If you suspect poisoning, call Poison Control.

1-800-222-1222

First Aid and CPR

No one wants to think that their child could be hurt. But accidents happen and you need to be prepared. Take a class in child first aid and CPR.

Classes are offered by your local chapter of the American Red Cross or American Heart Association. Many hospitals also offer classes.

Allergic Reaction

The lips, tongue, face or neck may swell. This can close the airway. If your child has trouble breathing, call 911.

Bleeding

Use a clean cloth to cover a bleeding wound. Put firm pressure on the wound. Elevate the wound about the level of the heart. Call your health care provider for further instructions.



Burns

Cool the burn under cool running water. Bandage the burn loosely with a sterile gauze bandage. Don't use ice. Don't apply butter or ointments to the burn. Don't break blisters. Call your health care provider for further instructions.

Broken Bone



Do not move the child. Do not try to straighten the broken bone. Keep the injured area still and supported. Call 911 if there is heavy bleeding, bone has pierced the skin, or you suspect a bone is broken in the neck, head, or back. Otherwise call your health care provider for further instructions.

Choking

If your child is coughing or gagging, the airway is not blocked. Let child keep coughing. This is the best way to dislodge the blockage.

Choking occurs when your child is conscious but can't cough, talk, or breathe. Your child may begin to turn blue. You'll need to help immediately. A first aid and CPR class will teach you what to do when your child is choking.



Seizure

Lower the child to the floor and turn them on their side. Do not hold or restrain the child. Clear the area of anything sharp or hard. Put something flat and soft, like a folded jacket, under the head. Loosen any tight clothing around the neck or head. Do not try to force the mouth open. Many children clench their teeth during a seizure.

If the seizure lasts more than 5 minutes, call 911. If the seizure lasts less than 5 minutes, call your health care provider.

Unconscious

If your child seems to be unconscious:

- Tap child's shoulder and shout "Are you OK?" For an infant, flick the bottom of the foot.
- If child down not move or react, have someone call 911. (If you are alone, give 2 minutes of CPR then pause to call 911.)
- A first aid and CPR class will teach you what to do.

Lead Poisoning

Lead poisoning is not as common as it once was.
But you still need to be careful.



Risk Factors for Lead Poisoning

- ☐ Age of your home. Houses built before 1980 are likely to have lead-based paint. If lead-based paint chips or flakes, it can expose you to lead.

Older homes may also have lead pipes. This can leach lead into water used for drinking and cooking.

- ☐ Location of your home. Soil and groundwater near a freeway could contain lead. (Lead in gasoline is now banned. But land near major roads may have lead from years ago.) Industrial areas may also have lead in the soil and water.
- ☐ Age of your child. Children are most likely to get lead poisoning between 1 and 2 years of age.
- ☐ Your job and hobbies. Some jobs and hobbies expose you to lead. You might have lead on your hands. Change your clothes and wash your hands before going home if you:
 - Work with stained glass or pottery
 - Refinish furniture
 - Visit indoor shooting ranges

Why worry about lead?

Studies have linked lead in a child's blood to many problems, including:

- Reduced IQ
- Learning disabilities
- Behavior problems
- Impaired hearing
- Stunted growth
- Kidney damage

High levels can result in intellectual disability, coma, and even death.

Other sources of lead

- Furniture, playground equipment, and toys painted with a lead-based product
- Old vinyl flooring
- Brass keys
- Lead crystal glassware
- Pottery with lead glaze
- Imported food in cans sealed with lead solder
- Lead fishing weights
- Some vinyl blinds (pre-1996)
- Toy jewelry from abroad
- Folk Medicine





Lead Poisoning

How do I protect my child from lead poisoning?

Make sure he eats well. If your child is well-nourished, his body is less likely to absorb lead if he is exposed.

Keep her hands clean. Make sure she washes her hands several times a day. If she is exposed to lead, this keeps her from getting it in her mouth.

Keep your home clean. Wipe up paint chips and dust with a disposable wet cloth. Consider a vacuum with a HEPA filter. It will trap lead dust particles.

What are the symptoms of lead poisoning?

Children may show no symptoms, especially if the levels of lead in the blood are low.

As lead levels increase, symptoms may include:

- Headaches
- Abdominal pain
- Loss of appetite
- Constipation
- Clumsiness
- Agitation
- Sleepiness
- Vomiting
- Convulsions



What is the treatment for lead poisoning?

In most cases, treatment is not needed. The key is to find and remove the source of the lead. Then the body will slowly rid itself of lead. This can take months or years.

Should my child be tested for lead poisoning?

Talk to your child's health care provider to decide if testing for lead is a good idea.

If you think your child may have been exposed to lead, have them tested. It only takes a simple blood test.

Poisoning: Safety Tips & Information

More than $\frac{1}{2}$ of all poisonings are in children under the age of 6.

90% of poisonings happen in the home.

If you suspect poisoning, call poison control right away!

Poison Control 1-800-222-1222

Common Poisons found in Homes:

- Make-up
- Grooming Supplies (shampoo, mousse, lotion)
- Cleaning Supplies
- Medications
- Plants
- Single-Load Liquid Laundry Packets (e.g. Tide Pods)
- Items with Button-Like Batteries (e.g. Remote Controls, Watches, Key Fobs, Musical Greeting Cards etc.)



Keep these items locked up and out of baby's reach. Remind visitors to do the same.

Safety Tips:



- Never put something harmful into another bottle or jar. It might look like something to eat or drink.
- Don't store harmful items near things like toothpaste or soap. Never store them near food.



- Lead poisoning is a problem in older homes (built before 1978). It may be found in the paint. You can buy a lead test kit at the hardware store.
- Lead is found in some jewelry. It may be in toys made in other countries. Don't let baby chew on toys or jewelry that may be unsafe.

Poisoning



- Carbon monoxide is a gas. You can't see it. It has no taste or smell. Carbon monoxide poisoning can be deadly. Install a carbon monoxide detector. They cost less than \$20.



- Electronic Cigarettes, also known as E-Cigarettes or E-Cigs, are battery operated devices that include nicotine and other liquids. E-Cigarettes often look like tobacco cigarettes. They are harmful if children get even a small amount of the nicotine liquid on their skin. If swallowed it can cause death in young children. Keep E-Cigarettes and refills locked up and out of children's reach.



- In some states Marijuana is legal. Marijuana edibles are eaten instead of smoked. They often look like baked goods (brownies, cupcakes, etc.) and snacks (ice cream, caramel corn, fudge, gummy and other candies, chocolate bars, etc.). Some edibles may be in drinks like soda and lemonade. These edibles can be poisonous and can cause death to children. All marijuana and marijuana products should be locked up and kept out of children's reach.

Is My Home Safe for My Child?

Use this checklist to help you keep your home safe for your child!

		Yes	No	Comments
Fire Safety	Do you have smoke detectors? How many?			
	Do your smoke detectors work?			
	Do you have a fire extinguisher? When was it last checked?			
	Do you have a fire escape plan?			
	Do you use space heaters?			
	Do you use a vaporizer? A humidifier?			
	Do you have a floor furnace?			
Burns	Have you checked the hot water temperature? What is it?			
	Are there matches or lighters in child's reach?			
	Do you know how to treat a burn?			
	Are electrical outlets covered?			
Falls	Are there gates on all stairways? What kind of gates?			
	Do your windows have window guards?			

Is My Home Safe for My Child?

		Yes	No	Comments
Drowning	Do you stay with your child during bathtime?			
	Do you avoid leaving any standing water (in tubs, buckets, etc.)?			
Product Safety	Do you know the number for Poison Control?			
	Is the number for Poison Control on all your phones?			
	Are cleaning supplies stored out of child's reach?			
	Are medicines stored out of child's reach?			
	Do you carry medicines in your purse?			
	Do you often double-check toys for safety?			
	Do you stay informed about product recalls?			
General	Does 911 serve your area? How do you call emergency services?			
	Do you know CPR?			
	Do you protect child from choking on food or small objects?			
	Do you know how to do the Heimlich Manuever?			
	Do you have a first aid kit?			

How Safe Are We?

Answer yes or no to these questions. It will help you think about how safe your routines are for you and your baby.

	Yes	No
Do you always wear a seatbelt when you are in a car?		
Do you always use a carseat when your child is in the car?		
Do you ever ride in a car if the driver is speeding?		
Does anyone you know drive after drinking or using drugs?		
Do you have smoke detectors in your home?		
Do you have a plan to escape your home in case of fire?		
Do you know what to do if something catches on fire?		
Does anyone in your home know CPR?		
Is there a list of emergency phone number on or beside your phone?		
Do you have someone to talk to when you are sad, angry, or upset?		
Have you ever been hit, hurt, or threatened by someone?		
Have you been in any fights (pushing, hitting) in the last year?		
Do you know anyone who owns guns or other weapons?		
Have you see others hurt in fights?		
Do you have a way to keep yourself safe if a group gets wild?		
Do you feel safe and relaxed when you go to bed?		



Language

Gestures & Meanings

☐ I can use my hands to take things and move my body toward what interests me.

- Reach out to touch your hair or jewelry
- Wiggle and scoot closer to something I'm interested in
- Reach to grab bubbles in the bathtub
- Reach out to pick up a piece of banana from my high chair tray
- Hold a toy in one hand and reach out to pat the dog



Sounds & Words

☐ I can make different noises with my mouth and different sounds.

- Make excited squealing noises as I crawl toward you on the floor
- Whine when I drop my toy out of reach
- Make raspberry noises so you'll laugh again
- Say "ba ba ba" while I'm bouncing in my swing
- Make sounds like "ma ma ma" while waiting for my food to be ready

Play

Using Actions with Objects

☐ I can grasp, hold, bang, mouth, and let go of objects to explore how they work.

- Shake a rattle to make noise
- Bring a toy to my mouth to chew on it
- Hold a toy in each hand and bang them together
- Grab, bang, and drop plastic spoons on the kitchen floor
- Reach out with both hands to touch a stuffed animal



Social Sharing with Objects

☐ I am interested in exploring objects with you and noticing your reactions.

- Reach to take a toy you give me while you're changing my diaper
- Laugh when you hide behind the blanket and then reappear
- Watch to see if you notice when I make a loud noise playing with pots and pans
- Hold my spoon out while I'm eating and notice that you're watching
- Bounce and kick my legs in my car seat and look to see if you're watching me

Social Interaction

Social Attention

☐ I notice you, look at you often, and can easily shift my attention to you when you talk or gesture.

- Watch you wash the dishes while I eat my snack
- Giggle and look at you when you are about to tickle my toes
- Look up at you when you walk in the room, even if I'm playing with toys
- Watch as you sing and clap your hands and reach out to touch them
- Crawl to you as you call my name and hold out your arms



Intentional Communication

☐ I am learning you are the agent of change.

- Reach and look at you when you're holding something I want
- Use a loud voice and then notice that I got your attention
- Turn away from you when I'm finished eating
- Cry and look to you for help when I've dropped something
- Kick my feet excitedly and look at you when I see you coming to pick me up

Emotional Regulation

Sharing & Managing Emotions

☐ I can smile, laugh, and use my voice when I'm happy.

- Laugh and look at you when you make a silly noise
- Squeal with excitement when Grandma is about to pick me up
- Make happy sounds when I see you coming with my cup
- Giggle and look at you when the dog licks my arm
- Bounce up and down and use my excited voice when big brother comes in the room



Regulating Challenging Moments

☐ I can use different actions and sounds, in addition to crying, when I'm upset.

- Cry and lay my head on my tray when my spoon falls down
- Whine and kick away my diaper while you're trying to change me
- Grab your arm and cry when you have to take the remote out of my hands
- Turn and hide my head on your shoulder when I'm afraid of the pop-up toy
- Use an upset voice and scoot away when you're trying to put my shoes on

Self-Directed Learning

Understanding Messages

☐ I can use different actions and sounds that show I anticipate what will happen next.

- Roll over to you when you walk in the room to be near you
- Start pushing on my tray when I know it's time to get down from my highchair
- Scoot away quickly and giggle when I hear you say "Gonna get you"
- Cruise over and pull on your pants when I see you drumming on your lap
- Hold my arm out to help when you put my shirt on



Creating New Ideas

☐ I am interested in learning what I can do with objects.

- Explore your hair by rubbing and holding onto it while you carry me
- Bang a pot on the kitchen floor to hear the loud sound
- Splash my bath toys to see what will happen
- Drop cheerios on the floor and watch the dog come gobble them up
- Have fun smashing my banana on my tray