



Welcome Words for your Ten Month Old

When Good-Bye Brings Tears

Although your baby may have cheerfully greeted a baby sitter in the past, chances are that this is about to change. As babies learn about object permanence – that people and things exist even when they can't be seen – they also recognize that parents are unique individuals.

Within the next few months, your baby will probably begin to feel worried when you leave her, perhaps even when you tell her goodnight. Your departure may bring tears, even when she's left with people she previously enjoyed.

One of the first emotional milestones of childhood, separation anxiety doesn't last forever, although it may seem to. Typically this phase peaks between 10-18 months, then fades before age 2.

While it can be a trying time, it's helpful to realize that your baby's anxiety is normal and a sign of her healthy attachment to you. Don't worry that she's spoiled, or that she won't stop crying after you leave. Most likely her tears will dry quickly, and she'll settle in and enjoy herself.



To ease good-byes for both of you, try to be consistent about routines, both at bedtime and when going out. Develop a parting ritual. This can involve giving her a favorite blanket or stuffed toy, and a special kiss. You might blow her a kiss as you leave, or give her a kiss on each cheek or hand. One mother puts a kiss in each of her toddler's hands and pockets for her to "save" for later.

Always say good-bye. Although it may seem easier, resist the temptation to slip out. If you're leaving your baby at daycare, try to allow a little extra time to help her settle in before you go. Make a cheerful exit. Be firm and upbeat, saying, "I'll be back later. You'll have fun with Grandma (or whomever). Bye-Bye." Smile as you wave and walk out of the room or door.

Be honest with your friends and family about how tough this time is for you. No one likes to leave a crying baby. But remember that in most cases babies stop crying within just a few minutes.

Milestones

Between 10 and 11 months, you:

- stand holding on to someone or something (but you may need help to sit back down)
- pull up to a standing position from sitting
- can play peekaboo
- poke and point with your index finger and pick up finger foods with your thumb and finger
- say mama or dada, though you may not associate it with us
- don't like to lie still for diaper changes (so I offer you a special toy to hold)

You may be able to:

- play patty-cake (clap hands) or wave bye-bye
- cruise (walk holding on to furniture)
- understand "no" (but not always obey it)

Adapted from *What to Expect the First Year* (Workman, 1989) and *You and Your Child* (Ross Laboratories, 1987).

Suggested Reading

Working & Caring
by T. Berry Brazelton

Operating Instructions
by Anne Lamott
(A single mother's moving and humorous account of her son's first year.)

The Mamas and the Papas: A Boomer's Guide to Grandparenting
by Kathryn & Allan Zullo

Baby Signs: How to Talk With Your Baby Before Your Baby Can Talk
by Linda Acredolo and Susan Goodwyn

What's Your Baby Major?

Babies, like older children, tend to focus on one area of development at a time. Your baby may be making many new sounds and may have even said his first word, while your best friend's 10-month-old, in contrast, is a quiet dynamo.

It's almost as if each baby chooses a major - just as college students do. Your baby, of course, doesn't really have a choice. Each child's unique developmental schedule is inherited like eye or hair color.

After focusing efforts on one area of development, your baby will move to a new area. For most babies, 10 months is a period of intense motor development. The drive to be in motion is so strong that even your baby's sleep may be disrupted.

These periods of intense development usually make life harder for both of you.

Try to remember that your baby isn't trying to be difficult. He's just doing what's normal and natural as he moves toward the next developmental milestone.

Sticking to normal routines such as his bedtime rituals - a warm bath, quiet song or bedtime story, and being tucked in with his blankie or other security object - will help him relax into sleep. Even so, sometimes he may be too wound up to fall asleep right away. Without the security of these routines, he'll have even more trouble.

If you haven't established routines around eating, sleeping (both at naptime and bedtime), and play, it's not too late. Getting into a comfortable pattern will help both of you weather the developmental storms ahead.

Toys for Your 10th Month Old

Give me:

- plastic keys
- toy telephone
- small plush car
- soft balls
- sturdy board books
- basket or box of small toys to empty and fill; make sure small toys are too large to fit in my mouth.
- a low cabinet of my own with pots and pans and wooden spoons for banging.



I'll also enjoy:

- a hand puppet you make dance and talk to me
- banging two blocks together
- listening to simple songs such "Row, Row, Row Your Boat"
- swinging in a baby swing at the park
- watching older children
- dropping things just to see them fall

Adapted from **Great Beginnings: An Illustrated Guide to You and Your Baby's First Year** (Dell, 1994)

Baby Talk

At 10 months your baby understands many more words than he can say. From watching and listening to you, he's learning how to make the sounds that are the building blocks for words he'll eventually be saying for himself.

He probably associates waving his hand with "bye-bye," "ouch" with getting hurt, and "night night" with bedtime. He may even be able to follow simple instructions, such as "Bring me the ball" or "Show me the moon."

Here are some suggestions for every day word play:

- Look together for people, pets or things around the house. Point to and then name the item, animal or person.
- Ask him to "Show me baby's belly button" or "Give Mommy a kiss."
- Your baby is too young to understand pronouns such as "you," "I" or "me." Sometimes use his name when describing his actions: "Tommy is drinking juice from a cup," in addition to exposing him to the pronouns.
- Try finger play. Simple songs such as the Eensy-Weensy Spider and Pat-a-Cake will soon become favorites.
- Provide a toy telephone so he can "talk" on the phone when you do.
- Make reading picture books with simple rhymes or stories part of your routine every day.