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Developmental Stages - Is Your Baby On Track

By Sarah Veda

When you're a first time Mother, you're always worried about your baby's development. Sometimes,

we get downright obsessed with knowing when our child will sit up, crawl, walk and talk. And, if they're one week later than we think they should be, we're concerned that something's wrong. Well, here's the scoop on approximately when the big milestones take place. Remember, each baby is different. If you think your baby is not progressing as he should, speak with your pediatrician.

- First Smile - The first real smile (meaning in response to your smile or some other external social stimulation) usually happens around four to six weeks. Babies do smile earlier than this, though. They often smile as they are falling asleep, and yes, when they have gas.
- First Tooth– Timing of that first tooth can vary widely. If you can find out when you and your husband first popped a pearly white, you'll have a better idea as to when to expect your baby's, as it is largely hereditary. Teeth can show up as early as three months, and as late as after the first birthday, but the average is about seven months.
- Sitting Up - This one can happen as early as four months, though for most babies about six months is average. If your baby has not accomplished this milestone by seven or eight months, you might mention it to your doctor.
- Standing Unsupported. Your baby will be able to bear weight on his legs with you holding his arms by age five or six months, usually. But standing unsupported may not happen until nearly a year old, though some babies accomplish this at around nine months. It takes a while for those legs to get strong, and for the balance to be there.
- Saying Mama or Dada - By this I mean actually using Mama to refer to you or Dada to refer to his father - not just making the sound. This can happen as early as 10 months, but happens most often at around a year old. Get used to it, he's probably going to say Dada first - it's just easier for babies to say.

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- Crawling - Some babies never crawl, which, by the way, is completely normal. But most babies who crawl do so between seven and nine months, with some starting as early as six months. Time to plug up those electrical outlets!
- Walking - Most babies walk between the ages of 13 and 15 months, though many start as early as nine months. Don't be in too much of a hurry for this one, as your whole life changes once that baby starts to walk!

Again, all of the times I mentioned above are estimates about when these milestones occur. If your baby is attending regular well baby checkups, your pediatrician will be monitoring his progress, and will alert you if there is any need to be concerned.

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager

in the corporate world, and gave it up to be a stay at home mom. Go to

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now and get her incredible baby minicourse - absolutely free.

What You Can Expect From 7 To 9–Months–Old Babies

By Adwina Jackson

Now that your little angel has reached 7 months old. Time goes by so fast that you don't realize your baby is now able to sit upright without your support or even her own hands. Wow, that must be an incredible feeling seeing her grow so instantly.

For parents of 7 to 9–months–old babies, what else can you find in their physical growths? Well, every baby is not the same. One may have earlier development from the others.

For example, your friend's baby was able to start crawling when he was 8 months old, while yours could do it when she was seven and a half months.

On the other hand, the first baby started teething when he was 6 months old, whereas yours did it when she was 9 months.

So, you really need not to be anxious about your baby's development. She will reach the stage.

What you need to pay attention to is your baby's developmental milestone. This means she should be able to do certain things at particular ages.

It's best for you to make some notes on your baby's growth, such as writing all her new skills in an online diary. If you do not want to miss any of your baby's growths, writing the journal will be very

exciting.

Adding up cute photos when new things happen will also be a wonderful endeavor. Later on, you'll thank yourself for keeping the memories online as you can see it anytime anywhere. Add up the joy by sharing the site to friends and families.

Now let's go back to the previous topic. If you're a first-time parent, you probably still have a little idea about your baby's development.

Below is a milestone you can use as your guideline. If your baby isn't on her track or doesn't reach many of the stages mentioned here, you may consult it with your baby's pediatrician.

Here are some of the milestones for 7 to 9-months-old baby:

1. Sitting upright without support 2. Crawling 3. Teething 4. Babbling 5. Passing things from hand to hand 6. Standing up by holding onto something 7. Waving hands 8. Clapping hands 9. Turning heads when someone calls her 10. Holding her bottles 11. Picking objects up with pincer (thumb-finger) grasp 12. Testing your responses to her behavior 13. Able to distinguish people she knows and strangers 14. Cruising while holding onto the wall or other furniture

The older your baby, the more skills she may have. If your baby is not able to do some of these things, don't worry too much. It does not mean a problem. She'll reach the phase in the perfect time, soon.

Adwina Jackson is a wife and mother of a young boy. She's also the editor of Inspiring Parenting, an online source of valuable parenting information. Please visit

<http://www.InspiringParenting.com>

for

helpful and free parenting info. Observe your children's health, growth and development by clicking the website.



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