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**Your Baby's Growth And Development**

**By Kelly LaRose**

Unlike us who struggle to keep up with our work duties during the day and can sit back, watch TV

and really relax only during the night your little baby is not governed by the fascist rules of night and day. They will sleep whenever they feel like it, wherever they feel like it, and however long they want to. On an average, babies sleep close to 17 hours a day. A whopping nine hours more than what we can just about manage. However, unlike us they don't nap for long stretches of time, most of their sleeping spells extend only up to 2-3 hours. When they do wake up they expect to be fed or changed and in case you forget to meet those expectations they'll create a ruckus just to remind you.

To help your baby's routine get more conventional, in terms of it's sleeping/feeding time etc. you can take a number of steps. To make sure he/she learns that nighttime is the time to sleep and daytime the time to stay up and throw tantrums, put your baby in a room that is too bright during the day to fall asleep in. However be careful to not put your baby in direct sunlight. At night either shift your baby to a room that is cold and dark, or use the same room but just curtain it up and switch on the ac to make it cozy enough for your him/her to fall asleep. You can also put your baby in a sort of routine just to condition him/her to what comes before getting to sleep. Give him/her a warm bath or feed her or play soothing music right before putting him/her to bed everyday.

Every child is born with certain reflexes. If you touch his cheek with the tip of your hand or your breast he will turn towards the tip and open his mouth, if you put your finger in his palm he will grasp it etc. These reflexes disappear after the few initial months after his/her birth and are duly replaced by more voluntary actions.

Although a large variety of baby food is available in the market today nothing is as high in nutrients as the mother's milk. The antibodies found in a mother's milk protect the child against infections and makes his/her immune system stronger.

After birth the baby's weight undergoes rapid change. Within a matter of six months it becomes twice its birth weight. In the next six months its weight shoots up to around triple the weight at its birth. Once it crosses the one-year mark its growth pattern settles down and continues at a comparatively lower speed. At one year of age any average child is about 30 inches in length and 20 pounds in weight. At

two these figures become about 33 and 26 respectively.

At three months of age, your child will love to study faces and try and grasp toys and moving objects of interest hanging over its head. He/she will also respond to voices and sounds and volume. By six months most babies will be able to stand and sit with some assistance. At nine months of age, your baby will be sitting alone and will also be able to pull herself/himself on furniture (provided their strength matches their weight). Their babble will now start taking a concrete shape and fingers will come handy in pointing and of course eating little pieces of food.

By the time your baby is 1 she will probably learn to walk on her own and also crawl up over more difficult terrain, like the stairs or over the crib or play pen. She will also show greater preference for one hand over the other, and will tend to do most of her movements with the preferred hand. They will also learn to recognize faces and thereby be afraid of strangers and will express love and affection.

Kelly LaRosa is an author and mother of two. See more of her articles at

<http://www.cutebabybedding.info>

### **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.

## Your Baby's Growth And Development

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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