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## **ANTICIPATORY GUIDANCE/STIMULATION**

### **9-11 MONTHS**

At 9-11 months your baby can roll over and sit up quite easily. They may be pulling themselves to a standing position when holding onto the sides of the crib, playpen, chair anything they can pull themselves up on. However, they will continue to prefer crawling at this point. They can use their hands better. They are able to put their thumb and forefinger together in a pincher grasp with the ability to pick up small things. Again, now is the time to go back through your home to make sure it is baby proofed. Your baby will amaze you in the things that they find on the floor, in the corners, and their vision will impress you. They will be able to pick up small objects and put them in their mouth, this will probably scare you.

At this time the baby will generally have several small or simple words. Many times like, mama, dada, papa, and nana. They will point to objects making a particular sound for that object. Of course, they know what they're saying. We have to learn to interpret their speech. These noises may or may not be connected with any meaning. In other words, they may call their daddy, mama. Their mama, papa, etc. they also will like hearing their own voice. They will sometimes squeal extremely high, loud noises and very soft low noises.

The baby will love regular play time. Let the baby play one activity for as long as possible. This will help the baby stretch his/her attention span at activity time.

#### **Stimulate Seeing:**

1. Let their finger feed themselves.
2. Help fill spoon and let put it into mouth. May lose a lot at first but will do better as practices. Many times the baby will grab spoon with one hand and with the other hand will put food on the spoon and then take the food off the spoon and put it in mouth with hand. Babies love to make a mess.
3. Put small toys into a large container and take them out. Show how and he will do it over and over again.
4. Put little toys or spoons into a kitchen pot and put a lid over it. Watch pick up the lid and take out the toys.
5. Choose a low kitchen cabinet and fix it especially for with things that can play with. For example, wooden spoons and a pot or pan and plastic containers. Put locks on the other cabinets that you do not wish to get into. When go to the other cabinets, take back and put in front of own cabinet. At this time will probably persist and want to go back to the other cabinets. If this is something that is doing, remove from that room, put someplace else, and give another activity. Distract him, do not scold, look angry or yell. Just simply teach that may play with the things that you present to. This is the beginning of the discovery of self. Your baby is going to want to find out what is able to get into and curiosity will always take to the forbidden.
6. Give a large plastic ball when they are on the floor. Show how to push it. Show how to hold onto it. Roll the ball. Sit on the floor and roll the ball between your legs to his legs