

Child Care Connections

We are a registered private non-profit agency that has been serving our 10 county region since 1979. As an advocate for high quality child care programs, Child Care Connections regularly assists child care professionals with

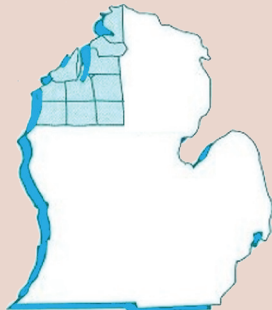
- a lending library
- trainings that focus on the care of children with special needs, infants and toddlers, and curricular enhancement
- advancements in education and training
- resources and information
- technical assistance
- sponsorship of the Child and Adult Care Food Program
- coordinates with other agencies to address issues affecting children and families

Parents are served through provider referrals and access to parenting resources and information. For a list of providers, parents and guardians may visit:
www.greatstartconnect.org

Our Service Area

We serve the following counties:

Antrim
Benzie
Charlevoix
Grand Traverse
Kalkaska
Leelanau
Manistee
Missaukee
Wexford



(231) 941-7767 or (800) 968-4428 (toll free)
(231) 941-9412 (fax)

www.childcarenwmi.com

Our Mission

To promote and strengthen quality child care.



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Understanding Your Child's Development

Seven Months Old



Great Start Regional Resource Center



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SEVEN MONTHS

Child development not only encompasses a child's growth, it also shows the path as a child becomes able to do more complex activities. Although the "age specific tasks" listed can be used as benchmarks, the actual development rate is different for each and every child. These tasks are not tests; instead they indicate a continuum that human development follows. The differences from one individual to another are just a small part of what make each child so unique.

Physical Development

Measures: 26"-29"

Nutrition: Signs to begin solid foods include a strong interest in table food, becoming able to sit, the digestive enzymes are developed internally, and the first tooth may even appear. Introducing a variety of solid foods can satisfy his interests as well as set the tone for healthy eating as he continues to grow. Babies need iron, which can be found in baby cereal, spinach, and green peas. The body absorbs iron more efficiently with vitamin C rich foods.

Sleeps: Sleep is becoming more organized. He can sleep up to ten to twelve hours per night, and naps are taken two to three times daily (for one to two hours each).

Weighs: Fourteen to twenty-one pounds

Movement

Gross Motor: A seven month old can roll, sit well, push up on his hands and knees, and rock back and forth. Some may crawl, others are still creeping.

Fine Motor: The seven month old holds and throws objects. He can hold objects in each hand. He can transfer objects from hand to hand. He loves to manipulate and mouth objects.

Intellectual Development

Perception: A seven month old distinguishes near and far away objects, as well as the different parts of an object.

Interest: A seven month old grasps and manipulates objects, explores his body with his mouth and hands, and is interested in very small objects.

Problem-solving: He is starting to look to see where things that he has dropped have gone. His attention is more concentrated. A seven month old is beginning to match the manipulation of an object with its purpose. His memory is increasing.

Socio-emotional Development

Expressive: A seven month old expresses fear, humor, joy, and anticipation.

Interaction: He reaches and pats his own mirror image, explores his body, and is beginning to question people that he doesn't know. He wants to be included in family social games and will resist pressure to do something unfamiliar or undesirable. His greater ability to move provides more opportunity for exploration.

Language

At seven months, the first syllables can be detected, and are repeated over and over again. Vowel and consonant combinations are used. He is understanding his first words. Intonation patterns are becoming more distinct. He will initiate conversations with people and say several sounds in one breath. He is very interested in jaws, mouths, and tongues. He will begin to label objects in the environment with certain sounds.

Activities

A seven month old loves to look (and smile) at his mirror image. Placing a low bar to pull himself up on near the mirror encourages new movement. Talking and playing with him, providing rattles, soft balls with bells, and toys of different shapes and textures are favorites. Safe household objects can be handled and explored with interest. Freedom of movement is as necessary for brain development as proper nutrition is.