

WELL CHILD CARE AT 9 MONTHS

NUTRITION

- Continue breastmilk or infant formula until age 1 year old.
- Introduce the cup so that baby can be weaned from the bottle by about 1 year of age.
- Limit formula to a maximum of 32 ounces per day.
- Encourage finger-feeding to build your baby's independence in feeding.
- Trust your child's appetite and respect signs that he/she is satisfied.
- Avoid foods on which baby might choke such as candy, hot dogs and popcorn.
- Meat may be added to the diet in a texture that is easy for the baby to safely swallow.
- Clean or brush the teeth twice a day with water or baby toothpaste.

DEVELOPMENT

- Starts to pull himself to stand
- Once standing, your baby will move about by "cruising" across small distances
- Makes repetitive sounds and may start to say "mama" and "dada"
- Develops "stranger anxiety"

SLEEP

- Most babies are sleeping through the night.
- Develop a regular bedtime hour and routine.
- Never put your baby in bed with a bottle.

SAFETY

- Rear-facing is the safest position for infants in car seats as long as the child meets the height and weight limits for the seat.
- Never leave your baby unattended in a car.
- Keep plastic bags and balloons out of reach.
- Use only unbreakable toys without sharp edges or small parts.
- The cruising infant may pull down furniture or tablecloths so check the house from their perspective.
- Never drink or carry anything hot near your baby.
- Check your smoke detectors and carbon monoxide monitors to make sure they work.
- Lower the crib mattress. Do not put extra pillows in the bed.
- Do not smoke in the house or near your baby.
- Place covers in outlets that baby can reach.
- The telephone number for **POISON CONTROL** is **1-800-222-1222**.

IMMUNIZATIONS

- The baby who has been vaccinated according to the schedule recommended by the American Academy of Pediatrics (AAP) has already been protected against many serious diseases. At this visit, your baby may need the third dose of the Hepatitis B and a flu shot if it is Fall or Winter.
- Ask your doctor for the proper dose of acetaminophen for your baby to relieve fever or pain due to shots or illness.

NEXT ROUTINE VISIT – AGE 12 MONTHS

- Please bring the shot record to every check-up visit.