

## 9 Months

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### HEALTH ISSUES

Breastfeed or use an iron fortified formula.

Supervise all feedings. Do not put bottle in bed with baby or prop the bottle in baby's mouth.

Transition from a bottle to a sipping cup for feedings of formula/breast milk. Plan to stop bottle before 12 months.

Offer soft, mushy finger foods.

Know how to use a thermometer to take a rectal temperature.

Avoid direct sun exposure. If necessary, use a sunblock - SPF 50.

Use a vitamin supplement recommended by your pediatrician if you are exclusively breastfeeding.

Begin brushing teeth with plain water or use a small amount (the size of a grain of rice) of toothpaste.

### SAFETY ISSUES

Continue safe car seat use. Read instructions for proper installation. Here are some general guidelines:

Place seat in the back seat, rear facing (until at least 24 months of age, regardless of weight).

Place baby on his or her **BACK** for sleeping.

Always keep a hand on your baby when lying on a changing table, bed, or sofa.

Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.

Install and test your smoke detector in or near your baby's room.

Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, and latches on cabinets).

Obtain your local Poison Control Center's phone number and keep it on hand

Do not use baby walkers. They are associated with serious injuries. The only acceptable substitute is a non-moving play station that baby can sit in.

Do not keep 5 gallon buckets in your home (to prevent drowning).

Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, small toy pieces).

### YOUR BABY SHOULD...

Respond to his or her own name.

Continue to babble and understand the meaning of a few words.

Crawl or scoot, sit up, and possibly start cruising or walking (9-15 months).

Shake and throw objects, often putting objects in mouth.

Pick up small objects in palm of hand, starting to oppose thumb with index finger.

Get his or her first tooth within next 3 months (if not already).

Have bowel movements at least once every 3 days if formula fed, once every week if breast-fed.

### YOU SHOULD...

Hold, cuddle, and rock baby.

Talk (in adult manner) and sing regularly to baby.

Continue to read books to baby.

Play pat-a-cake and peekaboo with baby.

Use distraction as a discipline tool.

Limit the number of rules, but be consistent with them.

Have a bedtime routine and put baby to bed awake.

Offer comfort objects (stuffed animals, blanket).

Spend time alone with your partner - one of the best thing you can do for your baby is to maintain a quality relationship with your partner.

**NEXT WELL VISIT IN 3 MONTHS (WHEN CHILD IS 12 MONTHS OLD)**