



9-MONTH VISIT

NUTRITION

- Most babies 9-12 months will take about 24 ounces of breast milk or iron-fortified formula per day.
- Continue cereals, vegetables, fruits and meats.
- If your baby is completely or partially breastfed, make sure you are continuing to give a Vitamin D (400 IU/daily) supplement.
- Don't give your baby raw honey until 1 year of age or later.
- Avoid foods that can cause choking (nuts, popcorn, hot dogs, whole grapes, raisins, carrot sticks, whole beans, and hard candy).
- Introduce a cup. It is very important to take away the bottle at 1 year of age to avoid milk-bottle cavities.
- Juice is not recommended, but if given you should dilute with water and limit intake to 4 ounces per day.

SAFE TO SLEEP

Develop a good bedtime routine for your baby. At this age, babies usually sleep 9-12 hours at night. One to three naps per day are still usually needed. It's okay to let your baby cry for 10-15 minutes while trying to go to sleep. Babies do not require nighttime feedings at this age.

Continue put your baby on his or her back to sleep until 1 year of age. Once he/she rolls well, there is no need to reposition your baby if he/she rolls over – but place baby initially on back.

- **Bed-sharing is NOT recommended and can be dangerous to your baby.**
- Keep soft objects (pillows, stuffed animals etc.) and loose bedding out of infant's crib to prevent suffocation/strangulation.
- Offer pacifier at nap and bedtime (do not force infant to take or reinsert once it falls out of mouth).
- Make sure your toddler's crib mattress is lowered so that he/she cannot easily climb out of the crib.

DEVELOPMENT

Nine-month old babies will respond to their own name, understand a few words, babble and laugh. Most will crawl, creep, or scoot. They can sit up on their own. They will shake, bang, throw, and drop objects. They love to play pat-a-cake and peek-a-boo. They may show anxiety with strangers. Big, noisy, colorful toys are great for this age. Read and talk to your baby – this will stimulate language development. Children younger than 18 – 24 months should not watch TV, DVDs, videos or use computer/mobile applications. However, parent assisted video-chatting (Skype, Facetime) with family and relatives may help foster social connections.



SAFETY

- Infant car seats should be rear-facing in the backseat of the car until the child has reached at least two years of age.
- Maintain a smoke-free environment for your baby – both at home and in the car.
- Make sure you have a working smoke detector and a CO2 monitor in your home.
- Plants should be out of reach – some are poisonous.
- Water heater temperature should be set below 120° F.
- Do not carry medications in your purse or diaper bag.
- Childproof your home. Pay special attention to knives, cigarettes, alcohol, matches, poisons, medications, outlets, cords, guns, and plastic bags.
- As your baby becomes more mobile, stabilize upright furniture (babies love to pull to stand).
- Check for hazards at your baby's level. Put gates and window guards up as needed.
- Don't use baby walkers. They cause many accidents including head injuries and don't help a child learn to walk.
- Apply a children's sunscreen (minimum SPF 30) at least 30 minutes before exposure to the sun and reapply every 1 ½ - 2 hours.
- It is OK to use an insect repellent with up to 30% DEET, but apply it sparingly.

- Do NOT use combination sunscreen/bug spray, as sunscreen must be applied more often than is safe to use bug spray.
- Know the number for poison control: **1.800.222.1222**

OTHER TIPS

- Shoes are not needed until your baby is walking independently outside. Choose flexible, durable shoes for outside walking and socks or booties inside.
- Distraction is the best discipline technique right now.
- Simple rules are appropriate, but limit the number of rules and consistently reinforce them.
- You are the most important role model for your child.

- Once your baby's teeth break through, begin brushing them twice a day using fluoride toothpaste (about the size of a rice kernel). Provider or dentist should begin application of fluoride varnish to prevent cavities.

IMMUNIZATIONS

If your baby is up to date on his/her immunizations there are no recommended vaccines at this age.

MEDICATIONS

When giving liquid medicine, always use the dropper or syringe that comes with medication. If medication does not come with a dosing device, ask your pharmacist for one that should be used. Never use teaspoons, tablespoons, or other household spoons to measure medicine.

Next Well Care Visit: 1 Year of Age (Please complete ASQ Developmental Screening prior to visit)

You may request the 12-Month Ages & Stages Developmental Questionnaire when scheduling your appointment.

APA Website: www.advancedpediatricassociates.com | APA Patient Care Line: 303.699.6200