

## Weston Pediatric Physicians

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### Your Nine Month Old

Length \_\_\_\_\_

Weight \_\_\_\_\_

HC \_\_\_\_\_

Tylenol dose \_\_\_\_\_

#### NORMAL DEVELOPMENT

Your baby may:

Show signs of separation and stranger anxiety.

Crawl well and head for the stairs at every opportunity.

Pull to standing and "cruise" along the furniture.

Imitate the behavior of others and look for approval of others.

Wave bye-bye, play peek a boo, uncover a hidden toy.

#### DIET

Fluoride supplementation may be needed if you are breastfeeding and/or your town water or bottled water doesn't have fluoride. Babies who are breastfed or receive less than 32 ounces of formula per day need vitamin D supplementation. 1 dropper of TRI-VI-SOL or D-VI-SOL (available without a prescription) will meet this need.

Continue breastmilk (3-4 feedings/day) or formula (16-32 ounces/day).

Your baby will not have teeth to grind food until close to one year, but she will use her gums to "chew" almost all foods.

Finger foods will create a learning experience. Your baby will improve her fine motor skills when her "shovel grasp" of foods becomes a pincer (thumb and first finger) grasp, sometime around 9 months. EXPECT A MESS!

Foods to try include mashed or small pieces of banana, applesauce, canned peaches and pears, cooked cereals, Cheerios, buttered toast, graham crackers, Arrowroot cookies, mashed potatoes, soft, cooked, diced or mashed vegetables, and pasta.

Other foods to add include macaroni and cheese, dairy products, chopped meats, casseroles, grilled cheese sandwich pieces, soups. Most foods can be adapted for your baby.

Offer formula or breastmilk in a cup. Juice is not necessary.

You do not need to add salt or sugar to your baby's food. AVOID honey until after 1 year of age. Avoid foods that are choking hazards, such as nuts, hot dog slices, raw carrots, whole grapes, large pieces of oranges, popcorn and raisins. In addition the AAP recommends that cow's milk be avoided in babies under age 1 because of the risk of iron deficiency anemia.

#### HYGIENE

Use a washcloth or little toothbrush to clean teeth.

DO NOT allow your baby to go to bed with a bottle or nurse all night long. Tooth decay may result from milk that pools around the teeth overnight.

## SAFETY

- ☺ ALWAYS restrain your baby in an appropriate car seat. At nine months, many babies are too big for the infant car seat and should be moved to the convertible car seat. All babies must ride in a rear-facing car seat until they are at least 2 years of age or until they reach the highest height or weight allowed by your car seat manufacturer.
- ☺ Keep ALL children in the back seat to avoid airbag injuries.
- ☺ Keep water heaters set at 120 degrees to prevent scalding.
- ☺ Lower the crib mattress to the lowest setting so your baby won't fall out when she starts to pull herself up.
- ☺ Place safety gates at the top and bottom stairs.
- ☺ Never leave your baby alone on a surface she could roll off (tables, beds, sofas)
- ☺ Do not allow your toddler to be nearby while you are cooking or drinking hot beverages. Keep pot handles facing inside of stove
- ☺ We strongly discourage baby walkers because of serious potential injuries.
- ☺ Keep all small objects out of reach. Also, avoid larger objects your baby may pull down onto herself, including appliances with cords, tablecloths, lamps, and drawers.
- ☺ Keep plastic safety plugs in outlets and locks on all hazardous cabinets. Keep all hazards out of reach. Do not rely solely on cabinet locks.
- ☺ STAY with your baby EVERY second she's in the tub. If interrupted while bathing or changing a diaper, place her in a crib or on the floor to keep her safe. A baby can drown in a few inches of water.
- ☺ Keep your baby away from cigarettes as well as tobacco smoke. Smoke particles can stick to clothing and upholstery in the house and car. Smoke has been linked to asthma, ear infections and possibly SIDS.
- ☺ Install smoke detectors on every floor and check batteries monthly. Replace batteries every 6 months when we change our clocks.
- ☺ Keep EMERGENCY numbers including Poison Control (1-800-222-1222) near your telephone at all times.
- ☺ DO NOT store toxic fluids in soda, juice or milk bottles.
- ☺ Children under 4 years should not be given a toy with parts smaller than a ping pong ball.

## STIMULATION/PLAY

Talk and sing to your baby as much as possible. This encourages your baby to imitate speech sounds. Hard board books with colorful pictures are interesting (and tasty). POP-UP books and lift the flap books are popular. It's NEVER too early to start reading to your child. Allow your baby to play with pots, pans, and wooden spoons for a "kitchen orchestra". Babies love stacking blocks and pull toys, as well as busy boxes.

## LOOKING AHEAD

- ☺ Your child may start walking.
- ☺ Your child may say mama or dada and mean you!
- ☺ Your child will have an increasing understanding of the world around her.
- ☺ Make sure your baby has good sleep habits!
- ☺ Your child will drink from a cup.

## SUGGESTED READING:

Child of Mine: Feeding With Love and Good Sense, by Ellyn Satter  
Healthy Sleep Habits, Happy Child, by Marc Weissbluth

## NOTES:

Poison Control Hot Line: 1-800-222-1222

- ☺ Your next scheduled visit will be at 12 months.

☺ Immunizations for the next scheduled visit:  
Hep A, MMRV, Hemoglobin (Hgb), Lead Level (Pb)