

YOUR BABY AT 9 MONTHS

FEEDINGS

Breast milk and/or commercially prepared formula is still recommended. The older infant is usually less interested in the breast or bottle. It is not too early to start a cup; in fact, some babies totally move to the cup by the age of one.

Solids - By nine months your infant should be eating a variety of pureed foods including cereals, fruits, vegetables, and meats. These should be given as three meals a day and on a regular schedule. Some babies like a small fourth meal before bedtime.

Finger Foods - Finger foods will be of interest to your baby as hand-eye coordination develops. These finger foods should be small and soft to avoid choking. Remember, babies must have a "pincer grasp" before finger foods can be taken in any sufficient amount. The "pincer grasp" is the ability to pick up something with the thumb and index finger.

DEVELOPMENT

At this age most infants begin to pull themselves to a standing position, go from sitting to lying down, and say "mama" or "dada."

MEDICATIONS

Vitamins and Fluoride - For the baby who eats a well balanced diet, vitamins are not necessary, but are okay to give to your baby. If you are not certain your water system has supplemental fluoride, please call them. If they do not, contact us for a prescription for fluoride.

Acetaminophen (Tylenol) - For fever associated with immunizations:

12-17 pounds 0.8 ml every 4 hours

18-23 pounds 1.2 ml every 4 hours

SLEEP

Infants should be sleeping through the night at this age. The development of a predictable bedtime ritual is important for children this age. Once in bed, your child should stay there. *Limit naps to 2 hours or less and do not let nap time go later than 4 P.M. If you are having problems with your child's sleep and you have tried our recommendations from the past visits, go to the bookstore and purchase Solve Your Child's Sleep Problems by Richard Ferber.

COMMON CONCERNS

At this age your child is developing a tremendous curiosity about the world around him. When he gets into things, saying "NO" at this age has little success. Just distract him with something else.

RECOMMENDATIONS

Continue to use the car seat even if your child is trying to get out of the seat. Never leave your baby unattended and keep small objects out of reach. SAFETY IS THE WATCH WORD FOR THIS AGE. Start to "child-proof" your house. Check the thermostat on your hot water heater and set at 120° or lower. Lower your baby's mattress as he pulls to stand. Never leave cords within baby's reach from the bed. If you have a pool at home, the dangerous time starts now and you should consider getting your child "drown proofed."

Have the number for **The Poison Information Center** available: 1-800-222-1222

IMMUNIZATIONS

Today your baby will receive the following immunizations:

- Hepatitis B

Please review the immunization schedule and handouts on our website before coming to your 1 year visit

TODAY'S WEIGHT: _____

LENGTH: _____

H C : _____

SPECIAL INSTRUCTIONS: