



## **Education**

### **Well Child Care at 9 Months**

#### **Feeding**

Your baby should continue having breast milk or infant formula until he is 1 year old. Most babies now take 6 to 8 ounces of formula 4 times a day. Encourage your child to drink formula and juice from a cup now. This is a good time to begin weaning from the bottle. Do not let your baby keep the bottle between meal times.

You can begin adding meat to your child's diet.

By now, many children have 2 or more teeth. After meals and before bedtime, try to wash off the teeth with a clean cloth. Don't worry too much about getting every last bit off the teeth. Try to make this a fun time for your baby.

#### **Development and Behavior**

Babies are starting to pull themselves up to stand. They love to bang things together to make sounds. Soon, they may start to say "dada" and "mama."

At this age, babies learn what "no" means. Say "no" calmly and firmly and either take away the item that your child should not be playing with or remove him from the situation. Comfort your baby by using a soothing voice and being gentle with him.

Give your baby a choice of toys. Talk to him about the toy he chooses and what he is doing with the toy. Peek-a-boo is a favorite game.

9-month-olds have a lot of energy and it requires a lot of energy to take care of them. Make sure you get enough rest. Ask friends and family for help so you can take a break and rest. If you are rested, you will be better able to take care of your child.

#### **Sleep**

A regular bedtime hour and routine are important. Babies enjoy looking at picture books. You may want to read one regularly with your child. A favorite blanket or stuffed animal may help your baby feel secure at bedtime. Never put your baby in bed with a bottle. Put your baby to bed awake, but drowsy. If your baby wakes up a lot at night, ask your doctor or nurse for advice.

#### **Shoes**

Shoes protect your child's feet, but are not necessary when your child is learning to walk inside. When your child finally needs shoes, choose a flexible sole tennis shoe or moccasin.

#### **Safety Tips**

##### **Car Seat Safety**

If your child reaches 20 pounds and is still riding in an infant seat, it is time for a new car seat. Some car seats can convert from a backward-facing infant seat to a forward-facing toddler seat. Carefully follow the manufacturer's instructions when installing new or converting old car seats for your child. For more information you can call the National Highway Traffic Safety Administration at 1-888-327-4236 or check the Web site (<http://www.nhtsa.dot.gov>).

##### **Avoid Choking and Suffocation**

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- Avoid foods on which a child might choke (such as candy, hot dogs, popcorn, peanuts).
- Cut food into small pieces.
- Store toys in a chest without a dropping lid.

### **Prevent Fires and Burns**

- Practice your fire escape plan.
- Check your smoke detector to make sure it is working.
- Put plastic covers in unused electrical outlets.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Don't cook when your child is at your feet.
- Use the back burners on the stove with the pan handles out of reach.
- Turn your water heater down to 120°F (50°C).

### **Prevent Drowning**

- Never leave an infant or toddler in a bathtub alone -- NEVER.
- Continuously supervise your baby around any water, including toilets and buckets. Infants can drown in a bucket that has water in it. Empty all water and store buckets turned over.

### **Avoid Falls**

- Make sure windows are closed or have screens that cannot be pushed out.
- Don't underestimate your child's ability to climb.

### **Prevent Poisoning**

- Keep all medicines, vitamins, cleaning fluids, and gardening chemicals locked away or disposed of safely.
- Install safety latches on cabinets.
- Keep the poison center number on all phones.

### **Avoid Cuts**

- Remove or pad furniture with sharp corners.
- Keep sharp objects out of reach.

### **Next Visit**

Your baby's next routine visit should be at the age of 12 months. Please bring your shot card.

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