

WELL-CHILD CARE

Nine Month Old Visit

Your Baby's Development	
Social Emotional	Cognitive
<ul style="list-style-type: none">Your child should have stranger anxietyYour child should seek you out for comfort	<ul style="list-style-type: none">Your child should be playing games like "peek-a-boo"
Communicative	Physical Development
<ul style="list-style-type: none">Your child should use a wide variety of consonant and vowel soundsYour child should be starting to point out objects	<ul style="list-style-type: none">Your child should be about to get to a sitting position and begin pulling to stand

Fostering Your Baby's Development

- Your baby's way of learning about the world is changing from putting things in his mouth to noticing cause and effect and imitating others. Help your baby develop these skills by playing with simple "cause-and-effect toys". For example: toy cars and trucks, blocks with containers.
- Songs with clapping and gestures and songs with finger actions will help her learn imitation.
- Children younger than 2 years of age should not watch TV, DVDs or videos

Discipline

Discipline is the way that you teach your child to behave. During the first year of life, your role is to protect your baby as they explore the world.

Your baby learns more from what they watch you do. ***They do not learn much from what you say to them.***

Your Toddler and Discipline

You need to understand what your child is capable of in order to effectively discipline.

- Right now.** Your child cannot understand verbal reasoning now. He will be able to do this around 18 months of age. Until that time, you simply need to ***distract*** your child from inappropriate behaviors.

For example, if your child is reaching for the hot stove, simply move him away from the stove. He will not understand the word "no" or any of your other explanations about why he should not touch the stove.

- Create safe places for your child to explore without restraint. Protect your toddler from potential hazards.



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- Think about how you want to discipline your child now. Start thinking about what your household rules will be as your child becomes more mobile.

Feeding

- Most 9 month old babies can be on the same eating schedule as the family (breakfast, lunch and dinner) plus a mid-morning, afternoon, and bedtime snack. The amount of food taken at a single meal or snack may not be much, but the 3 meals and 2-3 snacks help ensure that your baby is exposed to a variety of foods and receives adequate nutrition.
- You can introduce your baby to coarser foods that require more chewing. Introduce the different textures slowly and gradually increase table foods.
- Be patient as your baby tries new foods and learns to feed himself. Help keep your baby focused – remove distractions around meal times, like televisions
- Keep on offering new foods. It may take 10 – 15 tries before your baby will accept a new food.
- Encourage your baby to drink from a sippy cup. Your baby should be drinking everything from a cup by age 1.
- Limit juice to 4 ounces per day. These are “empty calories”. They provide no nutrition.

Nine Month Old Diet Guidelines	
What to feed	How Much Per Day
Breast milk or formula PLUS	
Small amounts of soft cheese, yogurt, cottage cheese	¼ to 1/3 cup dairy Or ½ ounce cheese
Iron-fortified cereals Rice, barley, wheat, oats, mixed cereals	¼ to ½ cup iron-fortified cereal
Mashed fruits and vegetables Bananas, peaches, pears, avocados, cooked	¼ to ½ cup fruit
carrots, squash, potatoes, sweet potatoes	¼ to ½ cup vegetables
Finger Foods Lightly toasted bagels, cut up Small pieces of ripe banana Well-cooked spiral pasta Low-sugar O-shaped cereal	¼ cup protein
Small amounts of protein Pureed meats and poultry Well-cooked and mashed beans	No more than 4 ounces of fruit juice



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Safety

Car Safety

- Always put your baby in a **rear-facing** car seat in the **back seat**. Never place your baby's car seat in the front seat with a passenger air bag.
- Is your car seat properly installed? You can find information about car seats at www.seatcheck.org.
 - A **Child Safety Seat Inspection Station** can inspect your car seat to see if you are installing your car seats properly. You can find this at www.seatcheck.org or by calling 866.732.8243.
- Keep your baby in the back seat until he is at least 1 year of age and weighs at least 20 pounds.

Home Safety

- Never leave a child alone in or near a tub of water. Water can cause severe scalding burns and young children can drown in less than 2 inches of water.
- Infants can roll off of furniture like changing tables, couches, and beds. Get in the habit of always keeping one hand on the baby when changing diapers or clothing on changing tables.
- Do not allow your child to play with small objects. They can be placed in the mouth and your baby can choke.

Household Poisons

- Keep cleaners, chemicals, medicines locked up and out of your child's sight and reach (up high!).
- If your child eats something that could be poisonous, call the Poison Control Center right away at **1.800.222.1222**. Do not make your child vomit.
- Place the Poison Control Center number next to all your phones and on the refrigerator.

Protect Your Crawling Baby

- Use gates on stairways and close doors to keep you baby out of rooms where she might get hurt.
- Do not use infant walkers. Your baby may tip the walker, fall out of it, or fall down stairs. Baby walkers let children get to places where they can pull heavy objects or hot food on themselves.



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Prevent Burns

- Do not drink hot liquids while holding your baby.
- Adjust your water heater to 120 degrees F or less. Before bathing your baby, always test the water temperature with your wrist to make sure it is not too hot.

Fire Safety

- Buy a fire extinguisher for the home. The most common causes of home fires are cooking and heating equipment.
- Install smoke alarms in your home. Have an alarm on each floor and in the sleeping areas of the home. Check alarms monthly. Change the batteries at least once a year.

Gun Safety

- More than 5,000 children and adolescents are killed by gunfire each year. **Most of these injuries are almost always inflicted by themselves, a sibling, or a friend.**
- If you choose to keep a gun in the home, store it **unloaded** in a **locked** place. Lock and store the ammunition in a **separate** place.

Sleep Safety

- Do not let your baby sleep in your bed.
- Your baby's crib should have slats that are no more than 2 3/8 inches apart and with a mattress that is the same size as the crib. The crib should be certified by the JPMA. Keep the sides of the crib raised when your baby is sleeping in it.
- If you use a mesh playpen or portable crib, the weave should have openings less than 1/4 inch. Never leave your baby in a mesh playpen with the drop-side down.

