

6/12/2014 Nine Month Visit

*Suggested Diet/Feeding Reminders*

Breast milk

16-20 ounces of Iron fortified Formula

Try scheduling four feedings per day.

Cereal (up to 4-6 tbsp/once a day)

Vegetables: 4-5 tbsp twice daily

Fruits: 4-5 tbsp twice a day

Meat: 4-5 tbsp twice daily

Breads: one serving daily (crackers, bread, or pasta)

Introduce new foods one at a time for 3-4 days before adding more new foods

Encourage eating from spoon, drinking from cup, finger foods.

Try table foods (cooked until soft, no spices) Mash foods or blend them.

*Your child may choke on nuts, fruits with seeds, raisins, round fruits like grapes, stringy vegetables, raw carrots, popcorn, hard candy, gum, and hot dogs. Avoid these!!!*

Resist sweets!

Supervise mealtimes; keep portions small

*Sleep Issues*

Establish and keep a bedtime ritual.

Avoid bedtime bottles!

Keep the mattress in the crib as low as it will go.

*Safety Issues*

Always use an approved car seat when traveling, baby should ride in back!

Remove breakable objects from reach

Cover electric outlets, remove electric cords from reach

Choose toys carefully

Never leave your baby alone around water, not even for a second

Remove potential toxins from reach

Avoid infant walkers

Set water thermostat to 120 degrees

Use stairway gates

Don't smoke around your baby

*Enjoy!* Baby soon should be able to:

Crawl or scoot around well

Pull up onto furniture and take steps around it

Sit steadily for a long time

Repeat sounds that parents make

Wave "bye-bye"

Say "mama" or "dada"

Understand a simple direction and sometimes do it

Understand his/her name

Use index finger and thumb to pick up small objects

React to strangers with soberness, anxiety or fear

*Miscellaneous*

Teething

Teething does not cause fevers over 101 degrees. It may cause drooling, fretfulness.

Offer a cool washcloth or teething ring for discomfort. Tylenol 1.2 cc for occasional fretfulness is acceptable, but avoid "numbing" drops or salves.

Practice brushing once daily with a very small amount of fluoride

Fluoride 0.25 mg each day

Bowel Movements

As the diet changes, so will the stools (to some extent.)

Most bowel movements are normal as long as they don't contain blood, aren't "rock" hard, and come at least as frequently as every 4-5 days.

Avoid infant walkers.

Encourage baby to copy sounds.

Babies love cover/uncover games now.

Toys might include: measuring cups, spoons, stacking toys/blocks, (non-swallow-able) objects in/out of containers

Check out daycare centers with close scrutiny.

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**Discipline** is a way of teaching your child how to gain self-control, to respect other's rights, and to learn the rules that govern our society.

Excellent resource: *What to Expect the First Year* by Eisenberg, Murkoff, and Hathaway

Parents need playtime, too. Find a competent, trusted sitter with whom baby is familiar.

Always remember that babies need *constant* supervision.

Teach baby his/her body parts

Shoes: need not be expensive. Look for shoes which are flexible, long enough to prevent the toes from being pinched, wide enough so that the forefoot isn't crowded.

Set limits for your baby, consistent and enforced immediately

