



Watching you grow!

Name: _____

Date: _____ BMI: _____

Height: _____ % _____

Weight: _____ % _____

Head circumference: _____ % _____

Well-child exam: 9 months

Nutrition

- Your baby should continue to drink breast milk or iron-fortified formula for the first year of life.
- Continue Vitamin D supplementation of 400 IU daily if your baby is exclusively breastfeeding.
- Juice may be given starting at 6 months; however, we encourage parents to wait until 1 year of age. Juice must be pasteurized and given in a cup, not a bottle, and only at snack or meal time. Total juice intake should be no more than 4-6 ounces a day.
- **Do not** put your baby to bed with a bottle propped in his mouth. This can cause ear infections, choking and future tooth decay.
- Within a few months of starting solid foods, your baby's daily diet should include meats, cereal, breads, vegetables, fruits and eggs, in addition to breast milk or formula.
- To prevent infant botulism, **do not** give honey to children under 1 year of age.

Note: According to the American Academy of Pediatrics, delaying the introduction of foods, such as eggs, fish or peanut butter, to children to prevent allergies is not necessary. If you have food allergy concerns, talk with your provider prior to starting your baby on solid foods.

After eating pureed foods for a while, your baby can begin soft finger foods, such as banana pieces, teething biscuits or soft crackers. Avoid giving him foods that may cause choking and always supervise him while he is eating. Your baby may enjoy drinking from a cup, but he will need help. Expect a mess!

Clean his teeth daily with a soft toothbrush or a clean cloth wrapped around your finger. No toothpaste is needed. Talk to your provider about fluoride supplementation.

Wetting and stooling

Most 9-month babies will have:

- 4-6 wet diapers per day;
- 1-2 soft stools per day.

Sleeping

- Most babies sleep at least 6-8 hours per night and take two naps per day at 9 months.
- Help your baby establish good sleep habits.
- When your baby looks drowsy, place him in his crib to fall asleep.
- If your baby is fussy, rock him until he is almost asleep, then place him in his crib to fall asleep.
- If your baby cries during the night, try comforting him with words before picking him up.
- Some babies at this age still need one night-time feeding. Make this feeding as boring as possible and place him back in his crib right after feeding.
- A security object, such as a favorite blanket or stuffed toy (with no removable small parts) may give added comfort to your baby.
- Consistent, pleasant and predictable bedtime routines promote good sleep habits that can last a lifetime.

Illness

- Expect an average of 6-8 upper respiratory infections per year.
- Colds are caused by viral infections and will not respond to antibiotics. Unnecessary antibiotic use may increase your child's risk of becoming infected with resistant strains of bacteria.
- Prevent transmission of illness by keeping your child home until his diarrhea or fever has been gone for 24 hours, unless otherwise directed by your child's provider.
- Family members should wash hands frequently.

CentraCare Clinic strives for excellent customer service and values patient feedback to help us improve as needed. If you are mailed a patient survey, please take the time to complete it. Thank you for choosing CentraCare Clinic.

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.

CENTRACARE Clinic
Women & Children

Growth and development

Most babies at this age will:

- Be social and express their feelings with gestures, sounds and facial expressions;
- Love to babble and often sound like they are having a conversation of their own;
- Likely begin to say “mama” and “dada”;
- Love to be read stories and play games, such as pat-a-cake and peek-a-boo;
- Enjoy doing the same fun things repetitively;
- Begin to crawl, pull up to a standing position and walk along furniture;
- Pick up small objects with thumb and finger;
- Enjoy putting objects into plastic containers and taking them out again. Colorful balls, light plastic blocks, cloth cubes, rattles and soft toys help to stimulate motor development;
- Be shy when meeting new people;
- Show signs of separation anxiety and cry when parent/caregivers leave; and
- Continue to develop language skills. Encourage this development by reading to your child every day. Picture books can stimulate language.

Television/video screen time is **not** recommended for children under 2 years of age.

Safety

Babies need extremely close, almost constant, supervision. Follow these steps to ensure a safe environment for your baby.

- Check for hazards at his eye level.
- Keep all poisonous substances, plants, medicines, cleaning solutions, beauty products, paints and solvents out of your baby’s sight and reach.
- Use a safety gate to block stairways.
- **Do not** use an infant walker. Falls are common and serious injuries can occur.
- **Never** let your baby chew or suck on rubber balloons or gloves. **Do not** leave plastic bags within his reach.
- Smoke and carbon monoxide detectors in the home should be in working order.
- Remove hanging cords from window drapes and blinds. Babies can become entangled and strangle themselves.
- **Do not** leave your baby unattended on a bed, table, couch, or in the bath. **Never** leave your baby alone with a young child or pets.
- Keep buttons, coins, magnets, batteries and other small objects out of reach.
- Use safety locks on cabinets and drawers.
- Cover electric outlets with protective covers.
- Avoid peak sun times (10 a.m. to 3 p.m.) Apply sunscreen with SPF 15 or greater 30 minutes prior to being in the sun and reapply every three hours or according to manufacturer instructions. If your baby rubs sunscreen into his eyes, wipe eyes and hands with a clean damp cloth.

Pediatrician-approved Web sites:

www.aap.org
www.cdc.gov
www.centracare.com
www.chop.edu
www.ecbt.org
www.kidshealth.org
www.mdh.org
www.parenting.umn.edu



Community resources:

Child passenger safety seat inspections (free)

Call (320) 251-2700, ext. 54492 for an appointment or visit www.buckleupkids.mn.org for more information.

Early Childhood Family Education

For classes about raising young children, contact your local school district.

United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1 or (651) 291-0211.

Crisis Nursery

An adult in crisis affects a child’s world. The Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. For crisis day care/crisis counseling and family support, call (320) 654-1090.

Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call (800) 222-1222.



- If in an area with biting insects, apply repellent with less than 30 percent DEET to skin and clothing to protect your child. (Avoid eyes.)
- Use a rear-facing car seat in the back seat until your baby is 20 pounds **and** 2 years old. (AAP guidelines 4/09.) Consult your car seat manual for weight and height limits. Most infant car seats have a 20-pound limit. When your baby weighs 20 pounds, switch to a rear-facing, convertible seat that holds up to 30-35 pounds.
- Lower crib mattress so he won’t climb or fall out, and always keep crib rails in the highest position.
- **Never shake your baby.** If you become too upset, put your baby in a safe place, such as a crib, until you are calm. Call the clinic or 911 if you feel you may hurt your baby.