

9 month old check-up



Patient and Family Education

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

TIPS FOR TAKING CARE OF YOUR BABY

CARING FOR YOUR BABY

- Your baby needs your love. Give him lots of hugs and kisses.
- When your baby cries, he is telling you that he needs something. He could be hot, cold, hungry or wet. They may also just want to be held, interact with someone, or suck on a pacifier or their fingers.
- Your baby is learning what “no” means at this age. When he is doing something that he should not do, try one of these:
 - Pick him up, and remove him from what he is doing.
 - Distract him with something else. This works well at this age.
 - Take the item away from him that you do not want him to have.
 - Be calm, but be firm and say “no”.

YOUR BABY'S DEVELOPMENT

- Your baby may be able to:
 - Start pulling himself up to a stand.
 - Begin creeping and crawling on the floor in the next month or so.
 - Start saying simple words like “mama” and “dada”.
- Your baby may like:
 - Moving around and exploring. Give him a safe area to play.
 - Taking a walk outside in the stroller on nice days.
- Your baby may be teething. He may drool and chew a lot.
- He may be shy or afraid of strangers. He may not want you to leave him, even with family and friends.
- Read to your baby every day. Point to things and tell him their names.
- Your baby is too young for potty training. He will not be ready until he is about 2 years old.

SAFETY

- Crib and changing table
 - Make sure the crib slats are no more than 2 $\frac{3}{8}$ inches apart.
 - Put the crib mattress in the lowest position.
 - Make sure crib rails do not move up and down. If you have an older crib, check with its maker to see if they have special parts to keep the side from moving.
 - Never leave your baby alone on a high place, such as a bed, couch, chair or changing table. Keep one hand on your baby at all times while changing him.
 - Remove drapes and blind cords from your baby's reach. This helps prevent choking and suffocation.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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- Move the crib away from windows and screens.
- Home
 - If you live in an older home, have it tested for lead.
 - Install smoke and carbon monoxide detectors.
 - Now that your baby is getting around, it is time to “baby-proof” your home. To help keep your baby safe:
 - Block stairs with stair gates.
 - Lock windows and screens.
 - Put plug covers on electric outlets. Keep all electric cords up and out of the way where your baby cannot reach them. This includes items like your cell phone charger.
 - Put childproof locks on drawers and cabinets that contain harmful items, such as cleaning supplies, medicines and matches.
 - Furniture, shelves, TVs and ranges can tip over and hurt your child. Secure them to the floor or the wall, or use anti-tip brackets as needed.
 - Pad sharp corners of furniture or the fireplace.
 - Put a lock on the toilet seat.
 - Keep small toys and objects that he could choke on out of reach.
 - Keep plastic bags, ropes and strings, hot items and sharp objects out of reach.
 - Use back burners of the stove for cooking, and place pot handles towards the rear. Put knob covers on the stove.
 - Do not let your baby play near the stove or next to you when you are cooking.
 - Keep him away from the fireplace and other hot items, such as irons, coffee pots and space heaters.
 - Lock up guns and bullets.
 - Store knives, scissors, razor and other sharp items in a safe place.
- Car
 - Make sure your baby rides in a car safety seat every time you go driving, no matter how short the trip.
 - Place the car seat in the back seat, facing towards the rear window. Your baby should ride like this as long as possible. Do not turn him forward-facing until he is at least 2 years old. Make sure the car seat is installed correctly. The seat should be at a 45 degree angle.
 - Do not add anything, such as blankets or harness strap covers, to your baby or the seat unless it is approved by the car seat maker.
 - Buckle the car seat to the car, and buckle your baby into the car seat.
 - Wear your seatbelt, too.
 - When you use a baby seat or car seat to carry your baby, be sure the safety strap is buckled. Never place the seat on a high place, such as a counter, and walk away.
- Smoking
 - Keep your baby away from cigarette smoke. Breathing in second-hand smoke can cause asthma, ear infections and other breathing problems.
- CPR
 - Take a baby CPR course. Call the Red Cross, American Heart Association or a local hospital for more information.

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A FEW NEVER, EVER's –

To help keep your baby safe - **NEVER:**

- Leave your baby alone except in a crib or playpen.
- Leave your baby alone in a car.
- Hold your baby in your lap while riding in the car.
- Leave your baby alone in a sink or bathtub – not even to answer the door or phone or get a towel.
- Put a necklace on your baby or use ribbons or strings to tie a pacifier around your baby's neck. This can cause choking.
- Warm breastmilk or formula in a microwave. This can cause “hot spots” in the liquid and burn your baby.
- Prop a bottle to feed your baby.
- Shake your baby. This can cause brain damage, blindness and death.
- Give your baby honey. Honey sometimes contains germs that can harm babies less than 1 year old.
- Use a baby walker on wheels. They can tip over and harm your baby. Use a baby seat that has legs that sit flat on the ground instead.

BATHING

- Always test your baby's bath water to make sure it is warm but not too hot. Set your water heater at 120°F or lower. Ask your landlord to do this if you live in an apartment.
- Babies only need 3 to 4 baths a week.
- Your baby does not need powders, lotions or gels on his skin unless his doctor tells you to use them.
- If your baby has teeth, brush them with a small, soft toothbrush and water.

DIAPER NEEDS

- Change your baby's diapers when they are wet or soiled. Clean his bottom with mild soap and water, or use disposable wipes. Always wash your hands well when you are done.
- Babies often make faces, grunt or turn red with bowel movements. As long as their bowel movements are soft, there is no need to worry.

FEEDING

- Your baby's doctor may tell you to begin adding other foods to his diet, such as “mashed” table foods or “junior” baby foods.
 - Your baby can begin feeding himself some foods now. Give him a baby spoon to hold and use.
 - Give your baby finger foods to eat, such as Cheerios and teething biscuits.
- Give your baby only 1 new food at a time, and wait a few days before giving him another new food. This allows you to tell if he is allergic to a food or if it bothers him in any way.
 - Some common foods that babies may be allergic to include things like peanut butter, eggs and seafood.
- Teach your baby good eating habits. Have regular meal times for your baby. Sit him up in a highchair to eat.
- Allow your baby to choose how much he wants to eat. He knows when he feels full.
- To help prevent problems with your baby's new teeth, even before they come in:
 - Do not prop his bottle. This can lead to tooth decay. It can also cause ear infections and other problems for your baby.
 - Wipe your baby's teeth and gums with a clean, wet cloth after each feeding.

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- Do not clean your baby's pacifier or bottle nipple by putting it in your mouth. Your saliva may contain germs that can cause problems and tooth decay for your baby.

Breastfeeding

- Eat a healthy diet with fresh fruits, vegetables and proteins like meats, nuts, beans and eggs.
- Drink milk or eat other good sources of calcium, such as yogurt, cheese, green leafy vegetables, fortified orange juice or dried beans.
- Keep taking your prenatal vitamins.
- Breastfed babies need vitamin D drops. Ask your baby's doctor about how many vitamin D drops to give. Also ask the doctor if your baby needs any other supplements, such as iron.
- Check with your doctor before taking any medicines. Many of them pass through your breastmilk to your baby.

Bottle feeding

- Give your baby formula to drink. He is not old enough for cow's milk.
- Your baby is now holding his own bottle much of the time. Be sure to still hold him at times during the day so he feels close to you.
- Start giving your baby small amounts of water or formula in a "sippy cup". This helps get him ready for using a cup to drink when he is 1 year old.

SLEEP

Your baby should be sleeping through the night by this age. Have a regular bedtime and routine for your baby. This is one more way that you can help him feel more secure.

- Sing to your baby, or read him a book before he goes to sleep.
- Give him a favorite stuffed animal or blanket to take to bed with him.
- Put your baby in the bed while he is still awake, so he can get used to falling asleep by himself.
- Your baby may take 1 to 2 naps a day.
- Do not give your baby a bottle to take to bed. This can cause tooth decay, ear infections and other problems for your baby.

HEALTHY HABITS

You can help keep your baby and your family healthy when you:

- Wash your hands often during the day. Have other family members wash their hands often, too. Use warm water and soap, and scrub for 20 seconds.
- Make sure your baby gets needed vaccines to help prevent disease.
- Keep your baby away from cigarette smoke. Breathing in second-hand smoke can cause asthma, ear infections and other breathing problems.
- Do not give your baby **ANY** medicines unless you talk to the doctor first.

Your baby learns through play. Avoid screen time until he is 2 years old. Some examples of screen time are:

- TV
- Computers
- Videogames
- Tablet devices
- Smart phones

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Avoid giving fruit juice to your baby. It often has extra sugar he does not need. Try giving him mashed pieces of whole fruit instead. If you do give him juice, only give your baby 4 to 6 ounces a day. Dilute it so it is 1/2 water and 1/2 juice. Let him sip from a cup. Give him sips of water from a cup, too.

IF YOUR BABY EVER SEEMS ILL

If your baby feels too warm or seems ill, check his temperature with a thermometer.

- Call the doctor if your baby has a temperature **over 102.2°F or 39°C**, seems ill or you have any concerns.
- For babies less than 2 years old – take the temperature in the rectum (opening in the bottom where the bowel movement or stool comes out). Other methods are not as accurate in babies.
- Talk with your child’s doctor about when to give fever medicines.

FOR YOUR BABY’S NEXT VISIT – 12 months old

- You and your baby’s doctor can talk about how things are going with your baby.
- Your baby will have a physical examination (check-up) that may include getting vaccines. You will have a chance to ask questions.
- You may want to talk about your baby’s:
 - Feeding and sleeping
 - Safety
 - Development

THINGS FOR YOU TO DO

- Continue to baby-proof your house. Make sure your baby is safe by removing unsafe items that are within his reach.
- Keep a record of when your baby is ill or hurt. Share this record with your baby’s doctors.
- Make a list of questions to talk with your doctor about at the next visit.
- Bring your baby’s shot (vaccine) record to your next visit.

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