

## 9 MONTH VISIT

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### Nutrition

- Continue breast milk and/or formula and Vitamin D if mostly breastfed (max 32oz daily) - encourage cup use
- Give iron fortified cereal daily and offer a variety of fruits and vegetables, always fed with a spoon
- Introduce soft meats
- Allow your baby to feed themselves with their fingers, putting a variety of soft table foods on the table for them to try to practice their pincer grasp
- Most babies can eat 3 meals a day and 1-2 small snacks
- Avoid juice – water is better
- Give your baby a sippy cup to drink milk and water out of; a baby should be weaned from the bottle by 12-15 months
- No honey until 1 year of age
- Avoid choking hazards such as whole grapes, peanuts, hotdogs, carrot sticks and candy

### Infant Care

- Brush teeth with a soft toothbrush and smear (size of a grain of rice) of fluoride containing toothpaste
- Avoid feeding overnight
- Make a dental appointment for 1 year old

### Sleep

- Most babies sleep around 10-12 hours at night, and take 2-3 naps (4-6hrs total)
- Keep consistent routines for feeding, bath and bedtime
- A familiar toy or blanket can be kept in the crib so that the baby can soothe themselves when they wake up at night

### Safety

- Your baby should be in a car seat in the back seat, facing backwards until 2 years old and 20 pounds to avoid whiplash injury to the neck and brain in event of an accident
- Do a home safety check – baby gates, wires/cords out of reach, locks on cabinets and barriers around heating devices
- Lock chemicals/medicines in a high cabinet; Separate locked firearms and ammunition
- Avoid walkers
- Poison Control # (1-800-222-1222)
- Keep hot liquids out of reach
- Use insect repellent (10-25% DEET) & sunscreen (SPF > 30)
- Always have an adult supervising when near water and do not rely solely on flotation devices

### Promoting Development

- Your baby may say ‘mama’ and ‘dada’ non-specifically and pull to stand and cruise around the room
- Your baby will imitate the words and sounds you make, so read and talk often
- Your baby will turn when their name is called
- Your baby will like peek a boo games and hidden objects
- Your baby may sit well without support and crawl well
- Separation anxiety is normal – practice reassurance
- Teach simple and clear rules
- Keep “No!” reserved for the most important issues

**\*Next Visit: 12 months old for well child check, bloodwork, vaccines**

