

NAME _____
DATE _____
WEIGHT _____ (_____ %)
LENGTH _____ (_____ %)
HEAD _____ (_____ %)



FOR YOUR 9 MONTH OLD

FEEDING

Many babies enjoy soft table foods and “Stage 3” foods. They are also feeding themselves more finger foods.

Avoid giving any large pieces of food, popcorn, nuts, seeds, whole grapes, or hotdogs that may cause choking.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your baby gets enough protein and zinc.

Breastfeed your baby 3-4 times a day, until your baby seems content. Continue prenatal vitamins while breastfeeding.

Exclusively breastfed babies need vitamin D supplements. 400 IU/day of vitamin D is recommended. Formula fed babies should also be on a vitamin D supplement unless they are drinking 32 ounces of formula a day.

If you do not exclusively breastfeed, use an iron-fortified infant formula. At 9 months, many babies reduce to 16-24 ounces per day as they advance their solid diet and go into a relatively slower growth phase.

Do not give honey/Karo syrup in the first year.

Avoid giving your baby juice. Water, formula or breast milk is fine. You may want to introduce a sippy cup or cup at this time. Offer meals on a schedule.

Have family meals-babies enjoy the social aspects of eating.

Whole milk will be introduced around 12 months of age. Earlier introduction can contribute to allergy and anemia.

DEVELOPMENT

Crawls, scoots and creeps, pulls to stand, may walk alone or assisted.

Understands “no” and may say “mama” and “dada” with meaning, imitates sounds and gestures.

Pincer grasps, finger feeds, uses cup, waves, claps, plays peek-a-boo.

Stranger anxiety, searches for hidden object, cries when parents leave the room.

AVERAGE DIET FOR OLDER INFANTS

Cereal - Iron-fortified cereal (rice, mixed barley or oatmeal); cooked or instant Cream of Wheat, Cheerios or other non-sugar coated cereals.

Fruits - Fresh, stewed, or baked; small pieces of fruits according to chewing ability.

Vegetables - Fresh, steamed or boiled, canned or frozen, refrain from raw vegetables, offer vegetable soup.

Meats/Poultry - Boiled, roasted, broiled tender meats/poultry, meats served in soups, use strained baby meats as a sandwich spread-avoid fried foods.

Dairy - Soft, mild cheese (cottage, cream, American, cheddar), pudding or yogurt.

Starch - Potato (broiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

Meat substitutes - macaroni and cheese, cheese dishes served with milk, yogurt, beans, cottage cheese.

SLEEP

The average baby sleeps 14 hours per day at this age. It is normal for your baby to sleep more or less than the average.

Most babies take 2 naps per day.

Your baby should be sleeping through the night without needing to be fed.

FOR YOUR 9 MONTH OLD

SAFETY

Always use a car seat made for an infant and place it rear-facing in the back seat until 2 years of age. Make sure to adjust the shoulder straps as your baby grows.

Keep cleaners, medications, plastic bags, and small objects away from your baby. Use cabinet locks, outlet covers, and safety gates.

In case of accidental ingestion or poisoning, or for free poison prevention information call Poison Control at (800) 222-1222.

Never leave your baby unattended on the bed, sofa, changing table, or in the bathtub.

OTHER THINGS TO KEEP IN MIND

Use a small, soft toothbrush or cloth to clean your baby's teeth every day. You should use a very small amount (like a rice grain) of fluoridated toothpaste on the brush.

Do not give your baby a bottle of formula or juice in bed - it can cause cavities!

Protect from sun exposure with clothing, hats, blankets, or an umbrella. Use a PABA free sunscreen with SPF>15. Reapply frequently.

Do not smoke around your baby - it may lead to respiratory problems and allergies. Consider quitting!

SUGGESTED READING

- "What to Expect the First Year"*
 - "Caring for Your Baby and Young Child"*
 - "Solve Your Child's Sleep Problems"*
 - "Feed Me, I'm Yours"*
 - "Sleeping Through the Night"*
 - "The Sleepy Solution"*
-

WEBSITES

- www.carypediatriccenter.com
 - www.aap.org
 - www.cdc.gov/vaccines
 - www.seatcheck.org
 - www.healthychildren.org
-

ACETAMINOPHEN DOSAGE (160 mg/5ml) (EVERY 4-6 HOURS)

- 6-11 lbs = 1.25 ml
- 12-17 lbs = 2.5ml
- 18-23 lbs = 3.75ml

INFANT IBUPROFEN DOSAGE (50 mg/1.25ml) (EVERY 6-8 HOURS)

- 12-17 lbs = 1.25ml
- 18 -23 lbs = 1.875ml

Never alternate Tylenol and Motrin for fever.

TESTS/IMMUNIZATIONS FOR TODAY

Vaccines may be given today. Please review our information sheets.

ADDITIONAL INSTRUCTIONS

YOUR NEXT APPOINTMENT IS AT 12 MONTHS

at the twelve month check-up...

- Your baby will have a physical examination.
 - Your questions and concerns will be answered.
 - Your baby will receive vaccines and a blood test for anemia.
 - You will be given a developmental questionnaire to complete in our office.
-