

Ninth Month Visit

Date:

NUTRITION

Continue breast-feeding or giving formula as the milk source. Wait until 12 months before switching to cow's milk. If you have not done so, introduce the cup. The amount of milk may vary widely, 20 to 32 oz per day, and often decreases as the baby begins drinking from a cup and eating more solids. Table foods now play a bigger role in your baby's diet. Examples include toast, bananas, avocados, soft cheeses, yogurt, well-cooked vegetables and fruits. Do not give the baby honey until after 12 months. Allow your baby to feed themselves. Do not give your child foods that they can choke on such as nuts, popcorn, hard candy, or hot dogs cut into round pieces. Have your child sit at the table with the rest of the family at meal times. Remember that your child may need to try new food 10 to 15 times before he or she accepts them. Your baby does not need juice unless constipated, and then limit to no more than four ounces per day. If your baby drinks less than 32 ounces of formula a day, keep giving Vitamin D supplementation.

SAFETY

Be sure your house is as "child-proof" as possible. Get down on the floor and observe from their perspective. Some general guidelines:

Cover outlets, secure electrical cord and make sure blind cords are out of reach.

Watch for hazardous items such as pins, coins, medications and plants.

Do not use walkers.

Lower the crib mattress to the lowest position and remove the crib bumper.

The kitchen is a dangerous place. Keep knives out of reach. Cook on the back burners to reduce the risk of burns.

Falls are common as children learn to walk. Install gates and window guards.

The water heater should be set below 120 F to prevent accidental burns.

Post the Poison Control Hotline on your refrigerator: **1-800-222-1222**.

IMMUNIZATIONS

None; your baby may need catch up shots if they missed previous doses.

Possible side effects include:

Fever

More irritability or fussiness

Redness or swelling at the site of the shot

You may give your baby acetaminophen or ibuprofen as needed.

MEASUREMENTS

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ inches (_____ %)

DEVELOPMENT

At this age you may notice your baby:

Sits without support

Tries to crawl, but might still be dragging legs or going backwards

Takes steps while holding on to furniture

Moves objects from hand to hand

Understands his or her name, "no" and "bye-bye"

Repeats syllables, "da-da" and "ba-ba"

Has separation and stranger anxiety

Picks up small objects with index finger and thumb

PROMOTING DEVELOPMENT

Listen to and make music with your child. Songs with gestures and finger actions teach your child how to copy.

Play interactive games. Encourage older siblings to join in playtime.

Keep reading to your baby daily.

Do not let your baby watch TV.

FOCUS ON FAMILY

Postpartum depression is common and can arise at anytime in the first year. If you find yourself feeling sad, anxious, or depressed, seek help and talk to your doctor.

Separation anxiety may start at any time. Your child may have separated from you without being upset before but may now start to cry or cling to you. Know that this is a normal stage and your child will be fine after you leave.

Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

Next visit at 12 months

