

Date: \_\_\_\_\_  
Height: \_\_\_\_\_ %  
Weight: \_\_\_\_\_ %  
Head: \_\_\_\_\_ %

**Nine Month Visit**  
**West End Pediatrics**  
[westendpediatrics.com](http://westendpediatrics.com)  
**804-740-6171**

### **Feeding**

During the next three months, your infant will develop an ability and desire to feed themselves. It will be your responsibility to provide the amount and variety of healthy foods but your infant will decide how much to eat. Gradually expose your infant to different textured foods (pureed, blended, mashed, chopped, and soft lumps) to help him/her learn to chew. It may take 10-15 tries before your baby will accept a new food. Avoid mixed textures because they are the most difficult for infants and toddler to eat. Most 9 month olds can be on the same eating schedule as the family (breakfast, lunch, and dinner) as well as 2-3 snacks. It is a great time to encourage your baby to drink from a cup. Juice is not recommended; if you choose to give your infant juice, limit it to 4 ounces. Continue to avoid foods that are choking hazards such as popcorn, hard candy, whole hot dogs, corn, whole grapes, raw carrots, and large pieces of raw vegetables. Breast feeding or formula with complementary foods provides optimal nutrition for the 9-12 month infant.

### **Safety**

You will probably need to change your infant's car seat to one that is suited for a larger infant but can still face backwards. Infant seats are usually not recommended for infants longer than 26-28 inches or who weigh more than 20 pounds. Check your seat's specifications. Safety experts now recommend that infants and toddlers stay rear facing until they are 2 years old. Infant and child safety seats should never be put into the front seat of a vehicle with a passenger air bag. A resource regarding child safety seat inspection is [www.seatcheck.org](http://www.seatcheck.org) (1-866-732-8243).

Your baby's gross motor skills will continue to rapidly change over the next 3 months. She/he will be moving around and exploring his/her environment. Do not leave heavy objects or containers of hot liquids on tables with table clothes or where your baby can reach them. Turn handles of pans or dishes so that they do not hang over the edge of stove or table. Use barriers around space heaters, wood stoves, and any heaters. The kitchen is one of the most dangerous rooms for children. If you are unable to give your infant your full attention, consider using a playpen, stationary activity center, or buckle him/her into the high chair. Remove or lock up all detergents, cleaners, solvents, and poisonous liquids. Keep electrical cords out of your child's reach. Mouth burns can result from chewing on a wire.

To prevent children from falling out of windows, keep furniture away from windows and install window guards. Install gates at the top and bottom of stairs.

Watch your infant and toddler around water at all times. A child can drown in just a few inches of water. Empty buckets, tubs, or small pools immediately after you use them. Do not allow young brothers or sisters to watch over your infant or toddler in the bathtub, house, yard, or playground.

To prevent poisoning, keep household products such as cleaners, chemicals, and medications locked up and out of your child's reach. Keep the number of the Poison Control Center next to every phone (1-800-222-1232) or MCV 804-828-9123.

Lower the crib mattress if you haven't already. Remove dangling cords (telephone, electrical, blinds, or drapery) that are near your baby's crib or play areas.

## **Sleep**

Nine months is a time when bed time routines are very important. It is best to have a routine that allows your baby to gradually relax. The time before bed is a great time to snuggle and look at books. Encourage your baby to learn to fall asleep independently by putting him/her in the crib awake. Providing him/her with a transitional object such as a stuffed animal, small blanket, or favorite toy can help your baby make the transition to falling asleep on his one. Night awakening at nine months is very common. Check on your infant and console him/her but try not to pick your baby up.

As your baby begins to stand in the crib, it is important to lower the mattress to the lowest level before they learn to stand up. If you are using bumper pads, remove them when the baby begins to stand so they cannot be used as steps.

## **Play**

Your baby will be increasingly mobile. She/he will like to play peek-a-boo, pat a cake, and so big. Encourage your baby's vocalizations. Talk to him/her during dressing, bathing, feeding, playing, and walking. Read to your baby. Play music and sing songs.

## **Discipline**

Infants have a natural curiosity about objects they see their parents using but also have a short attention span. Distraction and replacing a forbidden object with one that is allowed works well for discipline for a 9 month old. Use descriptions of behavior your desire such as "time to sit" rather than "don't stand." Limit using "No" to the most important issues. Simple rules can be established. It is best for all parents and other family members to be consistent.

## **Oral Health**

Clean your baby's gums and teeth daily. Use a clean moist washcloth to wipe her gums. Once your baby starts biting, use a soft toothbrush. Using water or a fluoride free cleanser is fine. Avoid using toothpaste until your child can spit out the toothpaste (usually after 2 years). Avoid the following practices since they can cause cavities: propping bottles, night feedings with anything other than water, frequent exposure to sugar containing liquids such as juice.

Adapted from Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents.

## **Medication Doses**

### **Please See Attached Sheet for Dosage Chart**

-Acetaminophen or Tylenol can be taken every 4 to 6 hours as needed

-Ibuprofen (Advil or Motrin) can be taken every 6 to 8 hours as needed