



Date: _____

Weight: _____

Height: _____

Head Circumference: _____

Well Child Care at 9 Months

Feeding

Your baby should continue to have breast milk or infant formula until he is 1 year old. Babies at this age will eat 3 meals and 2 to 3 snacks each day. Encourage your child to drink formula and water from a cup now. This is a good time to begin weaning from the bottle. Do not let your baby keep the bottle between meal times. If your family eats meat, you can begin adding meat to your child's diet.

Development

Babies are starting to pull themselves up to stand. They love to bang things together to make sounds. Soon, they may start to say "dada" and "mama." At this age, babies learn what "no" means. Say "no" calmly and firmly and either take away the item that your child should not be playing with or remove him from the situation. Comfort your baby by using a soothing voice and being gentle with him. Give your baby a choice of toys. Talk to him about the toy he chooses and what he is doing with the toy. Peek-a-boo is a favorite game. 9-month-olds have a lot of energy and it requires a lot of energy to take care of them. Make sure you get enough rest. Ask friends and family for help so you can take a break and rest. If you are rested, you will be better able to take care of your child. Sleep: A regular bedtime hour and routine are important. Babies enjoy looking at picture books. You may want to read one regularly with your child. Never put your baby in bed with a bottle. Put your baby to bed awake, but drowsy. If your baby wakes up a lot at night, ask your doctor or nurse for advice. Shoes: Shoes protect your child's feet, but are not necessary when your child is learning to walk inside. When your child finally needs shoes, choose a flexible sole tennis shoe or moccasin.

Reading and Electronic Media

Your child will enjoy feeling the rough and smooth textures found in "touching" books and listening to the sounds of nonsense verse and nursery rhymes. You'll be surprised at how quickly she will learn to join in the rhymes and songs. Do not prop an infant in front of a television. Research shows that babies this age cannot learn information from screens, even though many toys and video games claim to teach babies skills. Babies learn by interacting with caregivers; being read, talked, and sung to. Make special time for this tech-free type of play every day. Starting healthy media habits now is important, because they are much harder to change when children are older.

Dental Care

By now, many children have 2 or more teeth. After meals and before bedtime, try to wash off the teeth with a clean cloth. Don't worry too much about getting every last bit off the teeth. Try to make this a fun time for your baby.

Discipline

This is an age when the entire family needs to adapt to the increasingly mobile infant. The more consistent parents are in establishing and reinforcing appropriate behavior, the easier it will be for the infant to learn what is, and is not allowed.

Safety Tips

Keep sharp objects out of reach.

Choking and Suffocation

- Avoid foods on which a child might choke (such as candy, hot dogs, popcorn, peanuts).
- Cut food into small pieces.
- Store toys in a chest without a dropping lid.

Fires and Burns

- Check your smoke detector to make sure it is working.
- Put plastic covers in unused electrical outlets.
- Keep hot appliances and cords out of reach.
- Keep all electrical appliances out of the bathroom.
- Don't cook when your child is at your feet.
- Use the back burners on the stove with the pan handles out of reach.
- Turn your water heater down to 120°F (50°C).

Falls

- Make sure windows are closed or have screens that cannot be pushed out.
- Don't underestimate your child's ability to climb.

Car Safety

- Child should still be in a rear facing position until the age of 2; this is the best protection for your baby's head, neck and spine.
- Never leave a child in a car by themselves, even for a short amount of time. There is a risk of kidnapping, heatstroke and or death.

Water Safety

- Never leave an infant or toddler in a bathtub alone — NEVER.
- Be within arm's reach of your baby around any water, including toilets and buckets. Infants can drown in a bucket that has water in it. Empty all water and store buckets turned over.
- Swimming programs are not recommended for infants in the first year of life because there is no evidence that they reduce the risk of drowning.

Sun Protection

- Always apply Sunscreen with an SPF greater than 15 when your child is outside. Reapply every 2 hours.
- Have your child wear a hat.
- Avoid prolonged time in the sun between 11:00am and 3:00pm.
- Wear Sun protection clothing for summer.

Pets

- You must keep a close eye on both child and pet when they are interacting with each other.
- Try to keep your toddler away from animal feeding areas to reduce the risk of both bites and the ingestion of animal food.
- Because children this age are not old enough to understand the difference between playing with and hurting a pet, interactions between them should be supervised at all times.
- Watch for signs of either your child or pet is becoming anxious or overwhelmed.
- Dog and cat bites are particularly common at this age.

Poisoning

- Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Dispose of them safely.
- Put safety latches on cabinets.
- Keep the poison center number on all phones. **1-800-222-1222**

Smoking

- Children who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Set a good example for your child. If you cannot quit, do NOT smoke in the house or near children.

Immunizations

At the 9-month visit, your child may receive vaccines. Children over 6 months of age should receive an annual flu shot. Your baby may run a fever and be irritable for about 1 day after the shots. Your baby may also have some soreness, redness, and swelling where the shots were given. You may give acetaminophen drops in the appropriate dose to prevent the fever and irritability. For swelling or soreness, put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. Call your child's healthcare provider if:

- Your child has a rash or any reaction other than fever and mild irritability.
- Your child has a fever that lasts more than 36 hours.

Next Visit

Your baby's next routine visit should be at the age of 12 months, and will be receiving vaccines. You can also expect us to take some blood to run a routine test that is recommended for all 12 month olds.

Normal Development: 9 Months Old

Here's what you might see your baby doing between the ages of 9 and 12 months.

Daily Activities

- Continues to enjoy banging and waving toys.
- Throws and shakes objects.
- Gets absorbed in toys and games.
- Explores food with fingers.
- Initiates play.

Motor Skills

- Goes from sitting to lying position unassisted.
- May pull self to standing position.
- Stands holding on to furniture.
- Tries to move one foot in front of the other when held upright.
- May try to crawl up stairs.
- May start to walk with help.

Language Development

- Imitates the rising and falling sounds of adult conversation.
- Imitates more speech sounds, but does not yet understand most of them.
- Repeats sounds again and again.
- May start to say "mama" or "dada".

Emotional and Behavioral Development

- Resists doing what he does not want to do.
- May imitate parent behaviors such as cooking or cleaning.
- Loves showing off for family audience.
- May cry when parent leaves the room.
- May resist diapering.

Each child is unique. It is difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide range of growth and behavior for each age is normal. These guidelines show general progress through the developmental stages rather than fixed requirements for normal development at specific ages. It is perfectly natural for a child to reach some milestones earlier and other milestones later than the general trend. If you have any concerns about your child's own pattern of development, check with your healthcare provider

Shoes

The following information may help you make more rational decisions when you need to buy shoes for your infant.

Shoes versus Bare Feet

- The only purpose of shoes is protection from injury, cold, or burns (from hot asphalt surfaces). No shoes are needed except when your child walks in rough terrain. Children who are walking inside a house or outside on sand or grass do not require shoes.
- Before your child starts walking, keep your child's feet warm with booties or socks during the winter.
- Once your child begins to walk, he will prefer to walk barefoot because it gives him a better sense of where his feet are and enables him to use his toes for balance. Shoes may interfere with learning to walk.

Types of Shoes

- When your child finally needs shoes, buy tennis shoes (sneakers) or some other shoe with a flexible sole that allows free movement of the foot. Tennis shoes have the advantages of comfort, ventilation, and excellent traction. Many brands are easy to wash and inexpensive. During the first year of walking, be sure the shoes are lightweight, very flexible and have a skid-proof sole.
- Hand-me-down shoes are fine if they fit and are still in good condition (the sole is still skidproof). It is not true that shoes with a previous wear pattern on the heels will cause leg or foot pains in the next user.
- Expensive “special” shoes have no advantage at any age for 99 percent of children. Arches do not “fall.” Save your money for something more important.
- Heels are not essential at any age, and they can cause tripping during the first 2 or 3 years.
- High-top shoes are generally not useful, and children who wear them are often teased. Rarely an older child will need high-top sneakers because his or her feet continually slip out of low-cut shoes.
- Even children with flat feet rarely need a special shoe or heel. Tennis shoes work fine for most of these children. Flat feet are usually a normal variant and cause no symptoms.

Shoe Size and Fit

- With a little practice, most parents can determine whether or not a shoe fits. Check the fit with your child standing and putting weight on the shoes. The shoe should be approximately one half inch (the width of an index finger) longer than the big toe. The width of the shoe is correct if you can grasp a small piece of shoe at the widest portion of the foot (the pinch test). The heel area should be snug enough to keep the shoe from flopping up and down during walking. Also, maximum flex should be where the foot flexes and not in the middle of the shoe.
- In young growing children, shoes often become too tight before they wear out. During the second and third years of a child's life, shoe size can change three times a year. Check the fit at least every 3 months.

Follow us on Facebook @ Healing Touch Pediatrics
or visit our website @ www.healingtouchpediatrics.com.
For any questions or concerns please call our office at 817-417-9001.