

9 Month Old Handout

Your Baby and Family

- Tell your baby in a nice way what to do (“Time to eat”), rather than what not to do.
- Be consistent.
- At this age, sometimes you can change what your baby is doing by offering something else like a favorite toy or distraction.
- Do things the way you want your baby to do them—you are your baby’s role model.
- Make your home and yard safe so that you do not have to say “No!” often.
- Use “No!” only when your baby is going to get hurt or hurt others.
- Take time for yourself and with your partner.
- Keep in touch with friends and family.
- Invite friends over or join a parent group.
- If you feel alone, we can help with resources.
- Use only mature, trustworthy babysitters.
- If you feel unsafe in your home or have been hurt by someone, let us know; we can help.

Feeding Your Baby

- Be patient with your baby as he learns to eat without help.
- Being messy is normal.
- Give 3 meals and 2–3 snacks each day.
- Vary the thickness and lumpiness of your baby’s food.
- Start giving more table foods.
 - Fruits – remove skin, cut into small pieces, choose very ripe/softer fruits
 - Vegetables – cook vegetables so they are easier to chew/swallow
 - Grains – give cooked noodles in small pieces, use whole grain/wheat bread, avoid sugar/honey coated cereals
- Give only healthful foods. Avoid foods with added sugar, cookies, cakes, and candy. Do not add sugar or salt to foods.
- Do not give your baby soft drinks, tea, coffee, and flavored drinks.
- Avoid forcing your baby to eat.
- Babies may say no to a food 10–12 times before they will try it.
- Help your baby learn to use a cup. Begin offering liquids in a cup. Plan on weaning the bottle by 15 months or sooner.
- Continue to breastfeed or give iron-fortified formula until 1 year; do not change to cow’s milk.
- Your baby’s appetite will probably decrease dramatically in the next few months. Do not worry about picky eating. Most children will eat a balanced diet over time, even if they only eat one or two foods for a while.

Your Changing and Developing Baby

- Your baby should be sitting up on her own and maybe pulling to a stand or crawling/creeping.
- Not all babies crawl before walking, so don’t worry if your baby does not seem interested in crawling
- Your child should understand words such as “bye-bye” and “no” and may begin saying “mama” and “dada”.
- Keep daily routines for your baby.
- Make the hour before bedtime loving and calm.
- Check on, but do not pick up, the baby if she wakes at night.
- Watch over your baby as she explores inside and outside the home.
- Crying when you leave is normal; stay calm.
- Give the baby balls, toys that roll, blocks, and containers to play with.

- Avoid the use of TV, videos, and computers.
- Show and tell your baby in simple words what you want her/him to do.
- Avoid scaring or yelling at your baby.
- Help your baby when she needs it.
- Talk, sing, and read daily.

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles.
- Have your child's car safety seat rear-facing until 2 years old
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your own seat belt and do not drive after using alcohol or drugs.
- Empty buckets, pools, and tubs right after you use them.
- Keep the toilet seat down/locked when not being used.
- Place gates on stairs; do not use a baby walker.
- Do not leave heavy or hot things on tablecloths that your baby could pull over.
- Keep dangerous or breakable items out of reach.
- Put barriers around space heaters, and keep electrical cords/cords from window blinds/curtain sashes out of your baby's reach.
- Never leave your baby alone in or near water, even in a bath seat or ring. Be within arm's reach at all times.
- Keep poisons, medications, and cleaning supplies locked up and out of your baby's sight and reach.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Install openable window guards on second-story and higher windows and keep furniture away from windows.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Keep your baby in a high chair or playpen when in the kitchen.

Immunizations

- Your child received the Hepatitis B and Polio vaccines today.
- There is a small chance your child will develop a fever, or have pain or redness at the injection site.
- You may give your child acetaminophen or ibuprofen for any of these symptoms.
- If your baby has a fever higher than 102 F rectally, call our office.
- For more vaccine information, go to www.cdc.gov/vaccines/.

The next check-up is the 12 Month Visit.

Poison Help:

1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org