

**Palisades Pediatrics, LLP
236 North Main Street
New City, NY 10956
(845) 708-0400**

Nine (9) Months Old

Feedings:

- 1) Formula – Similac, Enfamil, Good Start/ breast milk; **32-40 oz. maximum a day.**
- 2) Solid food three (3) times a day; offer more table foods.
 - May start meats and more textured foods
 - Offer finger foods (ie. cooked carrots cut in cubes, large curd cottage cheese, biscuits);
- 3) **DO NOT** give whole nuts, popcorn, hot dogs, corn, pieces of raw apple, beans, carrot/celery sticks, whole grapes or raisins.
- 4) **DO NOT** give soda pop or “fruit drinks.” Avoid juice; give fresh fruit instead.
- 5) **DO NOT** give a bottle in bed.

Medications:

Fluoride vitamins- one dropper by mouth once a day if appropriate as prescribed by your Health Care Provider.

Your Growing Baby:

- 1) May be afraid of strangers.
- 2) May easily be frustrated and want more independence.
- 3) May pull to standing position.
- 4) Can pick up small objects using thumb and index finger.
- 5) Can partially finger feed.
- 6) May begin to say mama and dada.
- 7) Plays games (peek-a-boo, pat-a-cake) and waves hi and bye bye.
- 8) May crawl and creep quickly.
- 9) May have some night awakening due to separation anxiety.
- 10) Over the next few weeks, your infant will:
 - Pull to standing and be able to walk holding onto furniture (over the next 1-3 months)
 - Manipulate objects and bang blocks together, pull, open, poke;
 - Return hugs and kisses;
 - Display anger at being restrained or at interruptions during play;
 - Comfort himself/herself;
 - Recognize food and demonstrate food likes and dislikes.

Parent Tips:

- 1) Talk to your baby and repeat the sounds he/she makes; he/she enjoys being read to;
- 2) Establish a bedtime and a bedtime routine;
- 3) Your baby may wake up at night. Keep a favorite toy in his/her bed. Do not bring the baby into your bed;
- 4) Play games such as peek-a-boo and wave bye bye;
- 5) Offer a sippy cup at meal times. Some babies may not be ready for a cup until a year or later.
- 6) If you are considering a daycare, investigate and observe the centers before choosing one. It should:
 - Be State approved, with professional, educated personnel;
 - Provide an attractive, safe environment with sufficient equipment for stimulations and space for activity;
 - Allow parents to visit unannounced

- Provide a consistent caretaker responsive to your baby;
- Have an appropriate plan of care for sick children;
- Offer health education services to parents, i.e., group meetings; regular bulletins to families.

Accident Prevention:

- 1) **USE GATES AT STAIRWELLS AND/OR DOORWAYS.**
- 2) Use the playpen as a safety island when you are temporarily distracted. Make sure crib has slats no wider than 2 3/8"; mesh netting with weave smaller than baby's buttons, firm floor support or legs, hinges that lock tightly and no sharp edges.
- 3) Keep sharp objects such as knives, scissors, tools and razor blades in a secure place and remove sharp edged or hard furniture from the room he/she is in.
- 4) Keep your baby away from swimming pools, **DO NOT** leave alone in the bathtub or any other water and always keep your bathroom door closed and toilet seat cover down.
- 5) Check your baby for ticks and skin lesions while bathing them.
- 6) Keep medicines, household cleaners, and poisons out of reach. Store chemical products in upper cabinets. **CALL the POISON CENTER at 1-800-222-1222 if accidental ingestion occurs**
- 7) Have safety latches on doors and cupboards.
- 8) Keep hot liquids out of your child's reach. Never hold your child while drinking hot drinks.
- 9) Make sure your water temperature is set at 120°F or less.
- 10) Remove bumper pads and large toys from crib. Have crib mattress at lowest level.
- 11) **ALWAYS USE A CAR SEAT INSTALLED PROPERLY WHEN TRAVELING, it is required by law!** Car seat must remain rear facing until at least 24 months of age.
- 12) Remember, your child may not understand or remember "**NO**".
- 13) Always use PABA free sunscreen with SPF of 15 for any sun exposure.

Immunization:

If your child has not been adequately vaccinated previously, he/she may need additional vaccines today as well as Hepatitis B #3 and Influenza vaccines.

Your baby may:

- Be irritable;
- Develop a low grade fever;
- Develop redness, tenderness, or swelling over the injection site;

- 1) Call a Health Care Provider if your child has any serious reaction.
- 2) Use cool compresses if thigh is red or tender.
- 3) Give Infant Tylenol if child develops a fever or fussiness. Give the dose based on their weight as advised by the Health Care Provider

Special Instructions:

Next Visit:

At twelve months of age for a well child check and immunizations. Your child may need a TB skin test if found to be at risk for tuberculosis infection and will need a blood test for complete blood count and lead level. Your child will also be screened for eye/vision problems.