



NINE MONTHS OLD

WELL CHILD CHECK

FEEDING YOUR BABY

- ON DEMAND BREASTFEEDING OR FEEDING WITH IRON FORTIFIED FORMULA
- GIVE 3 MEALS AND 2-3 SNACKS PER DAY
 - DO NOT FEED FOODS THAT “CRUNCH,” BECAUSE THESE CAN CAUSE CHOKING.
 - GIVE MORE TABLE FOODS.
- WEAN BOTTLE BY AGE 12 MONTHS.
- DO NOT FEED YOUR BABY JUICE.
- NO COW'S MILK OR HONEY UNTIL 1 YEAR OLD

BABY'S DEVELOPMENT

- SITS WITHOUT SUPPORT
- MAY CRAWL (NOT ALL BABIES CRAWL)
- PULLS TO STAND AND CRUISES
- PICKS UP SMALL OBJECTS
- ROUTINES ARE GOOD FOR BABY!
- NIGHTTIME AWAKENING IS NORMAL BUT ALLOW BABY TO SELF-SOOTHE

BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!

BABY'S ACTIVITIES

- ENCOURAGE SPEECH BY NAMING OBJECTS.
- READ, TALK, AND SING TO BABY
- PLAY INTERACTIVE GAMES SUCH AS PEEK-A-BOO AND WITH TOYS THAT MAKE NOISE.
- NO TV, iPADS, OR PHONE SCREENS TO DISTRACT YOUR BABY

KEEP YOUR BABY SAFE

- USE A REAR-FACING CAR SEAT IN THE MIDDLE OF THE BACK SEAT UNTIL YOUR BABY'S WEIGHT AND HEIGHT ARE GREATER THAN YOUR CAR SEAT'S LIMITS.
- CONTINUE TO CHILDPROOF YOUR HOME BY ADDING GATES TO STAIRWELLS AND LOCKS TO CABINETS.
- COVER ELECTRIC OUTLETS.
- DO NOT USE BABY WALKERS.
- NEVER LEAVE BABY IN WATER ALONE.
 - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- NO SMOKING AROUND BABY – CONSIDER QUITTING AND LET US KNOW IF YOU NEED HELP.
- APPLY SUNSCREEN TO ALL AREAS OF BODY WHEN SPENDING TIME OUTDOORS (SPF 15 OR GREATER).
- KEEP MEDICATIONS AND CLEANING SUPPLIES IN LOCKED CABINETS
- CALL POISON CONTROL CENTER (1-800-222-1222) IF BABY EATS A POISON, MEDICATIONS, OR CLEANING SUPPLIES.

HEALTHY TEETH

- NO BOTTLES IN BED
- NO NUMBING GELS FOR TEETHING
- BRUSH TEETH AND GUMS WHEN YOU SEE FIRST TOOTH TWICE PER DAY WITH RICE SIZE AMOUNT OF FLUORIDE TOOTHPASTE.
- FIRST DENTAL APPOINTMENT AT 12 MONTHS

NEXT VISIT: AGE 12 MONTHS

FOR MORE INFORMATION, PLEASE VISIT

WWW.HEALTHYCHILDREN.ORG