



NINE MONTH VISIT PARENT HANDOUT

Date _____ Weight _____ Height _____ Head Circ. _____

FEEDING YOUR BABY: Your baby should continue on breast milk or iron-fortified formula until 12 months of age. The amount taken per day will vary (24 to 32 oz per day) and often decreases gradually as the baby begins drinking from a cup and eating more solid foods. Bottle fed babies should not need middle of the night feedings. Do not give your baby juice. If you have not yet done so, introduce a sippy cup and a spoon at this age. Start advancing your baby's diet by offering blended or mashed table foods. You may offer finely chopped fruits, vegetables and meats. Avoid raw vegetables, whole hot dogs, big chunks and other small hard foods which may cause choking. Fresh or frozen cooked vegetables are preferred over canned, which may contain too much salt. By one year of age, most babies prefer eating table foods more than baby food (even though baby food is still acceptable) and prefer to eat with their own fingers rather than being fed by a parent. You may add custard, pudding and yogurt at this age. Continue to avoid food that is likely to cause allergies: peanuts, tree nuts and shellfish (shrimp, crab).

SAFETY:

- Make sure your house is as "child proof" as possible.
- Make sure electrical outlets are covered.
- Store dangerous and poisonous substances, such as medications and household cleaners, out of reach.
- Post the Poison Control number (1-800-222-1222) by your phone.
- Do not let pot handles stick out over the edge of the stove.
- Block stairways and avoid the use of walkers.
- Keep locks on cabinets and toilets, and keep the bathroom door closed.
- Do not leave standing water in buckets or tubs.
- Continue to use a rear-facing car seat. New recommendations state that babies are safest in the rear-facing position until 2 years of age.
- Take an infant CPR class at Children's Healthcare of Atlanta or Northside Hospital.
- Never leave your baby unattended.

DEVELOPMENT: By this time, most babies can pull to stand, cruise on furniture, and crawl. Most babies should be able to sit alone, pick up objects with a thumb and finger, understand some words, babble consonant sounds, and imitate speech. Continue to read to your baby and name familiar objects. Stranger and separation anxiety are common at this age.

IMMUNIZATIONS: Your next regularly scheduled vaccinations are at the twelve month check-up. Your baby will receive Varivax and Prevnar13 at that time. Varivax helps to protect your baby against the chicken pox virus. Prevnar13 helps prevent diseases caused by the pneumococcus bacteria, such as bacterial blood infections and meningitis. Any immunization may cause mild discomfort, fussiness, irritability, or mild fever. There is no need to worry when this happens, and the appropriate dose of infant acetaminophen suspension (Tylenol®) may be given every 4-6 hours or infant ibuprofen (Motrin®) drops every six hours as needed if there is fever.

Your baby's infant acetaminophen (Tylenol®) suspension (160mg/5ml) dosage is _____

Your baby's infant ibuprofen (Motrin®) concentrated drops (50mg/1.25ml) dosage is _____

RETURN TO OUR OFFICE AT 12 MONTHS FOR YOUR CHILD'S NEXT VISIT