

9 Month Visit

Family Well-Being

- 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.
- 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 some 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 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. Make sure they are soft and cut up small.
- Give only healthful, low-sugar, low-salt foods.
- Do not give your baby soft drinks, tea, coffee, or 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 use a cup.
- If you are still breastfeeding, that is great! Continue as long as you both like.
- If you are bottle feeding, continue formula until age 1y; do not change to cow’s milk.

Your Baby’s Development

- Keep daily routines for 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, computers, and phones.
- Show and tell your baby in simple words what you want her to do.
- Avoid scaring or yelling at your baby.
- Help your baby when she needs it.
- Talk, sing, and read daily.

Healthy Teeth

- Many babies begin to cut teeth at six months.
- Use a cold teething ring if your baby has sore gums with teething.
- Avoid use of teething gels and tablets.
- Once teeth erupt, use a small amount of fluoride toothpaste (size of a grain of rice) on a toothbrush to clean each tooth.
- Do not give a bottle in bed.
- Do not prop bottles.
- Have regular times for your baby to eat. Do not let him eat all day.
- Ensure your water source contains fluoride.

Safety

- The car seat should be rear-facing in the middle of the back seat in all vehicles for the entire first two years of life.
- Your baby should never be in a seat with a passenger air bag.
- Remove coat before buckling in car seat.
- Keep your car and home smoke free.
- Always wear your own seat belt and do not drive after using alcohol or drugs.
- Empty buckets, pools, and tubs after you use them.
- Do not use a baby walker. Place gates on stairs.
- Do not leave heavy or hot things on tablecloths that your baby could pull over.
- Put barriers around space heaters and keep electrical cords out of your baby’s reach.
- Set your hot water heater so the temperature at the faucet is at or below 120 degrees F.
- Do not drink hot drinks while holding your baby.
- Never leave your baby alone in bathwater. Always be close enough to touch your baby.
- While in the kitchen, use a playpen or high chair. Turn pot handles inward on the stove.
- Close doors to rooms where your baby could be hurt (bathrooms).
- Install openable window guards on second-story and higher windows. Keep furniture away from windows
- If you have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Lock up poisons, medicines, cleaning supplies. Call Poison Help (1-800-222-1222) if your baby eats them.
 - Use sunscreen when outdoors. Reapply frequently.

Pediatrics

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North Pavilion, Suite 415
Lebanon, IN 46052
765-485-8900

of Anson – Zionsville
6085 Heartland Dr.
Suite 208
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317-768-2222

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Poison Control Help Line: 1800-222-1222

Child Safety Seat Inspection: 1-866-SEATCHECK or seatcheck.org

