

Baby Business

A Publication of Suburban Pediatric Clinic

9 MONTH EDITION

Baby Business 9 month edition: This month's Baby Business will discuss what parents should expect when your baby is around 9 months old.

IMMUNIZATIONS

Your baby may receive immunizations today according to the currently recommended schedule.

NUTRITION

At this age your baby may take breast milk or formula 4 times a day.

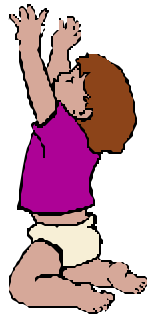
- ♥ **DO NOT** let your baby take bottles of formula or juice to bed as this may cause tooth decay and ear infections. **DO NOT** let your baby carry a bottle around when she is not feeding to help making weaning easier. Start substituting a cup for daytime drinking of water, juice, and formula.
- ♥ Most babies can handle finger foods such as toast, teething biscuits, dry cereals, cheese slices, canned or soft fruit, crackers, cooked vegetables, cookies, and bread. Babies may have dairy products, but should stay on breast milk or formula until at least 1 year of age.
- ♥ **AVOID** foods that can cause choking such as hot dogs, nuts, popcorn, raw carrots, small candy, grapes, raisins, and chunks of peanut butter.

DEVELOPMENT

If not doing so already, over the next few months your baby will be rolling, crawling, pulling up to a standing position and eventually walking.

- ♥ Some children may walk before 1 year of age, but many do not until 15-18 months.
- ♥ Language skills gradually emerge during this period at this age. Your baby may only say 2 or 3 words now, but probably understands many more. Talk, sing, and read to your baby. She may start to imitate your speech and talk with you.
- ♥ If you leave the room or get out of your baby's sight, she may cry or scream in distress.

This is very stressful for a parent. Allow time for your baby to adjust to caretakers before you leave. Let your baby get involved playing with a favorite toy and then say goodbye and leave quickly. The tears and distress last only a few minutes and are only made worse by prolonged or repeated goodbyes. This separation anxiety usually persists until 18 months of age.



DISCIPLINE

It is now time to start thinking about discipline. Discipline does not mean punishment, but rather protecting your baby from danger and teaching her right from wrong.

- ♥ Parents should focus on setting safe and firm limits for your baby. At times, you may have to physically move her or redirect her interest from something hazardous. Babies have short memories and begin to understand limits only after repeated exposures.
- ♥ Praise your baby when she behaves in a favorable way. Parents do need to enforce the same set of rules on a consistent basis. Any good approach requires creativity, patience, energy, gentleness, and a sense of humor.

Baby Safety Issues

HOME SAFETY

- ♥ Please remember that the biggest threat to your baby's life and health are accidents.
- ♥ Please use gates on all staircases and doors. **DO NOT** use a baby walker.
- ♥ Be sure there are plug protectors in **ALL** empty electrical outlets in your home.

POISON CONTROL

- ♥ Be aware of the poisonous substances in your home that your baby may ingest.
- ♥ Be sure that all medicines and cleaning supplies are locked up and out of your baby's reach.
- ♥ Call our office or the Poison Control Center **IMMEDIATELY** if your baby eats something poisonous. Keep the Poison Control number posted by your telephone.

Poison Control 1.800.222.1222

BURN PROTECTION

- ♥ Be sure to check the hot water temperature in your home. The correct temperature should be less than **120 degrees F.**
- ♥ **DO NOT** carry or hold your baby while cooking or carrying hot foods or liquids.

CHOKING SAFETY

- ♥ **NEVER** leave small objects or food within your baby's reach.
- ♥ Do not feed your baby hot dogs, raw carrots, or grapes. Cut food into thin slices to prevent choking.
- ♥ **BE PREPARED:** Ask our office for instructions on choking first aid.

DROWNING SAFETY

- ♥ **NEVER** leave your baby alone near any water for any moment. Drowning can happen in the shallowest water.
- ♥ Please remember to empty water from bathtubs, pails, or any other container of water immediately after use. Keep the bathroom door and commode lid closed at all times.
- ♥ If you have a swimming pool, install a fence to separate your house or baby's play area from the swimming pool.

CAR SAFETY

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes.

- ♥ Make sure that your baby's car seat is installed correctly.
- ♥ When your baby reaches 20 pounds AND is 12 months old she may need to be in a toddler safety seat that faces **FORWARD**. This seat should be placed in the **MIDDLE** of the **BACK** seat.
- ♥ Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.

NEXT CHECKUP: 12 MONTHS

Your baby's next checkup is at 12 months of age. Regular **WELL BABY** checkups are done at 1,2,4,6,9, and 12 months of age. These checkups usually involve immunizations and other preventive health services. Keeping your baby up to date on checkups and immunizations is one of the best things you can do for your baby's health.

PP Please remember to bring your baby's immunization card and insurance or Medicaid card to every visitPP