

## *Age: 9 months old*

### **FEEDING**

Your infant should be taking breast milk or infant formula until one year of age. Most infants drink 6-8 ounces 4 times a day. Encourage your child to drink formula and juice from a cup instead of the bottle and start the weaning process. Infants at this age should be eating 3 meals per day of cereal and baby foods. Some soft table foods are appropriate to give your child. Avoid foods that your child may choke on including nuts, popcorn, whole grapes, hot dogs, hard candy, and gum. Encourage finger feeding (even though there will be a big mess!).

### **DEVELOPMENT**

Infants at this age are sitting alone and beginning to pull up to a stand. They may even cruise around the furniture and they will soon be crawling around everywhere. Babies learn what "no" means at this age. Say "no" calmly and firmly and remove the child from the troublesome situation. Give your baby a choice of toys. Peek-a-boo is a favorite game. Infants learn "mama" and "dada" at this age and will babble constantly. Begin reading to your baby at this age.

### **SLEEP**

Develop a bedtime routine which is the same every night. Be calm and consistent. If your child awakens during the night, check on safety and comfort and do not interact with him/her. Do not give a bottle of milk or juice. It is not needed at this age.

### **TEETHING**

Your baby may be teething at this age. You will notice lots of drooling and chewing if teeth are breaking through. Teething rings are helpful if needed. Use ibuprofen when teething is painful and dose according to your baby's weight. Make sure you are cleaning his/her teeth with a clean cloth or baby toothbrush twice a day.

### **SHOES**

Shoes protect the feet from injury. The ideal shoe is soft and pliable with a non-slip sole. Your baby does not need shoes, however, to learn to walk.

### **SAFETY**

Accidents are the number one cause of death in the first year of life. To promote safety for your baby:

1. Never underestimate your child's ability to climb!
2. Keep all medicines, vitamins, cleaning fluids, and chemicals locked away or out of reach.
3. Keep the poison control center number by the phone (1-800-222-1222).
4. Install safety latches on all cabinets and put covers over electrical outlets.
5. Check your smoke detectors and fire extinguishers routinely.
6. Do not use a baby walker. Install safety gates to guard stairways.
7. Remove or pad furniture with sharp corners.
8. Use only unbreakable toys without sharp edges or small parts that can come loose.
9. Always use an approved rear-facing car seat. When your toddler is one year old AND 20 pounds, he may face forward in his car seat.
10. Don't smoke around the children.

11. Never leave your baby unattended in the bathtub or around standing water of any kind.

### IMMUNIZATIONS

Your child may or may not need immunizations at this visit. Flu vaccine is recommended for all children 6-23 months. Ask your doctor about the vaccines your child may need at this visit.

### FEVER

There is no "emergency room" fever. No specific temperature should carry you directly to the ER. Fever is our body's way of fighting infection. It is a natural reaction that helps us. At the same time, it can make you feel miserable. If your child has a fever AND is feeling poorly, then it is important to give Tylenol or Ibuprofen to bring the fever down and make him/her feel better. You can also try a lukewarm bath to bring down the temperature if needed.

### TYLENOL (acetaminophen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
12-17 pounds	infant drops	1 dropper (0.8ml)	4-6 hours
	children's liquid	½ tsp.	4-6 hours
18-23 pounds	infant drops	1 ½ dropper (1.2ml)	4-6 hours
	children's liquid	¾ tsp.	4-6 hours
24-35 pounds	infant drops	2 droppers	4-6 hours
	children's liquid	1 tsp.	4-6 hours

### ADVIL/MOTRIN (ibuprofen) DOSING

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
12-17 pounds	infant drops	1 dropper (1.25ml)	6-8 hours
	children's liquid	½ tsp.	6-8 hours
18-23 pounds	infant drops	1 ½ dropper (~2ml)	6-8 hours
	children's liquid	¾ tsp.	6-8 hours
24-35 pounds	infant drops	2 droppers	6-8 hours
	children's liquid	1 tsp.	6-8 hours

### WHEN TO CALL

You should call the doctor if your baby develops irritability or fever lasting >48 hours, diarrhea, vomiting, or any other symptoms you are concerned about.

### NEXT VISIT

Your child's next appointment should be at 12 months of age. Please bring your shot record with you to each well child visit.

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