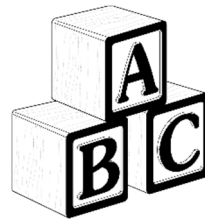


9 months



HEALTH ISSUES

- Breastfeed or use an iron fortified formula. No cows milk yet
- Consider introducing solid foods at 4-6 months (cereal first, then others one at a time).
- Do not put bottle in bed with baby.
- Do not give baby honey.
- Discuss with your physician if vitamins are recommended for your baby (vitamin D, iron)
- Avoid direct sun exposure. If necessary, use a sunblock - SPF 15-30.
- Ask your pediatrician if fluoride should be started.
- Transition from a bottle to a sipping cup for feedings of formula. Plan to stop bottle before 12 months.
- Offer soft, mushy finger foods.

SAFETY ISSUES

- Your baby should always be in a car seat while riding in a car
- Place baby on his or her BACK for sleeping.
- Always keep a hand on your baby when lying on a changing table, bed or sofa.
- Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- Do not keep 5 gallon buckets in your home (to prevent drowning).
- Avoid choke hazards (peanuts, popcorn, hard candy, whole grapes, raisins, carrot sticks, small toy pieces).

YOUR BABY SHOULD...

- Hold, cuddle and rock baby.
- Talk (in adult manner) and sing regularly to baby.
- Continue to read books to baby and Play pat-a-cake and peekaboo with baby.
- Use distraction as a discipline tool.
- Limit the number of rules, but be consistent with them.
- Have a bedtime routine and put baby to bed awake.
- Offer comfort objects (stuffed animals, blanket).

YOUR BABY SHOULD...

- Respond to his or her own name.
- Continue to babble and understand the meaning of a few words.
- Crawl or scoot, sit up, and possibly start cruising or walking (9-15 months).
- Shake and throw objects, often putting objects in mouth.
- Pick up small objects in palm of hand, starting to oppose thumb with index finger.
- Get his or her first tooth within next 3 months (if not already).

YOU SHOULD CALL YOUR DOCTOR IF...

- Your baby has any difficulty breathing
- Your baby is more fussy than their usual
- Your baby does not eat several meals in a row
- You have any questions or concerns