



# PEARLAND PEDIATRICS

& SPORTS MEDICINE

## FOR YOUR 9 MONTH OLD

### FEEDING

Many babies enjoy soft table foods and “Stage 3” foods. They are also feeding themselves more finger foods.

Avoid giving any large, round, or hard pieces of food, popcorn, nuts, seeds, whole grapes, or hotdogs that may cause choking.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your baby gets enough protein and nutrients.

Breastfeed your baby 3-4 times a day, or until your baby seems content. Continue prenatal vitamins while breastfeeding and infant multivitamin.

If you do not breastfeed, use an iron-fortified infant formula. At 9 months, many babies reduce to 16-24 ounces per day as they advance their solid diet and go into a relatively slower growth phase.

Do not give honey in the first year.

Avoid giving your baby juice. Water, formula or breast milk is fine. You may want to introduce a sippy cup or cup at this time. Offer meals on a schedule.

Have family meals – babies enjoy the social aspects of eating.

Whole milk will be introduced around 12 months of age. Earlier introduction can lead to serious health problems.

### AVERAGE DIET FOR OLDER INFANTS

Cereal – Iron-fortified cereal (rice, mixed barley or oatmeal); cooked or instant Cream of Wheat, Cheerios, or other non-sugar coated cereals.

Fruits – Fresh, stewed, or baked; small pieces of fruit according to chewing ability. Do not give juice.

Vegetables – Fresh, steamed, boiled, canned or frozen. Refrain from raw vegetables. Offer vegetable soup.

Meats/Poultry – Boiled, roasted, broiled tender meats/poultry. Meats served in soups. Use strained baby meats as a sandwich spread. Avoid fried foods.

Dairy – Soft, mild cheese (cottage, cream, American, cheddar), pudding or yogurt.

Starch – Give fewer starches, and more fruits and vegetables. Potato (broiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

Meat substitutes – macaroni and cheese, cheese dishes served with milk, yogurt, beans, cottage cheese.

### DEVELOPMENT(9-12 MONTHS)

Crawls, scoots and creeps, pulls to stand, can get to sitting position on own, cruises along furniture.

Understands “no” and may say “mama” and “dada” nonspecifically, imitates sounds and gestures.

Immature pincer grasps, finger feeds, uses cup, waves, claps, plays peek-a-boo.

Stranger anxiety, searches for hidden object, cries when parents leave the room.

### SLEEP

The average baby sleeps 14 hours per day at this age. It is normal for your baby to sleep more or less than the average.

Most babies take 2 naps per day.

Your baby should be sleeping through the night without needing to be fed.

Place your baby in his crib when drowsy but still awake. He may cry before falling asleep. This is OK! It is helpful for them to know it is normal to put themselves to sleep without help at an early age.

### SAFETY

Always use a car seat made for an infant and place it rear-facing in the back seat as long as possible, until they reach the highest weight or height allowed by their car safety seat. Consider getting a convertible car seat in the near future when your baby's weight approaches the limits of their carrier car seat.

Keep cleaners, medications, plastic bags, and small objects away from your baby. Use cabinet locks, outlet covers, and safety gates.

In case of accidental ingestion or poisoning, or for free poison prevention, call Poison Control at (800) 222-1222.

Never leave your baby unattended on the bed, sofa, car, changing table, or in the bathtub.

### OTHER THINGS TO KEEP IN MIND

Use a small, soft toothbrush or cloth to clean your baby's teeth every day. You should use a very small amount (like a grain of rice) of fluoridated toothpaste on the brush.

Do not give your baby a bottle of formula or juice in bed – it can cause cavities!

Avoid electronics/screen time.

Protect from sun exposure with clothing, blankets, or an umbrella. Use a PABA free sunscreen with SPF>50. Reapply frequently.

Do not smoke around your baby – it may lead to respiratory problems and allergies. Consider quitting!

### SUGGESTED READING

*"Caring for Your Baby and Young Child"*

*"Solve Your Child's Sleep Problems"*

*"Feed Me, I'm Yours"*

### PRESCRIPTION FOR READING

*Please, Baby, Please* (Spike Lee and Tonya Lee)

*A Book of Sleep* (Il Sung Na)

*This Little Piggy* (Annie Kubler)

*Daddy Hugs* (Karen Katz)

*My First Body* (DK Publishing)

*Spot Loves His Mommy* (Eric Hill)

*Who Loves You, Baby* (Nina Laden)

*BIG Little* (Leslie Petricelli)

### WEBSITES

[www.pearlandpediatrics.com](http://www.pearlandpediatrics.com)

[www.aap.org](http://www.aap.org)

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

[www.seatcheck.org](http://www.seatcheck.org)

[www.healthychildren.org](http://www.healthychildren.org)

### ACETAMINOPHEN DOSAGE(160mg/5mL)

(Every 4-6 hours)

6-11lbs = 1.25mL

12-17lbs = 2.5mL

### INFANT IBUPROFEN DOSAGE

(Every 6-8 hours)

12-17lbs = 1.25mL

18-23lbs = 1.875mL

### TESTS/IMMUNIZATIONS FOR TODAY

Your baby will receive immunizations today.

Please review our information sheets or you may visit [www.aap.org](http://www.aap.org) for vaccine information.

### YOUR NEXT APPOINTMENT WILL BE WHEN YOUR BABY IS 12 MONTHS OLD

At the twelve month check-up...

- Your baby will have a physical examination
- Your questions and concerns will be answered.
- Your baby will receive vaccines and a blood test for anemia.