

9 MONTH CHECK-UP

RUN AROUND TIME!

Your baby is all over the house and you can't keep up!

NUTRITION

Babies at this age will eat 3 meals and 2 to 3 snacks each day. Encourage your child to drink formula and juice from a cup now.

It's a good time to start weaning him from the bottle.

Your baby will still need breast milk or formula until he is one year of age. He should be taking 20 to 32 oz of formula or breast milk a day.

It is safe to introduce meats now, Stage 3 Gerber is appropriate for their age.

Avoid eggs, peanut butter, citrus fruits and honey till he is one year of age.

Babies usually do not need juice, you can, however give upto 4 oz. per day for constipation.

Continue to introduce pureed or mashed foods, one new food every week to monitor for signs of allergy.

DEVELOPMENT

By this age you baby will be:

- Pulling himself to stand and might start taking tiny steps
- Might start using his thumb and index finger to pick up small objects
- He will make more sounds such as "dada", "mama" and "gaga".
- He will understand the meaning of "no" at this time. Say "no" calmly and firmly and either take away the item that your child should not be playing with or remove him from the situation.
- Read books with colorful pictures. Talk to your baby a lot.
- Use a calm voice to correct him when he does or touches something he is not supposed to.

SLEEP

Your baby needs 10 to 12 hours of uninterrupted sleep at nighttime with 2 or 3 naps during the day.

Some babies might start to wake up more at this age due to their new found independence. Do not restart the bottle as he is not hungry.



**LATA SHRIDHARAN
MD, FAAP**

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Paste your child's picture here

Set a bedtime routine and try transitional objects to help him learn to self soothe and fall asleep on his own.

Develop a bedtime routine like reading a book, singing a lullaby, turning the lights out, and giving a goodnight kiss. Make the routine the same every night.

TEETHING

Teeth erupt anytime from 6 months to a year of age. Babies could have teething issues until 2 years of age. Massage their gums with your clean fingers or use OTC pain gels for relief. It is okay to give Tylenol or acetaminophen once in awhile. If your baby has any other symptoms, let your doctor know.

SAFETY

Child-proof the home. Pad furniture with sharp corners. Keep sharp and small objects out of reach.

Do not give your baby foods which might cause choking (such as candy, hot dogs, popcorn, peanuts). Give food cut in small pieces

Check your smoke detector to make sure it is working. Keep all electrical appliances out of the bathroom. Turn your water heater down to 120°F (50°C).

Always use a car seat while travelling by car. The safest place for the baby is the back middle seat.

Make sure windows are closed or have screens that cannot be pushed out.

Do not leave the baby alone, except in a crib. The rails should not be more than 2 and 3/8 inches apart.

Never leave an infant or toddler in a bathtub alone, not even for a few seconds!

Be within arm's reach of your baby around any water, including toilets and buckets. Infants can drown in a bucket that has water in it.

Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Poison Hotline: 1-800-222-1222

DO NOT smoke around your baby or allow smoke in your home. Exposure to smoke causes more respiratory infections and increases chances of ear infections and SIDS (Sudden Infant Death Syndrome).

Use caution while holding your baby and drinking hot liquids.

NEVER shake a baby.

IMMUNIZATION

Your baby might receive shots at this visit.

We will see you and your baby back at the 12 month check up. Do not forget to bring your shot records to get it updated.

Thank you for letting us be a part of your child's life!



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