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## Pierremont Pediatrics

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

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### 9 months old

#### General health

- Your child should not need any vaccinations at this appointment unless they have been missed in the past.
- If it is flu season, your child is old enough to receive the flu vaccine. The first season your child receives the flu vaccine they will need 2 doses separated by at least 28 days.

#### Nutrition

- Your infant should still be taking breast milk or formula 4-5 times/day, 6-8 ounces per feeding.
- You can continue to add baby foods to your child's mealtime now, trying meats and Stage 2 foods as tolerated.
- You can attempt some easily chewable table foods cut into pieces no larger than a dime. Your infant may enjoy cheese, yogurt or eggs.
- Fruit juice is not essential to your baby's diet
- Watch for any signs of food allergy—rash, vomiting, diarrhea, irritability. If these symptoms occur, stop any new food.
- No honey or whole milk until one year of age.
- Your child may enjoy learning to drink from a sippy cup.
- Your child should not have a bottle in bed—this can promote tooth decay and ear infections.

#### Elimination

- Your infant should have 4-6 wet diapers a day.
- Stool pattern can vary greatly from several a day to one bowel movement every few days.
- Stool frequency, consistency and color can change once solid foods are started.
- It is normal for most babies to appear to strain with bowel movements.
- Call if your baby has not had a bowel movement in more than 48 hours; has hard stools, red or black stools or no wet diapers.

#### Sleep

- Your infant should be able to sleep through the night.
- Your infant may benefit from a consistent daytime nap schedule—these naps may become shorter.
- It is important for you to put your child to bed sleepy but awake in order to encourage falling asleep independently.

#### Behavior

- Your child may play peak-a-boo and patty-cake.
- Your child may be fearful of strangers which is normal.
- Your child should respond to his or her name, wave bye-bye, and imitate sounds.
- Your child should attempt to eat independently with fingers, sit unsupported, crawl and begin to pull to stand.

- If your child needs discipline, it would be appropriate to redirect his or her attention from the undesirable behavior.
- Sibling rivalry may develop at this age and you may notice attention seeking behaviors as the child competes with siblings.
- The American Academy of Pediatrics recommends screen time at this age only for video chatting with family members.

### Injury Prevention

- Babies should ride in a car seat with 5 point restraint, rear facing in the back seat. If your child is too big for an infant carrier, you may switch to a larger, rear facing car seat. The AAP recommends infants stay in a rear facing car seat until at least 2 years old. For more information see the car seat safety section on our website [www.pierremontpediatrics.com](http://www.pierremontpediatrics.com).
- When bathing your baby, make sure the water isn't too hot. To prevent scalding, set your water heater no higher than 120°F. Feel the bath water before placing your baby into it. **Never leave child unattended in a bath or around water.**
- Have working smoke and carbon monoxide detectors in your house. Check the batteries often.
- The use of bug spray is recommended but should be applied by spraying it on caregiver's hands or a towel and wiping it onto the child. Avoid areas the child may put in his or her mouth.
- The American Academy of Pediatrics does not recommend the use of infant walkers.
- Your baby may start putting small objects in their mouth, including food and toys, so make sure baby foods are finely pureed and small objects are moved out of reach.
- Keep chemicals, cleaning supplies and medications out of reach.
- Keep child away from stove and oven.
- Keep hanging cords and electrical cords out of reach.
- Cover all electrical outlets.
- Limit sun exposure. It's OK to use sunscreen with minimum SPF 30, reapplying frequently.
- Do not allow your child to pull up on objects that could fall on top of the child and furniture should be mounted to the wall.
- Keep sharp objects out of reach and move furniture with sharp corners

### “Come Grow With Us!”

Today's Date: \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_

Weight: \_\_\_\_lb \_\_\_\_oz ( \_\_\_\_%)

Height: \_\_\_\_inches ( \_\_\_\_%)

Head Circumference: \_\_\_\_inches ( \_\_\_\_%)

My next appointment: \_\_\_\_\_