



Parent Handout Nine Month



Name _____ Date _____

Weight _____ Height _____ Head Circumference _____ Temp _____

Your Baby and Family

- Tell your baby in a nice way what to do (“Time to eat”), rather than what not to do. • Be consistent.
- At this age, sometimes you can change what your baby is doing by offering something else like a favorite toy. • Do things the way you want your baby to do them—you are your baby’s role model.
- Make your home and yard safe so that you do not have to say “No!” often. • Use “No!” only when your baby is going to get hurt or hurt others. • Take time for yourself and with your partner. • Keep in touch with friends and family. • Invite friends over or join a parent group. • If you feel alone, we can help with resources. • Use only mature, trustworthy babysitters. • If you feel unsafe in your home or have been hurt by someone, let us know; we can help.

Feeding Your Baby

- Be patient with your baby as he learns to eat without help. • Being messy is normal. • Give 3 meals and 2–3 snacks each day. • Vary the thickness and lumpiness of your baby’s food. • Start giving more table foods. • Give only healthful foods. • Do not give your baby soft drinks, tea, coffee, and flavored drinks. • Avoid forcing the baby to eat. • Babies may say no to a food 10–12 times before they will try it. • Help your baby to use a cup. • Continue to breastfeed or bottle-feed until 1 year; do not change to cow’s milk. • Avoid feeding foods that are likely to cause allergy—peanut butter, tree nuts, soy and wheat foods, cow’s milk, eggs, fish, and shellfish.

Your Changing and Developing Baby

- Keep daily routines for your baby. • Make the hour before bedtime loving and calm. • Check on, but do not pick up, the baby if she wakes at night. • Watch over your baby as she explores inside and outside the home. • Crying when you leave is normal; stay calm. • Give the baby balls, toys that roll, blocks, and containers to play with. • Avoid the use of TV, videos, and computers. • Show and tell your baby in simple words what you want her to do. • Avoid scaring or yelling at your baby. • Help your baby when she needs it. • Talk, sing, and read daily.

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles. • Have your child’s car safety seat rear-facing until your baby is at least 1 year old and weighs at least 20 pounds. • Never put your baby in the front seat of a vehicle with a passenger air bag. • Always wear your own seat belt and do not drive after using alcohol or drugs. • Empty buckets, pools, and tubs right after you use them.
- Place gates on stairs; do not use a baby walker. • Do not leave heavy or hot things on tablecloths that your baby could pull over. • Put barriers around space heaters, and keep electrical cords out of your baby’s reach. • Never leave your baby alone in or near water, even in a bath seat or ring. Be within arm’s reach at all times. • Keep poisons, medications, and cleaning supplies locked up and out of your baby’s sight and reach. • Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful. • Install openable window guards on second story and higher windows and keep furniture away from windows. • Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Keep your baby in a high chair or playpen when in the kitchen.

Vaccines Administered Today:

Dtap IPV Hep B HIB Prevnar13 Influenza

Infant’s Tylenol dosage: _____ Infant’s Motrin dosage: _____