

THE CHILDREN'S CLINIC, P.C.

www.childrens-clinic.com

PETERKORT

Peterkort Centre I
9555 SW Barnes Road, Ste 301
Portland, Oregon 97225
(503) 297-3371 Fax: (503) 297-7975

TUALATIN

Meridian Park Medical Plaza 2
19260 SW 65th Avenue, Suite 340
Tualatin, Oregon 97062
(503) 691-9777 Fax: (503) 692-6736

AGE NINE MONTHS

Name: _____

Wt: _____ lb _____ oz _____ %

Date: _____

Ht: _____ in _____ %

Head: _____ cm _____ %

Next physical appointment in 3 months

Special instructions:

DEVELOPMENT: Your baby is moving around now. Some crawl on hands and knees, some creep on their stomachs, and others start to pull to a stand or "cruise" along furniture. Most babies walk independently at about a year, give or take a few months. Your child may continue to babble and imitate some sounds such as "mama" and "dada". He might use his index finger and thumb together to pick up small objects. Many babies this age are very attached to their parents and may cry when their parents leave them or they are approached by strangers. This is a normal stage of your child's development and is not due to spoiling.

PLAYTIME: Babies this age enjoy interactive games, such as peek-a-boo, pat-a-cake, and ball-rolling. They also enjoy exploring and looking for objects. Toys your child might like now would include items of different sizes and shapes, such as measuring cups, stacking toys, graduated rings on a stand, and shape sorters. Even simple household objects can be fun, such as baking pans, wooden spoons, plasticware, or cardboard boxes. Remember, everything goes into a baby's mouth. Objects should be large enough to prevent choking and not have sharp edges.

FEEDING and DIET: Continue with breast milk or iron-fortified formula until your baby is 12 months of age. Then, you may switch to whole milk. If your child has been on a soy or a special formula, ask your doctor what to do next. If you haven't already, now is a good time to introduce a sipper cup with breast milk, formula or water. This makes weaning from the bottle easier at 15-18 months.

Your baby should be able to feed herself finger foods at this age, and she might resist your attempts to feed with a spoon. Start giving her the same foods your family eats, being careful to maintain a well-balanced diet with foods that are not highly sugared, salted or deep fat fried. Avoid honey, cow's milk, egg whites, chocolate, peanut butter, and shellfish until at least one year old. Acidic foods like strawberries, raspberries, oranges and tomatoes may cause a rash in the first year of life and should also be postponed. Continue to avoid foods your child might choke on, such as nuts, popcorn, grapes, whole hot dogs, hard candy and gum. These should wait until your child is at least 3 years old. To decrease chances of her choking, supervise mealtime, and feed her only when she is sitting.

Feeding time is a social event. Include your baby at family meals, and develop the habit of eating as a family at the table. Remember, mealtime at this age is messy. Turn off the television during meal times, as this time should be used to talk with and listen to your children.

DENTAL: Brush or wipe your baby's teeth everyday. Continue to give fluoride, if you don't have it in your water. NEVER allow a bottle to be taken to bed, as this practice can lead to tooth decay or ear infections.

SHOES: Your child does not need shoes to become a good walker. Bare feet are the best for learning to walk. Shoes are used to protect the feet from sharp and painful objects and to keep the feet warm. The ideal shoe is soft and bendable with a non-slippery sole.

SLEEP: Your baby might go peacefully to bed or resist. Now is the time to establish a regular bedtime routine with quiet time (rocking, singing or reading stories) for 15-20 minutes before. Say "Goodnight," give a kiss, and put your child to bed. It is OK to let your child cry to sleep. If your child is having trouble going to sleep or staying asleep, this is a good time to start

sleep-training. We have handouts on this subject. Night waking might continue to occur. Babies this age do not need to eat during the night. If your baby awakens during the night, check on safety and comfort, use a favorite toy or security object, have as little interaction as possible, and put her back to bed as soon as possible. Try to avoid offering a bottle or nursing.

DISCIPLINE: Your baby will be naturally curious and moving quickly. He may seem to always be getting himself into awkward or even dangerous situations. When you see your child approaching an unsafe situation, physically remove him from the situation, say "NO" firmly, and redirect him to another activity. A child at this age is not yet developmentally able to "mind" his parents and will likely repeat the action. This is not an act of disobedience but just natural curiosity and exploration. Punishing your child by spanking or slapping his hand for this behavior is never appropriate and only confuses him. Praise your child frequently for positive behavior. Independence and exploration at this age are expected and are to be encouraged.

IMMUNIZATIONS: During the first year of life your child will receive the primary series of DTaP, Hib, Polio, Pneumococcal and Hepatitis B vaccines. The most current national immunization program vaccine information sheets will be given at each visit for the immunizations your child will be receiving at that visit. Please read them carefully so you understand the benefits and possible side effects. Common reactions include fever, soreness, fussiness and sleepiness. Some children have no reaction at all. You should call our office if your baby is fussy or has fever for more than 48 hours, has fever higher than 105° F, or if your baby screams and cannot be calmed down within 3 hours.

SAFETY:

- Your baby should be riding in a car seat in the back seat and facing toward the rear of the car. Do not put infant car seats in the front seat. This is especially dangerous if the car has an airbag on the passenger side.
- Your baby may be big enough to change to a toddler car seat which must still be rear facing **until one year old AND a weight of 20 pounds**. Most infant car seats can only be used until the baby weighs 20 pounds or is 26-27 inches long. Always use an approved car seat in the recommended manner.
- Now that your baby might be crawling or walking, you must be aware of the potential dangers in your home and elsewhere.
- No matter how safe you think your home is, children this age need constant watching, unless they are in a playpen or crib.
- Increased mobility leads to a greater chance of falling. Use gates at stairs, and install safety devices on windows and screens. Pad fireplace hearths.
- Be sure that the crib mattress is as low as it will go and bumper pads are removed to prevent climbing and falling out.
- Please be aware, that as children begin to pull themselves up, they might grab and pull down tablecloths on which hot or heavy containers have been placed.
- Turn the handles of pots and skillets away from the stove's edge.
- Remove breakable objects from low tables.
- Cover all electrical outlets and hide electrical cords.
- Keep sharp objects (knives, scissors, tools, razor blades) and other hazardous objects (coins, glass objects, beads, pins, art supplies, medicines, and older sibling's toys that have small parts) in secure places.
- Do not store toxic substances in empty food containers.
- Put medicines and poisons in high or locked places. In case of a poisoning, call **POISON CONTROL at (800) 222-1222**. At this time, Syrup of Ipecac is no longer recommended.
- Check the batteries in your smoke detectors.

SUGGESTED READING:

First Feelings: Milestones in the Emotional Development of Your Baby and Child, by Stanley Greenspan M.D. and Nancy Thorndike Greenspan, published by Viking, 1985.

Taking Care of Your Child, by Robert Pantell, M.D., James Fries, M.D., and Donald Vickery, M.D., published by Addison Wesley Publishing Co., Reading, Mass., 1993 (4th Edition).

Solve Your Child's Sleep Problems, by Richard Ferber, published by Simon & Schuster, Inc., 1986.

What to Expect the First Year, by Arlene Eisenberg, Heidi E. Murckoff, and Sandee E. Hathaway, published by Workman Publishing, New York, 1989.

Caring for Your Baby and Young Child, by Steven P. Shelov, M.D., Robert E. Hannemann, M.D., published by Bantam Books, 1991.

Your Child's Health, by Barton Schmitt, published by Bantam Books, 1991.