



# APL Bright Futures Handout

## 9 Month Visit



Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

### FAMILY ADAPTATIONS

#### How Your Family Is Doing

- 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.
- 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 ROUTINE

#### 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 small, hard foods that can cause choking—nuts, popcorn, hot dogs, grapes, meat chunks, and hard, raw veggies.
- Avoid feeding foods that are likely to cause allergy—peanut butter, tree nuts, soy and wheat foods, fish, and shellfish.
- Once your child develops the pincer grasp, it is okay to start introducing some finger foods (e.g. Cheerios, small crackers, bits of cheese).

- Do not give your child raw or uncooked honey in the first year of life as it may contain botulism spores. Botulism is a disease that can cause muscle paralysis.
- If you feed your child eggs, be sure to cook them thoroughly. Raw or undercooked eggs may cause Salmonella infection. Safe egg preparations are hard-boiled, poached, scrambled or fried on each side (not sunny side up).
- If your child consumes less than 6 ounces of fluoridated drinking water each day, ask about fluoride supplements. Keep in mind that well-water and most bottled waters contain little to no fluoride.
- Any infant, breastfed or formula fed, who does not consume 33 ounces or more a day of a vitamin D-fortified formula also requires 400 IU (international units) of a vitamin D supplement per day.

### INFANT INDEPENDENCE

#### 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.
- By nine months your baby may sit well, crawl, pull to stand, cruise the furniture, use a pincer grasp to pick up objects and poke using the index finger.
- Your infant should also babble, respond to his own name and to questions such as “where is mama or dada?”
- Your baby may understand a few words such as “no-no” or “bye-bye” and enjoy social games such as peek-a-boo and pat-a-cake.

- Separation anxiety and stranger anxiety are a normal part of development at this age. No need to worry, as this will diminish in time and it shows how strong a bond your infant has with you.

### SAFETY

#### Safety

- Use a rear-facing car safety seat in the back seat in all vehicles.
- Illinois law states you must keep your child’s car safety seat rear-facing until your baby is at least 1 year old and weighs at least 20 pounds. The American Academy of Pediatrics recommends keeping your child rear-facing until 2 years old.
- Never put your baby in the front seat of a vehicle.
- 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.
- Install safety latches on all cabinets and drawers within a child’s 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.

**Poison Help: 1-800-222-1222**  
**Child safety seat inspection:**  
**1-866-SEATCHECK;**  
**seatcheck.org**

