



FOR YOUR 9 MONTH OLD

feeding

Many babies enjoy soft table foods and “Stage 3” foods.

Avoid giving any large pieces of food, popcorn, nuts, seeds, whole grapes, or hotdogs that may cause choking.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your baby gets enough protein.

Breastfeed your baby 3-4 times a day, until your baby seems content. Continue prenatal vitamins while breastfeeding.

Exclusively breastfed babies need a vitamin D supplement like Tri-Vi-Sol/Tri-Vi-Fluoride. The dose is 1 dropper/day.

If you do not exclusively breastfeed, use an iron-fortified infant formula. At 9 months, many babies eat 16-24 ounces per day.

Do not give honey or corn syrup in the first year of life.

Avoid giving your baby too much juice-no more than 4-6 ounces; offer meals on a schedule.

Have family meals-babies enjoy the social aspects of eating.

Whole milk will be introduced around 12 months of age. Earlier introduction can contribute to allergy and anemia.

Avoid any peanut butter and peanut containing products or shellfish before 2 years of age; also avoid strawberries and egg whites before 1 year.

You may introduce a cup/sippy cup at this time.

AVERAGE DIET FOR OLDER INFANTS:

Cereal - Iron-fortified cereal (rice, mixed barley or oatmeal); cooked or instant Cream of Wheat, Cheerios or other non-sugar coated cereals.

Fruits - Fresh, stewed, or baked; small pieces of fruits according to chewing ability.

Vegetables - Fresh, steamed or boiled, canned or frozen, refrain from raw vegetables, offer vegetable soup.

Meats/Poultry - Boiled, roasted, broiled tender meats and poultry, or served in soups, use strained baby meats as sandwich spread - avoid fried foods.

Dairy - Soft, mild cheese (cottage, cream, American, cheddar), pudding, yogurt, margarine, or butter.

Starch - Potato (broiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, pancakes, French toast, rice cakes.

Meat substitutes - macaroni and cheese, cheese dishes served with milk, yogurt, beans, cottage cheese.

sleep

The average baby sleeps 14 hours per day at this age. It is normal for your baby to sleep more or less than the average.

Most babies take 2 naps per day.

Your baby should be sleeping through the night without needing to be fed.

development

Crawls, scoots and creeps, pulls to stand, may walk alone or assisted.

Understands “no” and may say “mama” and “dada” with meaning, imitates sounds and gestures.

Pincer grasps, finger feeds, uses cup, waves, claps, plays peek-a-boo.

Stranger anxiety, searches for hidden object, cries when parents leave the room.



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safety

Always use a car seat made for an infant and place it rear-facing in the back seat.

Keep cleaners, medications, plastic bags, and small objects away from your baby. Use cabinet locks, outlet covers, and safety gates.

In case of accidental ingestion or poisoning, or for free poison prevention information call Poison Control at (800) 222-1222.

Never leave your baby unattended on the bed, sofa, changing table, or in the bathtub.

other things to keep in mind

Use a small, soft toothbrush or cloth to clean your baby's teeth everyday.

Do not give your baby a bottle of formula or juice in bed - it can cause cavities!

Protect from sun exposure with clothing, hats, blankets, or an umbrella. Use a PABA free sunscreen with SPF>15.

Do not smoke around your baby - it may lead to respiratory problems and allergies. Consider quitting!

suggested reading

"The Nursing Mother's Companion"

"What to Expect the First Year"

"Caring for Your Baby and Young Child"

"Solve Your Child's Sleep Problems"

"Feed Me, I'm Yours"

tests/immunizations for today

Vaccines will be given today. Please review our information sheets.

Your baby's finger may be poked for a blood sample to check for anemia.

infant tylenol dosage

(every 4-6 hours and no more than 5 doses/day)

12-17 lbs. = 0.8mL (1 dropper)

18-23 lbs. = 1.2mL (1 1/2 dropper)

24-35 lbs. = 1.6mL (2 droppers)

infant motrin dosage

(every 6-8 hours)

12-17 lbs. = 1.25mL (1 dropper)

18-23 lbs. = 1.875mL (1 1/2 dropper)

Never alternate Tylenol and Motrin for fever.