



# Town and Country Pediatrics

1460 N. Halsted #402      6374 N. Lincoln #204      2401 W. Ravine Way #103  
Chicago, IL 60642      Chicago, IL 60659      Glenview, IL 60025  
(312)279-8900      (773)478-1067      (847)998-8806  
www.townandcountrypeds.com

## Your Nine Month Old Infant

Name \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ Length \_\_\_\_\_ Head Circumference \_\_\_\_\_

Percentile \_\_\_\_\_ Percentile \_\_\_\_\_ Percentile \_\_\_\_\_

### 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 your baby may choke on.
- Breast-feed your baby 3-4 times, until your baby seems content. Continue prenatal vitamins while breast-feeding.
- If you do not breast-feed, use an iron-fortified infant formula. At 9 months, many babies eat 16-24 ounces per day.
- Breast-fed babies need a vitamin supplement like Tri-Vi-SoI™ with Iron. The dose is 1 mL/day.
- Do not give honey or corn/Karo syrup in the first year of life.
- Avoid giving your baby juice; 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.
- If you have a family history of food allergies, please consult our office before introducing foods that contain eggs or fish. Do not give any peanut butter or peanut containing products before 3 years of age.
- Try a sippy cup of breast milk, formula, or a little water with meals.



- Over the next few months, introduce more texture and table foods into your child’s diet. Try these suggestions? !

### Average Diet for Older Infants:

- Serve a variety of foods working in different textures according to your baby’s ability. Slowly increase table foods working up to 3 meals and 2 snacks/day.
- **Cereals** – Iron-fortified infant cereal (rice, mixed, barley, or oatmeal); cooked or instant Cream of Wheat™, or oatmeal, Cheerios™ or other non-sugar-coated cereals
  - **Fruits** – Fresh, canned, or baked; small pieces of fruits according to chewing ability. Try avocado!
  - **Vegetables** – Fresh steamed or boiled, canned (watch salt) or frozen. No raw vegetables– offer vegetable soup!
  - **Meats/Poultry** –Boiled, roasted, broiled tender meats and poultry or served in soups; Use strained baby meats as a sandwich spread
  - **Dairy** – Soft pasteurized cheeses (cottage, cream, American, cheddar), pudding, yogurt (Yo-baby™ or custard style), margarine or butter
  - **Starch** – Potato (boiled, baked, or mashed), whole grain breads, crackers, pastas, spaghetti with tomato sauce, macaroni and cheese, rice cakes
  - **Meat Substitutes** – Macaroni and cheese, cheese dishes served with milk, yogurt, beans,

cottage cheese, cream cheese, tofu, soy nut butter.

- **Keep in mind it may take 10-15 tries before your baby will accept some foods!**

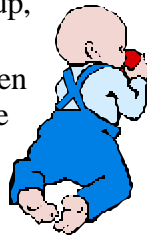
### **Sleep:**

- 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.
- Sleep routines are very important, choose activities that help your baby relax.
- If your baby is waking in the middle of the night, continue to check on her and settle him back to sleep- this routine can help your baby put herself back to sleep.



### **Development: (9 to 12 months):**

- Crawls, push to sit, scoots and creeps, pulls to stand, may walk alone or assisted
- Understands “no”, may say “mama” and “dada” with meaning, imitates sounds and gestures
- Pincer grasps, finger feeds, uses cup, waves, claps, plays peek-a-boo, “so big”
- Stranger anxiety, searches for hidden object, cries when parents leave the room
- Try simple cause and effect toys like shape sorters, toy cars and trucks, balls. Also songs with gestures and clapping are especially fun...”itsy bitsy spider”



### **Safety:**

- Always use a carseat and place it rear-facing in the back seat. Your child needs to be rear facing until a year of age regardless of weight.
- Time to baby proof the house! Make sure the environment is safe rather than trying to teach your baby how to be safe at this age.
- Keep cleaners, medications, plastic bags, and small objects away from your baby. Use cabinet locks, outlet covers and safety gates (especially on 2<sup>nd</sup> floor windows and stairs). Tie up your blind cords.
- Think about dropping his crib mattress down to the lower level as your child increases his mobility and pulls to stand. A crib tent may be safer for the more adventurous toddler.
- Your child can drown in just a few inches of water, do not allow your

child access to standing water in baths, buckets, play pools, or toilets (lock the seat!)

- Keep these numbers by your telephone: Illinois Poison Center (800) 222-1222 CMH Emergency Room (773) 880-3800
- Never leave your baby unattended on the bed, sofa, changing table, or in the bathtub!
- Limit “no” to the most important and dangerous consequences...use descriptions of the behavior that is desired such as “time to sit” rather than “don’t stand”
- There is preliminary evidence that polycarbonate bottles and sippy cups bearing the #7 should be avoided due to high bisphenol A (BPA) content. Use plastic bottles/sippy cups with #1, #2, or #4.
- Visit [www.cpsc.gov](http://www.cpsc.gov) for a list of recalled toys.

### **Other Things to Keep in Mind:**

- Use a small soft toothbrush or cloth to clean your baby’s teeth twice a day.
- Do not give your baby a bottle of formula or juice in bed – it can cause cavities!
- Protect from sun exposure with clothing, blankets, or an umbrella. Use a PABA-free sunscreen with SPF 15 or higher.
- Do not smoke around your baby – it may lead to respiratory problems. Outside is the only safe place and then change your clothes before handling baby.
- The AAP recommends “no TV until age 2”.

### **Tests/Immunizations for Today:**

- Hepatitis B#3 vaccine will be given today. Please review the information sheet.
- You will be given a 10 month developmental questionnaire to complete at home and mail back.

### **At the 12 month check-up:**

- Your baby will have a physical examination. Your questions and concerns will be addressed and answered.
- Your baby will receive the MMR (measles, mumps, rubella) or Prevnar #4 and Varicella (chicken pox) vaccine. A tuberculosis skin test will be performed to check for exposure. A

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Percentile \_\_\_\_\_ Percentile \_\_\_\_\_ Percentile \_\_\_\_\_

simple test will be performed to check for anemia and lead exposure.

- You will be given a 12 months Ages and Stages developmental questionnaire to complete at home and mail back to our office.

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### **Suggested Reading:**

- “The Nursing Mothers Companion”
- “What to Expect the First Year”
- “Caring for Your Baby and Young Child”
- “Solve Your Child’s Sleep Problems”
- “Healthy Sleep Habits, Happy Child”
- “Feed Me, I’m Yours”
- “The Healthy Baby Meal Planner”



### **Acetaminophen Infant Drops Dose:**

Every 4-6 hours & no more than 4 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)

### **Ibuprofen Infant Drops Dose:**

Every 6-8 hours  
12-17 lbs. 50 mg=1.25 mL Infant drops  
18-23 lbs. 75 mg=1.875 mL Infant drops  
24-35 lbs. 100 mg=2.5mL infant drops

### **Additional Instructions:**

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