



# Schoolhouse Pediatrics

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Weight: \_\_\_\_\_ Length: \_\_\_\_\_ in. Head Circ.: \_\_\_\_\_

## NINE MONTHS

- By now your baby will be eating some table foods at the evening meal. Make sure these foods are properly ground or mashed. Do not give solid pieces of food which the baby might choke on (ie. pieces of raw apple, raisins, hot dog, corn, etc.)
- No honey until 1 year of age.
- If instructed, you may introduce whole milk in place of the formula.
- If you feel your baby is uncomfortable (ie. spitting up, cramps, diarrhea, excessive gas), discontinue milk and resume the formula.
- Your baby's blood has been checked to rule out Anemia. If an iron supplement is needed, you will be advised.

### SUGGESTIONS

- Shoes are needed only to protect the feet from sharp objects and the cold. Look for a shoe that is flexible and inexpensive. Sneakers are okay.
- Use gates at stairwells; use plugs on electrical outlets.
- Check kitchen cabinets - remove caustics, install locks if necessary.
- Check windows. Screens will not prevent a baby from falling out!
- Learn CPR.
- Keep baby in rear-facing car seat.
- Encourage vocalization and communication. Play social games to develop interaction and imitations. Encourage exploration.

**Have poison control number posted on or near your telephone.  
POISON CONTROL # 1-800-222-1222**

### SLEEP

- Follow a regular bedtime routine. Anticipate that the infant may experience night awakening. Use a favorite toy or transitional object.
- Avoid middle of the night feeding unless instructed otherwise.
- Separation anxiety is normal at this age.



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