



## Infant Care Tips: Nine Months

### Baby can:

- Be happy or sad just like Mommy and Daddy.
- Wave Bye-bye and repeat sounds you make.
- Begin to pull up holding on to furniture and walk around it.
- Understand that the chair or table is “high”.
- Crawl or scoot around well.
- Understand a simple direction and sometimes do it (and sometimes pay no attention to it).

### Safety

- When the stove or electrical appliances (coffee pot, toaster, iron) are being used, put your baby in the high chair, but don't leave him alone in the chair. He could fall out.
- Use gates at stairways and doors.
- Do not use a baby walker. Your child may tip over, fall out of it or fall down the stairs in it.
- In the car, always keep your child buckled in a safety seat. Put the safety seat in the back seat. Never leave your child unattended in the car. He should still be rear facing.
- Make sure medicines, detergents, cleaners, poisonous liquids such as gas or kerosene and guns are in a locked cabinet or up high. Keep plants out of reach; some houseplants are poisonous.
- Use electric outlet guards. If using extension cords, put them behind furniture where your baby cannot get them. Chewing on electrical cords can cause severe burns of the mouth.
- Do not allow baby to play with items that contain batteries, especially small coin-sized batteries. Batteries can both choke your baby and burn his insides.
- Don't let your baby put dirt or paint chips in his mouth. Clean toys that baby puts in his mouth often.
- Never leave your child alone around water, even for a moment. A child can drown in less than two inches of water.

### Feeding

Foods for baby are:

- Breast milk or formula (24 to 32 ounces) in a 24-hour period
- Water
- Juice – use the adult kind (it's cheaper). No citrus juices until 1 year old; apple or grape is fine. Three to four ounces daily in a cup is enough.
- Soft, plain, mashed table foods

Be good to your baby:

- Make sure your baby has infant cereal, some fruit, some vegetables and either meat or an egg yolk every day. (No whole egg until 1 year old).
- Let your baby feed himself small pieces of food such as cooked carrots, peas, green beans, etc., and drink from the cup with help.
- Remember to cut up foods in small pieces so baby does not choke. Do not pre-chew meats for baby.

### Baby does not need:

Soda or Kool-Aid®, fruit punch or fruit drinks  
Candy or chips

Sweets or dessert

### **Healthy and safe finger food suggestions:**

Cheese cubes	Dry cereal like Cheerios or corn flakes (not the sugar coated)
Tender chicken pieces	Small pieces of cooked hamburger
Crackers	Chunks of banana
Orange sections (seedless and skinned)	Toast or bread or little sandwiches
Pretzels	Cooked macaroni
Boiled potatoes (in small chunks)	Canned fruits, cut into chunks, like peaches, pears
Cooked vegetables such as green peas, green beans, carrots or broccoli spears	

### **Choking Prevention**

Do not feed children less than 4 years of age round, firm foods unless they are chopped completely. Young children do not grind or chew their food well and often attempt to swallow whole what is in their mouths. Some common choking dangers for infants and children:

#### At the table:

hot dogs	raisins	hard candy
chunks of meat	nuts	popcorn
grapes	raw carrots	chunks of peanut butter

#### Around the house:

balloons	pen caps
marbles	coins
small toy parts	

### **Bowels**

Your baby may have his stool at a regular time, and might even let you know when his diaper need changing. He is not ready for toilet training though!

### **Dental Care**

It's not a good practice to let your baby go to bed with a bottle. Even milk, formula or juice dripping over the teeth all night will rot the teeth (Baby Bottle Tooth Decay). If you must give your baby a bottle to take to bed, put only plain water in the bottle.

### **Immunizations**

Check with your child's health care provider regarding influenza (flu) vaccine. Visit [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) for a complete schedule.

### **Sleeping**

Your baby may go to bed peacefully or fight it every night. It's okay to let your baby cry itself to sleep. Your baby may be able to crawl out of the crib, even with the rails up. If so, put your baby back to bed – do not let him sleep with you! Do not scold or spank him for this.

### **Playing**

At this stage your baby will like to play peek-a-boo, and pat-a-cake with you. Babies love nesting toys – a set of measuring cups, stacked blocks, graduated rings on a stand. Let your baby put things in containers and take them out – clothespins in metal bread pans, spoons in a pan. Let your baby touch and feel everything that will not hurt him. Put pieces of velvet, silk, fur and sandpaper in a box for baby to play with. Your baby is learning about "in and out," "hard and soft," "smooth and rough," oh so many things!

### **Symptoms of illness**

Your baby won't be able to tell you when he feels bad. Watch for signs of illness such as fever, poor appetite, being less active and more fussy. Have a digital thermometer at home and learn how to take your baby's temperature.

For more information contact Guilford County Public Health at 336- 641-7777 or [www.myguilford.com](http://www.myguilford.com)