

# Your Baby Is Nine Months Old

## What should your baby be eating?

- Breast Fed Babies:** Your breast milk continues to be an important food for your baby until one year of age.
- Formula Fed Babies:** Continue iron fortified formula until the first birthday. Your baby will be taking 2 to 4, 6 to 8 ounce bottles a day (16 to 32 ounces of formula a day).
- Drinking From a Cup:** Encourage drinking formula or water from a cup, especially at meals. Do not give soda and Kool-Aid® in a cup or bottle. Limit juice to 8 ounces a day.
- Solid Foods:** Junior foods and soft (mashable) finger foods are the usual diet. Three to four tablespoons of food may be a typical serving size now. Your baby should be eating three meals a day.
- Praise your baby while she or he is feeding her/himself, even if they are messy.
  - Babies at this age enjoy learning to use their hands, they should be encouraged to feed themselves with finger foods. Do not give your baby foods they may choke on like: nuts, small candy, popcorn, hot dogs, chips, grapes or hard vegetables (like raw carrots).
  - Make sure your baby is always seated while eating.

## What Will Your Baby Be Doing?

- Gets to the sitting position without help.
- May pull to stand.
- May be saying “dada and mama”, although he or she may get the words mixed up.
- Respond to own name.
- Crawls, creeps, and may begin walking holding on to furniture.
- Enjoys peek-a-boo and pat-a-cake.
- Waves “Bye-Bye”.

## What Are Some Issues or Concerns You May Have?

- Safety:**
- Protect open stairs with gates.
  - Lock up all medicines and cleaning fluids.
  - Keep objects on low tables out of reach, such as coins, glass, beads, and tablecloths
  - Cover all electric outlets.
  - Choose sturdy, safe toys.
  - Do not use infant walkers at any age.
  - Avoid falls by making sure windows and screens have locks.
  - Never leave your baby alone in a tub of water or on a high surface.
  - Hot water should be no more than 120°. Your landlord must take care of this.
  - Use a hat, light cotton clothing and sunscreen (at least SPF 30) in the sun.
  - Continue to use rear facing car seats.
  - Do not smoke in your house, car, or around your baby.
  - Keep pets away from infants.
- Bedtime:**
- Your baby needs a regular bedtime routine. Begin quiet time such as reading about 1/2 hour before sleep. He or she may experience night wakening. Use a favorite toy or blanket to help your baby feel safe.
- Teeth:**
- Your baby may be irritable when teething. A cold washcloth or teething ring may help. Do not put your baby in bed with a bottle to prevent cavities.

- Stranger Anxiety:**
- Your baby may be afraid of strangers and it can be hard to leave them with a babysitter. This is normal for babies at this age.

**Lead Poisoning:**

- Lead poisoning is dangerous. The most common cause is lead based paint. Lead can be found in paint, dust, dirt, and water. Children can get exposed to lead by chewing on paint chips, lead painted window sills, or by putting dirt in their mouth.

**Ways to prevent lead poisoning:**

- Wash hands frequently, offer foods high in iron, damp mop floors and window sills. Use cold tap water not hot for infant formula or cooking. Run the cold water for one minute before using.

**Comfort measures after shots:**

You may give the baby a dose of Acetaminophen (Tylenol®) for pain or fever. It may be given every 4 to 6 hours for the first 24 hours after the shot. Your baby's dose is \_\_\_\_\_.

**Call the office or answering service at 315-464-4357**

- If your baby:**
- Gets a temperature of 101° F or higher.
  - Refuses to drink.
  - Cries and cannot be comforted.
  - Acts very sleepy.
  - Gets a rash or hives or large swelling at shot site.
- If you need to:**
- Schedule or cancel an appointment.
  - Talk to a nurse from 8:00 A.M. to 5:00 P.M.
  - After clinic hours to talk to a doctor.

**Date:** \_\_\_\_\_ **Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_

**Speak up if you have any questions or concerns.**



# Healthy Kids



Pediatric and Adolescent Center  
SUNY Upstate Medical University