

Well Child Check 9 Months

Nutrition

- **Breast milk or formula** should still be your child's primary source of nutrition through the first year of life. If you are still breastfeeding, you may continue through the first year of life or for as long as you and your baby want to breastfeed. Infants will generally breastfeed 4 times a day or take 20-30 ounces of formula a day at this age.
- Offer 3 meals a day (breakfast, lunch, and dinner) to ensure exposure to a variety of foods as well as adequate nutrients. Let your child decide how much to eat. The amount of food taken at a particular meal may vary and may not be a large amount. If a new food is rejected, try it again later. It may take up to 10-15 experiences before a new food is accepted.
- Try to use **organic foods** when possible to avoid exposure to pesticides, genetically modified foods and added hormones.
- Give your baby a **variety of textures** (pureed, blended, mashed, finely chopped, soft lumps). Gradually increase the amount of table foods. Allow your baby to self-feed with appropriate finger foods.
- **Iron** is an important nutrient at this age for proper development and growth. Good sources of iron include beans (lentils, kidney beans, black beans, garbanzo beans), leafy green vegetables (spinach and swiss chard), broccoli, eggs and meats, especially grass-fed beef and the dark meat of free-range poultry. Iron is especially important for breastfed infants. Using in combination with foods high in vitamin C will increase the body's ability to absorb iron.
- Small amounts of **water** are okay but not necessary (up to 9 oz in 24 hours is safe at this age). Juice is not recommended.
- **Do not** give honey (risk of botulism) or cow's milk (risk of iron deficiency anemia) to your infant until 12 months old. Avoid choking foods like pieces of raw carrots, apples, grapes, nuts, popcorn, or hot dogs. Avoid giving any processed foods or packaged foods with hard to pronounce ingredients on the label, or foods with added sugar or salt.
- **Milk products** may be gradually given to your infant (plain, whole fat, organic yogurt or kefir is a good place to start). When possible, try to choose organic grass-fed, whole fat dairy products without added sugar.
- When possible, choose organic, **whole grain cereals** and avoid refined grains (the refining process eliminates the nutrients).
- It is now recommended to give young infants food such as nut butter, eggs and fish when developmentally appropriate to avoid choking. Early introduction appears to help **prevent development of food allergies**
- **Omega 3 fatty acids** may aid in brain development and improve immune system function. Include foods such as wild caught salmon, walnut butter, freshly ground flax and hemp seeds (mixed into purees), omega-3 enriched eggs.
- Breastfed infants should be getting either 400 IU **vitamin D3** daily, or breastfeeding mothers should be supplementing with 6400 IU of vitamin D3 daily to get enough in their breast milk (please talk with your healthcare provider prior to starting supplementation). Formula fed infants get enough vitamin D3 in formula, so do not need supplementation.
- **Probiotic** supplementation and probiotic rich foods (such as organic kefir, grass-fed yogurt, miso, sauerkraut, kimchi) can be started to aid in immune function and digestion. Generally, probiotic supplements for children that are refrigerated are of higher quality.
- Excellent **baby food books** with more detailed nutritional guidance include: Little Foodie by Michele Olivier or Real Baby Food by Jenna Helwig.
- If **bottle feeding**, consider using glass bottles to avoid possible leaching of BPA (and other chemicals commonly found in plastics) into the formula or breast milk. Have your infant begin drinking from a sippy cup or regular cup. A recommend goal is to have your child weaned from the bottle to a cup by 15 months.

Development

9 months:

- Gross Motor skills: sits well; may crawl; creeps on hands; may walk holding onto the furniture
- Fine Motor skills: picks up small objects using a thumb and index finger; brings hands to mouth; feeds self; bangs objects together
- Cognitive skills: becomes interested in the direction of falling objects; searches for hidden objects
- Communication skills: responds to own name; participates in verbal requests such as "wave bye-bye" or "where is mama or dada?;" imitates vocalizations; babbles using several syllables
- Social skills: enjoys social games with familiar adults such as peek-a-boo and patty-cake; may react to unfamiliar adults with anxiety or fear

Fever and Medication

- **FEVER = >100.4 F**
- **No Aspirin** until 18 years.
- **NO COUGH OR COLD MEDICINES.** If your infant gets a cold, try humidified air and nasal saline drops with the bulb syringe. Please call our office if your infant seems to be having difficulty breathing or is not feeding well due to congestion.
- **Tylenol** (Acetaminophen) may be given for fever, teething, or pain relief. Tylenol may be given as often as **every 4 hours**. Tylenol dosing is based on weight; please see chart below for your child's dose. We recommend using Tylenol **as sparingly as possible**.

Toddler's Weight	Infant Tylenol or Children's Suspension (160mg/5ml)
12-17 lbs	2.5 ml (80mg)
18-23 lbs	3.75 ml (120mg)
24-35 lbs	5 ml (160mg)

- **Advil or Motrin** (Ibuprofen) may be given for fever, teething, or pain relief. Ibuprofen may be given as often as **every 6 hours**. Ibuprofen dosing is based on weight; please see chart below for your child’s dose. We recommend using Ibuprofen **as sparingly as possible**.

Toddler’s Weight	Ibuprofen Concentration (50 mg/ 1.25 ml)	Ibuprofen Concentration (100mg/5ml)
12-17 lbs	1.25 ml (50mg)	2.5 ml(50 mg)
18 – 23 lbs.	1.875 ml (75mg)	3.75 ml (75 mg)
24 – 35 lbs.	3.75 ml (100mg)	5 ml (100mg)

Sleep

- Infants who have been sleeping through the night may begin to have awakenings due to “object permanence” (your baby knows you are there even when he/she cannot see you).
- Sleep routines are especially important and will help your baby relax and get ready for sleep. Try to have the hour before bedtime be especially affectionate and nurturing. Be aware that vacations, visitors, or late nights out may disrupt your baby’s sleeping patterns.

Routine baby care

- At this age, many babies will exhibit separation anxiety. This anxiety is normal and is a sign of strong attachment to you.
- Your baby is learning by noticing cause and effect, imitating others, and understanding that objects he/she cannot see still exist. Help your baby develop these skills by playing with cause-and-effect toys (ie, place blocks inside a cleaned yogurt container, play with balls that roll), singing songs with clapping and gesturing for imitation, and playing peek-a-boo for “object permanence.”
- Most infants do not teeth until 6-9 months of age. Once your baby has gotten the first tooth, begin to clean the teeth with a soft toothbrush or a cloth and water only. To help prevent cavities, DO NOT place your baby in bed with bottles containing juice, milk, or other sugary liquids. Plain water is okay for a bottle in bed.
- Most babies only need baths 1-2 times per week to avoid drying out the skin, and encourage a healthy skin microbiome. Minimize soap exposure to avoid excessive drying. To check the toxicity of your newborn skin care products, visit <https://www.ewg.org/skindeep/>

Discipline

- At this age, babies learn more by example than from what you say to them. Demonstrate the behaviors that you want to see from your child.
- Use descriptions of the behavior that you want to see as much as possible (i.e., “Time to sit” instead of “Don’t stand”).
- Try to limit “No” to the most important issues (i.e., “NO, don’t touch, hot!”) so that “No” will have more meaning for your baby.
- Take advantage of your child’s short attention span at this age. Use distraction and replacing a forbidden object with one that is acceptable as a strategy for managing your child’s behavior in a positive way.
- CONSISTENCY is extremely important. Discuss “house rules” with your partner, other family members, and caregivers.

Car Seat

- A **car seat** must be used every time your infant is in the car and must be facing the rear seat. Convertible car seats may be used once your baby has outgrown the infant seat (usually 20-22 pounds), but the car seat must remain rear facing until one year of age. **Never** place a rear facing car seat in a front seat with an airbag.
- Please see <http://www.carseatscolorado.com/> to find a car seat fitting station near you.

Safety

- Install a smoke detector and carbon monoxide detector. Replace batteries once a year on your child’s birthday.
- Do not leave hot liquids or heavy objects on tables with tablecloths that your baby may pull.
- Use appropriate barriers around space heaters, wood stoves, kerosene heaters, and fireplaces.
- Watch your infant constantly whenever near water. A child may drown in even a few inches of water including bathtubs, wading pools, and toilets. Your child should always be within an arm’s reach of an adult when around water.
- Keep furniture away from windows and install window guards on second- and higher-story windows to prevent your child from falling out of a window.
- Avoid exposing your child to the sun for prolonged period of time. Keep your infant covered and use sunscreen. Try to avoid sunscreens with oxybenzone, parabens and phthalates. We recommend mineral sunscreens when possible but note that they are not as waterproof. For reviews of safe infant sunscreen brands, please visit <https://www.ewg.org/skindeep/>
- Avoid **all** tobacco smoke around your infant. Infants who are exposed to smoke have more respiratory and ear infections.
- Hire an experienced babysitter who knows the basic care for infants as well as how to handle common emergencies. Provide the sitter with a list emergency phone numbers, list of child’s allergies and current medications.
- Protect electrical outlets and cords. Remove dangerous objects and chemicals from lower cabinets or place locks on those cabinets.
- **Poison Control: 303-739-1123 or 1-800-222-1222**

Your infant’s next well check is at 12 months of age. (Please schedule this visit ON or AFTER your child’s first birthday. If you have questions about vaccines or vaccine safety, please ask your provider.)