



NINE MONTH VISIT Anticipatory Guidance

Safety

- **Car Seat Safety.**
 - Use a rear facing car seat in the back seat of your vehicle. Read more about car seat safety at healthychildren.org and the [CDC](http://www.cdc.gov).
 - When your baby is too big for an infant seat, change to a convertible car seat.
 - Keep baby's car seat rear facing until he reaches the highest weight or height allowed by the manufacturer for rear facing. This may be well past the second birthday.
- **Safe Sleep and Prevention of Sudden Infant Death Syndrome**
 - Place your baby **alone** in the crib without any bumpers, loose blankets, or toys
 - Place your baby to sleep in his own **crib** or other safe sleep surface with a **firm, flat mattress** such as a bassinet or pack and play.
 - Avoid tobacco exposure. Keep your car and home smoke-free.
- **Home Safety.** See 6 month safety recommendations. Also
 - If you keep a gun in your home, store it unloaded and locked with the ammunition locked separately.
 - Do not leave heavy or hot things on tablecloths that your baby could pull over.
 - Install window guards on windows.

Health

- **Dental Health**
 - Try not to share spoons with your baby or use your mouth to clean the baby's pacifier as you can pass bacteria that cause cavities to your baby.
 - Clean your baby's teeth (as soon as you see the first tooth) with a soft cloth or toothbrush and a small smear of fluoride toothpaste (no more than a grain of rice).
- **For after-hours emergencies, you can reach the provider on call at 252-499-6012.**

Feeding

- Feed your baby breastmilk or iron-fortified formula. It is ok for baby to also drink water. Do not give cow's milk to drink until after your baby's first birthday.
- Help your baby learn to use a cup, straw cup or sippy cup. Try to discontinue bottle use around your baby's first birthday.
- Be patient with your baby as he learns to eat without help. Messy eating is normal.
- Offer healthy foods with a routine of 3 meals and 2-3 snacks per day.
- Start giving mostly table foods.
- Avoid honey and large chunks of food that can cause choking.
- Offer your baby a variety of foods and textures. He may need to try something 10-15 times before he likes it.
- Don't give juice or sugar sweetened drinks.
- Avoid overfeeding, let your baby decide when he is full.

- **Breastfeeding**
 - Continue a **Multivitamin with Iron** until your baby is eating iron rich foods very well. Some options include NovaFerrum Yum! Multivitamin with Iron or Poly-vi-sol with Iron.
 - It is healthy to continue breastfeeding as long as desired by mom and baby.
- **Formula feeding**
 - Typically, babies this age drink an average of 24 ounces per day (but it can range from 16-32oz).
- **Whole Milk at 12 months of age.** After their first birthday, if your baby was formula feeding or you have weaned from breastfeeding, you can change to whole milk. Offer around 16 ounces per day. Excessive milk intake at this age is a risk factor for anemia, so avoid giving more than 16-24 ounces of milk per day.

Development

- Keep daily routines for your baby.
- Let your baby explore inside and outside the home. Be with her to keep her safe and feeling secure.
- Recognize that your baby is eager to interact with other people but will also be anxious when separated from you. Crying when you leave is normal.
- Support your baby's learning by offering her balls, toys that roll, blocks, and containers to play with.
- Talk, sing, and read daily.
- Don't allow your baby to watch TV or use computers, tablets, or smartphones.
- Use the word "no" when your baby is going to get hurt or hurt others.

Caring for your Family

- If you are worried about your living or food situation, talk with us. We can connect you with community resources such as WIC and CC4C.

Next Well Check: 12 months of age

This is general guidance. Please speak with us directly about specific concerns for your child. Well checks are an important time to review growth, development, and what to expect over the next few months with your baby.