

Name \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ (\_\_\_\_%) Height \_\_\_\_\_ (\_\_\_\_%) Head \_\_\_\_\_ (\_\_\_\_%)

Acetaminophen (Tylenol) dose \_\_\_\_\_

Vaccines administered today: \_\_\_\_\_

## Diet

- Your baby needs formula or breast milk until 1 year of age, when you should switch to whole milk. Babies need about 20-24 ounces of formula or breast milk a day, in addition to solid foods.
- 2 servings of iron-fortified cereal are recommended each day.
- Do not give honey to your baby until after 1 year of age.
- Finger foods can be started, but avoid foods that your baby can choke on (peanuts, popcorn, carrot sticks, raisins, hard candy).
- You should continue to use an open cup, sippy cup, or straw cup for water or formula, and you should take the bottle away at 12 months of age.

## Development

- 9-month-old babies will respond to their name, understand some words, laugh, and babble. Some start to combine sounds into recognizable patterns (mama, dada, and baba) in the coming months.
- They can sit and most will creep or crawl. They may play peek-a-boo and begin to wave bye bye.
- Some stranger anxiety is expected.
- Reading and talking with your baby is very important for language development.
- In the coming months they will begin to stand and cruise around furniture.

## Sleep

- A bedtime routine is important at this age. It gets harder to sleep train as they get older.
- 1-3 naps are normal and needed.
- Comfort objects can help with self-soothing (blanket, toy).
- Crying for about 10 minutes while trying to go to sleep is normal.

*Continued on other side*

### Safety

- AAP recommends that you keep your baby in a rear facing car seat until they have reached the highest height or weight allowed by your seat. This will most likely be until age 2 or older.
- Keep your home and car “smoke free.”
- Keep your home child-proofed, with plants out of reach.
- Make sure all furniture and TVs are stable when your baby cruises.
- Use baby gates.
- Do not use baby walkers. A play saucer is great.
- Poison control: 1-800-222-1222
- Use sunscreen labeled “for kids” of SPF 15 or more and bug spray “for kids” with less than 30% DEET. SPF clothing is another good option for SPF protection.
- Brush your baby’s teeth twice a day with a soft brush and training tooth paste, water, or fluoride toothpaste in an amount about the size of a grain of rice.
- NEVER shake a baby.

### Parenting

- Distraction works best for discipline at this age.
- Imitation is common over the following months and years, and you are the most important role model for your child.
- Be consistent with rules and your own behavior.

### At this visit

Typical immunizations: Influenza when in season; others if needed to catch up

Other preventive health: Fluoride varnish applied every 6 months\*

\*Per provider discretion

**Return at 1 year of age for your next well child visit!**