



WELL BABY CARE

Nine month check-up

At this checkup your baby will not receive any immunizations, but will have a tiny bit of blood taken to check for anemia. We also ask questions about possible lead poisoning and may send you to the lab to check your child's bloods for this. The next immunization is due when your baby is twelve months. Today's checkup is primarily to check their growth and development. At this age your baby may have doubled his/her birth weight. The baby should be able to sit up without support, may be beginning to pull to a stand, and feed himself or herself simple foods. Babies at this age understand "No", "bye-bye", games like "Peek-a Boo" and "Patty Cake".

DIET: Your baby should still be on some breast milk or formula. We do not recommend plain cow's milk until one year of age. Your baby should be taking some solid foods. Most babies at this age can also do well with soft or easily dissolvable finger foods.

DISCIPLINE: It is important to start discipline with your child. At this age children will not understand the theoretical reasons for punishment. However, they will understand there are some things that they are allowed to do and some things they are not allowed to do. It is very important to set limits for them. The most important thing about discipline is consistency. You should try to be a "two warning" parent. What we mean is this: When your child is doing something that he is not allowed to do, you should give him a warning (a stern no!). You should strive for giving no more than two warnings. Another important component about discipline is to consistently follow up a warning with punishment, such as removing them from the place of misbehavior. Don't be the kind of parent that tells his/her child eighteen times "No don't do that", and then allows the child to continue doing it. You have to set firm limits and stick to them. This is the time when children start testing, to see how far they can go and also the time that they will learn when they should stop.

SAFETY: This information is the same as in previous handouts, but we thought it would be nice to have a refresher.

FEVER:

It is ok to give your child Tylenol or Ibuprofen (see dosing sheet for correct dosage), but if your baby has a high fever – greater than 102 rectally – and you do not know why, the baby should be seen within 24 hours.

POISONING:

As you have noted, at this age, children automatically put anything they find into their mouth. The next 2 years will be the most dangerous time for your child to poison him or herself. Do not wait until your child starts to get into things to get poisons out of the way.

Some of the most poisonous things you have in your home are the cleaning supplies for dishes, laundry, etc (Drano, Clorox.) All these should be on a high shelf, out of reach, & preferably with a latch on the cupboard door.

Obviously, all medicines should be kept on a high shelf, again, with a latch on the door. All medicine is potentially poisonous.

THE POISON CENTER PHONE NUMBER IS 602-253-3334. IF YOUR CHILD IS POISONED, CALL THEM FIRST.

CHOKING:

Babies start to constantly put things in their mouth at this age. Please make sure all little things (i.e. buttons, coins) are out of reach. It is a good idea to become CPR certified to learn what to do if your baby chokes.

**CAR SEATS:**

You should have an infant seat for your child whenever you ride in a car; be sure and strap them in. Remember accidents are one of the leading causes of deaths in childhood. Please use infant seats. If your baby is getting too big for an infant seat there are car seats for 18-35 pounds that are rear & forward facing. It is important that your child's car seat continues to face the back of the car at this time.

WATER SAFETY:

You should never leave a bucket or doggy bowl with water where the child can reach. If you have a pool, you should have a four-sided fence with a self-latching gate. Nothing can replace constant adult supervision, but since 24 hour adult supervision is impossible, barriers like a 4-sided fence are necessary.