



9 month visit



REMEMBER...

Your baby does not need juice, it increases risk of obesity and tooth decay.

Never prop or put your baby to bed with a bottle due to risk of choking, tooth decay, and ear infections. Do not let your baby crawl or walk around with a bottle.

Trust your baby to know how much they need. As they eat more food they drink less breastmilk or formula. Some days they will eat more than others.

Always hold your baby when bottle feeding; this makes your baby feel loved and secure.



Eating Well

Continue breastmilk or iron fortified formula for your baby's first year.

By now your baby is fitting into the family meal schedule. Meal times are family times; it may be messy but enjoy this time together. Place your baby in a high chair with a safety belt at the table with TV and electronic devices off.

Provide regular meals and snacks and feed your baby at regular meal times. Give 3 meals and 2-3 snacks each day. Offer a variety of vegetables, fruits, proteins and grains at scheduled meal and snack times.

Offer other dairy like yogurt and cheese, 2-4 tablespoons per day.

Gradually reduce strained/pureed foods so that by one year of age all of your baby's foods should be table foods, just cut up into small pieces.

Continue to offer water in sippy cups; your child should be mastering this skill so that by age one your baby no longer uses a bottle. Offer water in a sippy cup at meals. Use a sippy cup with a straw to help strengthen speech development. As your baby grows practice with an open cup too.

Allow your child to feed themselves with their fingers. Offer a wide variety of foods that are soft and easy to chew. Cut the healthy foods you are eating into $\frac{1}{4}$ inch pieces. For example: avocado, banana, black beans, eggs*, peanut butter*, chicken, whole grain bread, Cheerios™, whole grain pasta and well-cooked vegetables, such as sweet potato, squash and zucchini.

- **If there is a history of food allergies in a parent or sibling ask your pediatrician when you should introduce eggs, shellfish, fish and peanuts.**

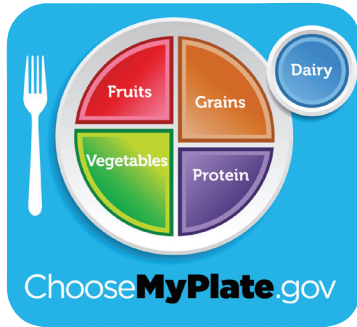
Brush your baby's gums and teeth with a small soft toothbrush with a smear of fluorinated toothpaste at least twice daily.

Between 11 and 12 months you may begin to introduce small amounts of whole cow's milk in a cup at meal times. This will help in the transition to whole cow's milk at one year of age.

At this age, a general guideline is:

BREASTFED BABIES feed about 4-6 times a day.

FORMULA FED BABIES 7-8 oz per feeding 3-4 times a day. At 10-12 months of age babies usually take no more than 24 ounces of formula per day.



It takes time to get used to new foods; offer new foods more than 10-15 times before thinking the child does not like it. This will help later down the road so they are less picky as they grow.

Remember not to bribe your child with food or use food to comfort or reward. Feed at regular meal times; do not give your child snacks to keep them quiet in the car or at appointments.

At this age, your baby may develop separation anxiety. They may wonder where you are in the middle of the night. It is best to let them soothe themselves back to sleep.



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Eating Well CONTINUED

Sample Meal Pattern to work up to by 11 months

Provide 2-4 tablespoons of each food item. As your child grows portion size may increase to 4-8 tablespoons.

WAKE UP: Breastmilk or Formula

BREAKFAST: Grain, Other Dairy*

SNACK: Fruit, Breastmilk or Formula

LUNCH: Vegetable, Protein

SNACK: Grain, Breastmilk or Formula

DINNER: Vegetable, Protein, Fruit

SNACK: Breastmilk or Formula

* *Other Dairy is yogurt and cheese*

Avoid

- Sugar sweetened beverages like soft drinks, punch, juice or Kool-aid™
- Bacon, hot dogs, bologna, sausage, fast foods, fried foods, French fries
- Cookies, candy, cakes, chips
- Popcorn, whole grapes, whole nuts (To prevent choking: cut grapes, use nut butters or crush nuts until 4 years of age)
- Honey until 1 year of age

Be Active

By 10 months, many babies have mastered crawling. They may begin pulling themselves up on furniture in an effort to stand.

Now that your baby is more mobile childproofing should include anything within your baby's reach. Place lamps and cords out of reach.

Babies enjoy push toys, activity tables, balls, rolling toys, filling up and dumping out containers.

Turn on some music and dance with your baby.

Do not put a TV in your baby's bedroom.

Screen time is not recommended under age 2.

Sleep

Babies sleep 10-12 hours at night. Babies may nap one to four times a day for 30 minute to 2 hours. Babies take fewer naps as they near age 1.

Your baby should be sleeping through the night.

Encourage your baby to self-soothe and fall asleep on their own. Bedtime routines help baby sleep and may include bathing, singing and reading.

Pacifier should be only for sleep time, over use may affect speech development.

Do not include TV in your baby's night time routine.

Have a regular day time and night time sleep schedule.

Do not sleep in the same bed as your baby, separate beds are needed for your baby's safety.