

DEVELOPMENT

- Your baby may be saying more such as: “Dada”, “Mama”, and “bye-bye”. These words may or may not be associated with the correct thing/person.
- Night waking is common at this age, but your child is old enough to be sleeping through the night without feeding.
- It is best if your child learns to fall asleep in the crib on his own. This will help prevent sleeping problems later on.
- Children may have separation anxiety at this age, and become upset when a parent leaves the room.
- Your baby may begin to pull up, and “cruise” - walk around things holding onto furniture. Many children are bow-legged when they first start to walk. This is normal.
- Your baby may now uncover a toy, which she sees hidden. It is no longer “out of sight, out of mind”. This is called object permanence.
- Your infant may have special toys, which he/she wants to keep with him/her, especially at bedtime. (Security objects)
- An immature pincer grasp begins to develop. (pick up objects with thumb and first finger)

DIET

- You may now begin to start introducing the cup. Some parents choose to introduce this with water or juice diluted with water. Infants do not need, nor should they get significant amounts of juice.
- Continue breast milk or formula until at least 12 months of age.
- Your child will be on about three meals a day now, with snacks.
- Children love finger foods such as: Cheerios, crackers, etc. Avoid raisins, popcorn, peanuts, raw carrots, uncut hot dogs, uncut grapes, and other small objects of food that your baby could choke on.
- It is reasonable to feed some table foods at this age. Make sure they are served in small pieces. Remember; don’t introduce too many new foods at a time.
- Try to avoid “allergic foods” until after one to two year of age. This list includes, but is not limited to: egg whites, nuts, fish, strawberries, etc. If your family has a history of food allergies, you may want to delay these foods until after two to three years of age.

HYGIENE/CLOTHING

- Clean your baby's teeth with a soft washcloth or a soft child’s toothbrush.
- Shoes should be flexible- soled and cover the toes with flat, non-skid bottoms. Cost does not necessarily reflect quality.

SAFETY

- Never take your child in a car unless he/she is properly restrained in a car seat. Continue facing rearward until 1 year old *and* 20 lbs.
- You should lower the crib mattress to the lowest setting.
- Keep Poison Control's phone number (**513-636-5111**) where they are easily accessible if your child ingests anything he/she should not have. Never give Syrup of Ipecac without talking to Poison Control Center or the on-call doctor, as some poisons should not be vomited.
- To prevent burn injuries; cover electrical outlets, do not leave hanging electrical cords, keep children away from the stove, turn pot handles away from the edge of the stove and do not smoke or drink hot liquids around your child.
- Place gates at both the top and bottom of the stairs. (Avoid expanding gates that can trap heads or fingers)
- If you own a gun, we encourage you not to store it at home or in the car. If you do store the gun at home, it should be unloaded, locked up and ammunition should be stored in a separate place other than with the gun.
- Your child's pincer grasp allows them to pick up small objects that they could choke on. Be careful to supervise the child and leave all medications out of reach.

STIMULATION

- Read, sing or talk with your child as much as possible. He/she will imitate your speech sounds and words.
- Babies at this age love to play “Pat-a-cake” and “Peek-a-boo”.
- Encourage exploration and autonomy.

TOYS

- Children at this age enjoy large balls, blocks, musical toys, stacking rings and push-pull toys. Colorful sturdy cars and trucks are also enjoyed.
- Take care to avoid toys with small parts as these can and will be choking hazards. Check the age recommendation on new toys.

IMMUNIZATIONS/TESTS

- At 9 months, your child will receive the third and final Hepatitis B immunization.
- If indicated, the dosage of acetaminophen drops (Infants Tylenol) for this age is: _____ every 4 hours.
- A check of the blood count (Hemoglobin) will also be done to evaluate possible anemia and assess the need for iron supplementation. You will receive your results and recommendation before leaving the office.