

# Nine Month Visit

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FAMILY ADAPTATIONS

## Your baby and family

- Tell your baby in a nice way what to do ("time to eat"), rather than what not to do.
- Be consistent.
- At this age, sometimes you can change what your baby is doing by offering something else like a favorite toy.
- Do things the way you want your baby to do them. You are your baby's role model.
- Make your home and yard safe so you don't have to say "no" often.
- Use "no" only when your baby is going to get hurt or hurt others.
- Take time for yourself and with your partner.
- Keep in touch with friends and family.
- Invite friends over or join a parent group.
- If you feel alone, we can help with resources.
- Use only mature, trustworthy babysitters.
- If you feel unsafe in your home or have been hurt by someone, let us know; we can help.

## Feeding your baby

- Be patient with your baby as he learns to eat without help.
- Being messy is normal.
- Give 3 meals and 2-3 snacks each day.
- Vary the thickness and lumpiness of your baby's food.
- Start giving more table foods.
- Give only healthy foods.
- Do not give your baby soft drinks, tea, coffee, or flavored drinks.
- Avoid forcing baby to eat.
- Babies may say no to a food 10-12 times before they will try it.
- Help your baby to use a cup.
- Continue to breast feed or bottle feed until 1 year; do not change to cow's milk.

FAMILY FUNCTIONING

INFANT INDEPENDENCE

## Your changing and developing baby

- Keep daily routines for your baby.
- Make the hour before bedtime loving and calm.
- Check on, but do not pick up, the baby if she wakes during the night.
- Watch over your baby as she explores inside and outside the home.
- Crying when you leave is normal; stay calm.
- Give the baby balls, toys that roll, blocks and containers to play with.
- Avoid the use of TV, video and computers.
- Show and tell your baby in simple words what you want her to do.
- Avoid scaring or yelling at your baby.
- Help your baby when she needs it.
- Talk, sing and read to your baby daily

SAFETY

## Use "No!" only when your baby is going to get hurt or hurt others.

### Safety

- Use a rear-facing car seat in the back seat in all vehicles, even for short trips.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Have your child's safety seat rear-facing until your baby is 2 years of age or until she reaches the highest weight or height allowed by the car seat's manufacturer.
- Always wear your own seatbelt and don't drive after using alcohol or drugs.
- Empty pools, buckets and tubs right after you use them.
- Place gates on stairs; do not use baby walkers.



SAFETY

### Safety

- Do not leave heavy or hot things on tablecloths that your baby could pull over.
- Put barriers around space heaters and keep electrical cords out of baby's reach.
- Never leave your baby alone in or near water, even in a bath seat or ring. Be within arms reach at all times.
- Keep poisons, medications and cleaning supplies locked up and out of your baby's sight and reach.
- Call Poison Control (1-800-222-1222) if you are worried your child has eaten something harmful.
- Install openable window guards on second-story and higher windows and keep furniture away from windows, tables, beds or sofas.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Keep your baby in a high chair or playpen when in the kitchen.

## What to expect at your baby's 12 month visit We will talk about...

- Setting rules and limits for your child.
- Creating calming bedtime routines.
- Feeding your child.
- Supervising your child.
- Caring for your child's teeth.

If you have further questions please call:

801.773.4840 ext 2324  
or text 385.308.5469