

DUNWOODY PEDIATRICS

INFANT CARE FROM 6 TO 9 MONTHS

Date: _____

Weight: _____ Percentile: _____ Head Circumference: _____ Percentile: _____

Height: _____ Percentile: _____

Immunizations received today: Dtap _____ polio _____ MMR _____ Prevnar _____
Hepatitis A _____ Hepatitis B _____ Hib _____ Varicella _____

NUTRITION

Breast milk or iron-fortified formula is still the preferred source of milk for the first 12 months in order to have healthy bones and teeth, and to prevent anemia. Offer at least 4 formula or breast feedings a day, to total a minimum of 24 - 32 ounces each 24 hours.

- Introduce only one new food every 4-5 days. Watch for a rash, vomiting, or diarrhea. If one of these occurs, stop the new food and wait at least one month before trying it again. Do not use mixed vegetables or fruits until you have tried each ingredient separately.
- Your infant is developing new skills. Encourage eating from a spoon, drinking from a cup, and gradually picking up finger foods. Feeding time will be messy!
- When your baby can sit up well and you can see that their swallowing of spooned foods has improved, (usually around 8-9 months), and they can coordinate chewing and swallowing, finger foods can be given. You must carefully watch your child to see that they can handle each food until it is finished. Some good finger foods are: crisp toast or crackers, teething biscuits, cubes of bananas, peaches, pears, cooked carrots, green beans, and Cheerios.
- **Avoid** the following foods until 12 months of age: egg whites, citrus, juices, tomatoes, berries, whole milk, honey and chocolate.
- **Avoid** the following until after 6 years of age: whole hot dogs, peanuts, popcorn, raw vegetables, whole grapes.

SLEEPING

At this age, some babies may decrease the length and/or frequency of naps. You may also notice that your baby, who normally had undisturbed nighttime sleep for the past several months, is now awakening and crying. Rest assured! This is a temporary phase presumed to be due to developmental changes. You should check on your baby immediately; however, keep the time spent brief, and do not give extra bottles, take them to your bed, or rock them. These positive reinforcements encourage night-time awakening and could set you up for problems later if awakening becomes a habit. A regular bedtime routine becomes helpful at this age and provides extra reassurance to your child.

ELIMINATION

As your baby begins eating at regular times, they will have bowel movements at regular times as well. They may change in number, consistency, and color as additional foods are

added.

DEVELOPMENT/PLAY

At this age your baby can or soon will be able to: be pulled to a sitting position without head lag, sit up alone momentarily, sit in a high chair with back straight for a sustained period, roll over from stomach to back and back to stomach, able to bear weight on legs when held in a standing position. This is safe and won't hurt the legs at all. They can also reach for their feet, put them in their mouth, pick up an object when dropped, and transfer objects from one hand to the other. Your unbreakable kitchenware make wonderful toys: measuring cups, spoons, pots, pans, and containers.

Your baby is developing a personality. He/she are beginning to recognize parents, family, and other familiar faces but may respond to strangers or unfamiliar faces with fear. He/she out loud and have definite likes and dislikes. He/she will "babble" to toys and mirrors, or other inanimate objects, and makes consonant sounds (B's, M's, etc.). As always, listen to, talk to, and sing to your baby. Respond enthusiastically to their coos and babbles. Try to talk to them in adult language, although it is tempting to use "baby talk". Play peek-a-boo and pat-a-cake. Read to your infant and provide them with soft plastic/cloth books.

TEETHING

The first teeth usually erupt between 5-12 months of age. Teething may cause drooling, loose stools and fussiness, but not a fever over 100.4°. Try treating with a cold teething ring and Tylenol, if uncomfortable. However never use Tylenol for extended periods of time, usually no more than 2 – 3 doses. As teeth erupt, keep them clean by wiping with a soft washcloth once or twice daily.

SAFETY

- Avoid toys with sharp edges or removable parts, because everything will go into your child's mouth.
- Remove breakable objects from the floor or low tables.
- Cover all unused electrical outlets, and remove all dangling cords from reach.
- Never leave your child unattended in the bathtub.
- Always use an approved car seat, rear-facing in the back seat. Once your child turns 12 months old and weighs 20 lbs, you may turn the carseat to face front.
- Keep all detergents, soaps, cleaners, and medicine locked up and out of reach. Remove plants from reach and remember to keep Poison Control number (404.616.9000) posted in cell phones, and with all caretakers.

Your child's next well visit should be at 9 months.

Additional resources for parents:

Caring for Your Baby and Young Child: Birth to Age 5 (4th ed.), AAP (2004)

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