

DUNWOODY PEDIATRICS

INFANT CARE FROM 9 - 12 MONTHS

Date: _____

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

Height: _____ Percentile: _____

Immunizations received today: Dtap _____ Polio _____ MMR _____ Prevnar _____

Hepatitis A _____ Hepatitis B _____ Hib _____ Varicella _____

NUTRITION

Continue breast milk or iron fortified formula until 12 months of age. Try scheduling 3 – 4 formula or breast feedings daily, to total no more than 24 - 32 ounces each 24 hours, including that used for cereal. These amounts may decrease as your child eats more solids.

FEEDING TIPS

- Recommended finger foods: small chunks of fruit(without skin), cooked vegetables such as broccoli, beans, peas, or carrots, cooked pasta, and dry cereals without sugar coatings such as Cheerios, Chex or Kix.
- **Avoid** the following foods until 12 months of age: egg whites, citrus fruits, juices, tomatoes, strawberries, whole milk, honey, and chocolate.
- **Avoid** foods your child can easily choke on until 6 years of age: peanuts, popcorn, whole grapes, whole hot dogs, hard candy, and gum.
- If trying to wean from breast feeding, start with one serving a day of formula from a cup or bottle.
- Brush or wipe your child's teeth every day with a wet washcloth.

SLEEPING

Your baby may go peacefully to bed or fight it every night. Now is the time to establish a regular bedtime routine, with quiet time for 15 minutes beforehand. Say "goodnight"; give a kiss, and put your child to bed. It is okay to let your child cry to sleep. If he/she awakens during the night, check on safety and comfort, have as little interaction as possible, and leave the room as soon as possible. Do not offer a bottle of milk or juice. In a calm voice, remind your baby that he/she need sleep and that everything is OK. Your child will understand your calm reassurance.

ELIMINATION

Stools may change in number, consistency, and color as additional foods are added. Your baby should have at least 1 stool every 2-3 days.

DEVELOPMENT/PLAY

Your baby can or soon will: crawl and scoot around, begin to pull up and walk around furniture, wave bye-bye, say Mama or Dada, understand his or her name, use the index finger and thumb to pick up objects, repeat sounds that you make, and be afraid of strangers. Talk with and listen to your baby! At this age he/she loves to interact with you.

Babies are great imitators of people, animals, or sounds. Containers which permit baby to "put objects in and take them out" are great at this age. These toys are called "nesting" toys and include colored boxes or cups. Push-pull toys are fun and toys or books with different textures allow them to experience soft, rough, smooth, etc. Remember your baby is learning about in and out, up and down, on and off, so say these words when performing the task.

Discipline: Try to use the word "no" only when necessary. Babies do not need to be spanked. If you become angry with your baby, place them in their crib for a few minutes. This will allow you to calm down and your baby to realize that he has done something wrong. Parents and other caregivers should discuss the subject of discipline and be consistent with enforcing it. This consistency with saying 'no' and in keeping reasonable limits helps to keep your child safe. Children derive a real sense of security from boundaries. Avoid saying, "bad boy". Instead say, "this is dangerous or this is not acceptable."

SHOES

Good leather shoes are not needed until your child starts walking outside a lot. The primary purpose of shoes at this age is to protect the feet from sharp and painful objects. Make sure they are flexible and provide adequate room for growth.

SAFETY

- Now that your child is walking or crawling, they need constant watching unless they are in a playpen or their crib. Remove breakable objects from low tables, cover electrical outlets, remove dangling cords from reach, and use gates on stairs.
- Keep detergents, soaps, cleaners, and medicine locked up and out of reach, remove plants from reach and post Poison Control number (**404.606.9000**), by your phone, in your mobile and with caretakers.
- Turn handles of all pots and pans away from the stove's edge.
- Always use approved carseat appropriately. Your child should remain rear facing in the back seat until they are 12 months and 20 lbs. When able to turn forward facing move seat into upright position, adjust shoulder straps to be at top of harness slots and route seat belt through correct belt path for forward position, but remain in the back seat.
- Beware of swimming pools, wading pools, and even buckets of water or open toilets.

FEVER AND PAIN RELIEF

Your child's dose of acetaminophen (Tylenol) is now _____ ml of infant's Tylenol every 4 hours, or ibuprofen (Motrin, Advil) _____ tsp every 6-8 hours.

Your child's next well visit should be at 12 months.

Additional Resources for Parents:

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

9/14/05 10/31/05