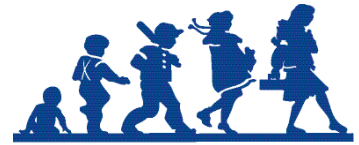


# Your 9 – Month – Old Baby



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Pediatrics P. A.

## **Immunizations on your next visit:**

- Hep B #3

## **Call our office:**

- If you have any questions or concerns
- If your infant has a fever over 104° rectally after the immunizations (You may use an ear thermometer after your baby is 6 months old. Do not use an ear thermometer rectally on you baby. Use it in the ear only on the rectal setting.)
- If your baby cries uncontrollably for more than 3 hours
- If your baby is unusually inactive or pale, difficult to wake, or is extremely irritable

## **Developmental Issues**

- Your 9 – month – old should be able to sit alone with out support.
- Babies at 9 months may be able to stand holding on to furniture or alone.
- Your baby may be able to move around by crawling, rolling, or scooting.
- Babies attempting to stand or walk should wear comfortable shoes with non-skid soles. (soft-soled)
- Your baby should respond to his name and attempt to imitate speech sounds that you make.
- Most 9 – month – olds will play with blocks by picking them up and banging them together.

## ***Feeding***

- At this time you baby should be eating cereal, fruits, and vegetables
- Meats may be introduced. Make sure all skin, bone or any hard to chew parts are removed.
- Lean meats such as chicken or fish may be given if they are finely chopped or ground.
- Your baby may be breast feeding 3 – 4 times a day or taking 20-30 ounces of formula.
- Allow your baby to feed himself or drink from a cup as often as possible.

## ***Sleeping***

- Some 9 month olds may have restless nights at times because of the fear of their parents leaving them alone.
- If your baby begins waking at night, the following may help you and your baby regain a restful nights sleep:
  - 1) Make sure you child is not ill.
  - 2) Make your baby as comfortable as possible; rearrange him and check his diaper.
  - 3) If a diaper change is necessary, do it in dim light as quick as possible.
  - 4) Before leaving your baby, tuck him in, and whisper comforting words to him.
- Some babies may cry after you leave them. Go back to him about every 10 minutes and comfort him. Doing the same thing over and over will help your baby to settle into good sleep habits.

## ***Playtime***

- Peek-a-boo is a game which helps your baby understand that not being able to see you doesn't mean you are not there.
- Games that encourage physical activity, such as crawling, scooting, or rolling, help your child's development.

*Continued*

- Fill a low cupboard with objects appropriate for your infant to play with, such as plastic or wooden spoons, plastic containers, any nonbreakable safe objects that will not require assistance for play.
- Most 9 month olds will respond to certain sounds and try to imitate them. Repeat these sounds back to your infant. Talk to you child!

## Safety Tips

- Child-proof your home as follow:
  - 1) place cleaning liquids, detergents, household products or any dangerous object behind locked doors and out of their reach.
  - 2) store prescriptions, and over the counter medicines out of your baby's reach
  - 3) use gates at top and bottom of stairs and in doorways to rooms that may contains dangerous objects
  - 4) install window guards on windows above the first floor
  - 5) make sure your baby is in a safe place such as the playpen, highchair or crib while you are cooking, eating, or when you can not give your child full attention
- Never leave your child alone near any water.
- Have ipecac syrup and the Poison Control Center number (1-800-848-6946) on hand in case of poisoning.
- Use an age and size appropriate car safety seat every time your child is in the car.



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