

Your 9 Month Old



Normal Development – What to expect from 9 months to 12 months old

Daily Activities

- Continues to enjoy banging, waving and throwing toys
- Explores food with fingers
- Deeply looks at toys and objects

Motor Skills

- Goes from sitting to a lying position by themselves
- May pull self to a standing position and walk with help
- Stands holding onto furniture

Language

- Imitates speech sounds
- Repeats sounds over and over
- May say “mama” or “dada” but not yet specifically call for parents

Emotional Development

- Continues to resist doing what is not their choice
- Imitates parents behaviors
- May cry when parent leaves the room
- May want to exclusively feed self

Food, Food, Food!

Solids are now a larger part of diet. Continue formula in bottles or breastfeeding. You may see a decrease in nursing or bottle feeding. Baby may act like they are too busy to eat.

Avoid forcing baby to eat. Babies may say no 10-12x to a food before they try it.

Will transition over to whole milk at age 1 year. Do not give soda pop, tea, coffee or flavored drinks to your baby.

Start offering utensils.

Offer a little water in **sippy cup** to get used to it.

Juice is not needed, limit to 2oz/day.

No honey until 12 months of age.

Continue Vitamin D 400IU daily until 12 months old for breast fed babies.

The Highlights!

- It's time for baby to explore!
- Make sure your home is baby proofed
- **Call Poison Control (1-800-222-1222)** if you are worried that your baby has eaten something harmful
- Learn **positive parenting** strategies and try to avoid “no” too often, reserving it for when baby is going to be hurt or hurt someone else (pg 3)
- Crying when you leave is normal, this is called separation anxiety (pg 3)
- Empty pools and bathtubs after you use them
- Breastmilk or formula
- About 3 meals and 2 snacks per day
- Be patient as your baby learns to feed themselves



Two important nutrients to give your baby:

Calcium and Iron

1. Calcium: Food sources are – formula or breastmilk, yogurt and cheese, dark green vegetables like spinach or broccoli.

2. Iron: Meats - soft, not stringy. Dark meat chicken, meatballs, ravioli, breakfast sausage, hamburger, deli meats – turkey and ham, tofu, scrambled eggs, fish, peanut butter.

Table food ideas: Anything that turns to mush when wet. Anything that breaks or crumbles easily between your fingers. Your baby may not have teeth but they can chew with their gums.

Choking: Avoid hard things like chunks of raw carrots, apples, popcorn, peanuts. Avoid whole hot dogs or whole grapes.

Some Helpful and Trusted Websites:

- Healthychildren.org (American Academy of Pediatrics)
- Genesispediatrics.com for our Genesis Advice Packet (GAP)
- vec.chop.edu/service/vaccine-education-center/home.html (Children's Hospital of Philadelphia for vaccine information)

Next Visit:

See you in 3 months for the 12 month visit!

Sleeping

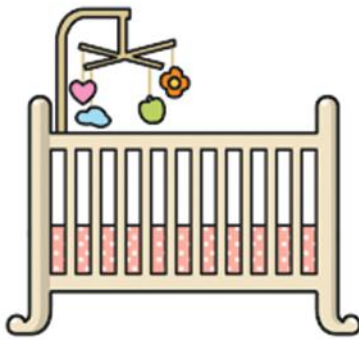
Make a bedtime routine and be consistent. Make the hour before bedtime loving and calm. Check on, but try not to pick up your baby if they wake at night.

Naps twice daily.

With new motor skills they may stand up or sit up in crib or get stuck in a position. Gently and quietly move them so that they can get back to sleep.

Great sleeping books:

1. *Solve Your Child's Sleep Problems*
2. *Good Night Sleep Tight*
3. *No Cry Sleep Solutions*



Taking Care of your Baby's Gums and Teeth:

- After teeth appear, clean them with a soft infant toothbrush and a smear of children's fluoride toothpaste twice per day.
- **Never put your baby to bed with a bottle of milk or juice.** This leads to tooth decay.

For Parents:

Don't smoke! Smoking around your baby, smoking in the car that they ride in or holding your baby with the smell of smoke on your clothes is not healthy for your baby. This exposes them to toxins and can lead to **breathing problems, increase the risk of SIDS and ear infections.**

New York States Smoker's Quitline

Free and Confidential
Tobacco-Free Coaching
Free Nicotine Replacement options
1-866-NY-QUITS (1-866-697-8487)
or www.nysmokefree.com

Poison Control Hotline:

If you child has accidentally swallowed a medicine, chemical, or poisonous plant...

DO NOT WAIT to see if your child will be ok!

Act quickly and call!

Poison Control 1-800-222-1222



Safety:

I'm ready to explore!

- Watch over your baby as she explores inside and outside of your home.
- Keep your baby in a high chair or playpen when in the kitchen.
- Once your baby can stand in their crib, put **crib on its lowest rung.**

Carseat

- Make sure that your child is in the correct car seat (see car seat handout).
- Car seats should be rear facing in the back seat until at least 2 years of age.
- *Is the car seat installed correctly?*
To have this checked visit your local fire department.

Burns

- Never carry your baby and hot liquids or hot food at the same time.
- Reduce the hot water temperature in your home to 120-130F.

Guns

If you have a gun in your home make sure that it is locked, stored unloaded with bullets locked in another area.

I Have a Few Questions...

1. Why does my baby cry when I leave?

Separation Anxiety = Feelings of sadness at being separated from a loved one. Usually starts between age 7-9 months. Baby does not understand that you will return. Accept your baby's protests as a sign of love. Help to ease their fears by regularly introducing your baby to new people and activities.



2. How can I get my child to listen to me?

My baby is into everything!
I feel like I am saying "no" all of the time!

Consider removing things that have to be organized like the family DVD collection. That way you don't have to clean up the same things multiple times per day.

If something is too tempting – remove it.

Consider making one room "the playroom" where everything in reach can be played with. Then you can put your feet up, relax and enjoy watching them explore.

Positive parenting

- At this age, you can change what your baby is doing by offering something else like a favorite toy.
- Tell your baby in a nice way what to do ("time to eat"), rather than what not to do.
- Be consistent.
- Make your home and yard safe so you don't have to say "no" too often.
- Avoid "no" except for extreme cases like when your baby is going to hurt themselves or others. like "Don't put your finger in that light socket!"
- Instead try:
"Oh, can you show mommy that...thank you"
Or "let's put that where it goes"
Or "how about this toy instead"

But I have another question!

For non-urgent questions contact us through the patient portal at genesispediatrics.com

3. How do I childproof my home?

The best way to do it is to take a **"baby's eye view"** of your home. Crawl from room to room.

Look for:

Sharp corners, uncovered electrical outlets, extension cords, hanging cords to lamps and appliances and loose objects that might fall.

Time to cover outlets, search under the couch for loose change, install gates at the top and bottom of the staircase. Get poisons way out of the way!

Remember:

Your house may be baby proofed but other homes (friends and family) may not be. Avoid jewelry with small pieces that could come off and be swallowed. Any medications should be kept in a safe place.



4. Help! My baby is always flipping over and fighting during diaper changes!

A few suggestions to try:

- Hang a mobile over the changing table
- Offer an open book or a special toy
- Sing a song with your baby
- Praise your baby when they cooperate!



Lead, Lead, Lead!

Where is Lead Found?

Lead based paint was frequently used in homes built before 1978. Renovating these homes can release lead and cause a danger to everyone in that home, especially children.

It is possible that parents who work in certain professions (painting, plumbing, construction, auto repair, welding) can bring lead home on their clothing and shoes. Lead can also be found in improperly fired ceramic or pottery made in a foreign country.

Lead Testing:

Children are required to be tested for lead at 1 and 2 years old or at any time that they are found to be at risk for lead exposure.

Lead exposure

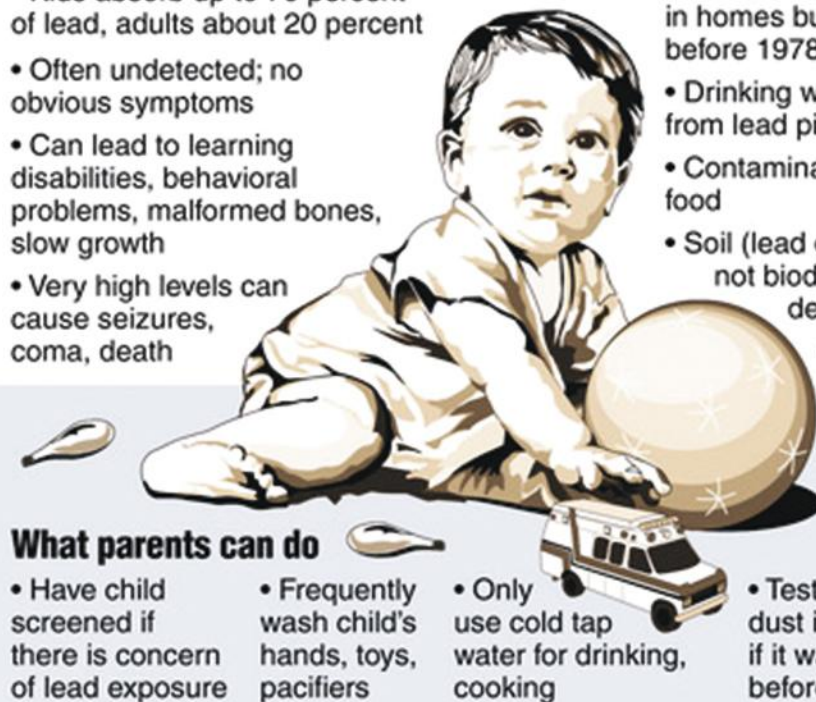
About 310,000 U.S. children ages 1 to 5 have elevated blood lead levels, which can accumulate over months and years and cause serious health problems.

Effects on children

- Kids absorb up to 70 percent of lead, adults about 20 percent
- Often undetected; no obvious symptoms
- Can lead to learning disabilities, behavioral problems, malformed bones, slow growth
- Very high levels can cause seizures, coma, death

Sources

- Lead-based paint, contaminated dust in homes built before 1978
- Drinking water from lead pipes
- Contaminated food
- Soil (lead does not biodegrade, decay)
- Toys*



What parents can do

- Have child screened if there is concern of lead exposure
- Frequently wash child's hands, toys, pacifiers
- Only use cold tap water for drinking, cooking
- Test paint, dust in home if it was built before 1978

*Old toys with lead paint a known risk, but new toys from China now have come under scrutiny

Source: U.S. Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

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Lead Exposure Risk Questionnaire

1. Does your child live in or regularly visit a house/building built before 1978 with peeling or chipping paint or with recent remodeling? Includes day care center, preschool or babysitter's home. (Yes/No)
2. Has your family ever lived outside of the United States or recently arrived from another country? (Yes/No)
3. Does your child have a brother or sister, playmate being treated for lead poisoning? (Yes/No)
4. Does your child frequently put things in their mouth or eat non-food items? (Yes/No)
5. Does your child see an adult whose job or hobby involves lead? Including painting, plumbing, construction, auto repair, welding. (Yes/No)
6. Does your child live near an active industrial site or a busy road? (Yes/No)
7. Does your family use products from other countries such as health remedies, spices or foods or serve food in leaded crystal, pottery or pewter? (Yes/No)

If the answer is YES to any of these questions, then your child is considered to be at risk for lead exposure and should have a lead screening test.

Hepatitis B Vaccine:

What You Need to Know

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Why get vaccinated?

Hepatitis B vaccine can prevent **hepatitis B**.

Hepatitis B is a liver disease that can cause mild illness lasting a few weeks, or it can lead to a serious, lifelong illness.

- **Acute hepatitis B infection** is a short-term illness that can lead to fever, fatigue, loss of appetite, nausea, vomiting, jaundice (yellow skin or eyes, dark urine, clay-colored bowel movements), and pain in the muscles, joints, and stomach.
- **Chronic hepatitis B infection** is a long-term illness that occurs when the hepatitis B virus remains in a person's body. Most people who go on to develop chronic hepatitis B do not have symptoms, but it is still very serious and can lead to liver damage (cirrhosis), liver cancer, and death. Chronically-infected people can spread hepatitis B virus to others, even if they do not feel or look sick themselves.

Hepatitis B is spread when blood, semen, or other body fluid infected with the hepatitis B virus enters the body of a person who is not infected. People can become infected through:

- Birth (if a mother has hepatitis B, her baby can become infected)
- Sharing items such as razors or toothbrushes with an infected person
- Contact with the blood or open sores of an infected person
- Sex with an infected partner
- Sharing needles, syringes, or other drug-injection equipment
- Exposure to blood from needlesticks or other sharp instruments

Most people who are vaccinated with hepatitis B vaccine are immune for life.

2 Hepatitis B vaccine

Hepatitis B vaccine is usually given as 2, 3, or 4 shots.

Infants should get their first dose of hepatitis B vaccine at birth and will usually complete the series at 6 months of age (sometimes it will take longer than 6 months to complete the series).

Children and adolescents younger than 19 years of age who have not yet gotten the vaccine should also be vaccinated.

Hepatitis B vaccine is also recommended for certain **unvaccinated adults**:

- People whose sex partners have hepatitis B
- Sexually active persons who are not in a long-term monogamous relationship
- Persons seeking evaluation or treatment for a sexually transmitted disease
- Men who have sexual contact with other men
- People who share needles, syringes, or other drug-injection equipment
- People who have household contact with someone infected with the hepatitis B virus
- Health care and public safety workers at risk for exposure to blood or body fluids
- Residents and staff of facilities for developmentally disabled persons
- Persons in correctional facilities
- Victims of sexual assault or abuse
- Travelers to regions with increased rates of hepatitis B
- People with chronic liver disease, kidney disease, HIV infection, infection with hepatitis C, or diabetes
- Anyone who wants to be protected from hepatitis B

Hepatitis B vaccine may be given at the same time as other vaccines.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

3 Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of hepatitis B vaccine**, or has any **severe, life-threatening allergies**.

In some cases, your health care provider may decide to postpone hepatitis B vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting hepatitis B vaccine.

Your health care provider can give you more information.

4 Risks of a vaccine reaction

- Soreness where the shot is given or fever can happen after hepatitis B vaccine.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5 What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff do not give medical advice.*

6 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim. There is a time limit to file a claim for compensation.

7 How can I learn more?

- Ask your healthcare provider.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's www.cdc.gov/vaccines

Vaccine Information Statement (Interim)
Hepatitis B Vaccine



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