



Well care education- 9-month-old

- **DEVELOPMENT:**
 - Your baby should be using sounds to get attention, saying “mama/dada” nonspecifically, pulling to stand, starting-to or attempting to crawl, and transferring objects hand to hand. Stranger anxiety may start at this age.
- **EMERGENCIES:**
 - Please call us if your baby has a high fever (>104F), breathing difficulty, vomiting a lot, is having less than 4 wet diapers per day, irritability, lethargy, looks very sick, doesn’t respond to Motrin or Tylenol.
 - If your child ingests something that they should not have, please call **Poison Control at 1-800-222-1222**
- **SKIN CARE:**
 - Your baby’s skin is still delicate. Please apply sunscreen to your child if he/she will be in the sun for >20 minutes. Reapply sunscreen every 1-2 hours. Remember that one bad sunburn before the age of 18 will double his/her risk of skin cancer.
- **ORAL CARE:**
 - The average baby gets his/her first tooth at 4-6 months old, but a first tooth can come in as late as 15 months old. If your child has teeth, please brush with a soft bristle toothbrush twice a day.
- **SLEEP:**
 - Your baby should be sleeping about 14 hours per day with 10-12 of those hours occurring as nighttime sleep. He/she should no longer be waking you up at night and should be self-soothing. If you have not already done so, please consider starting sleep training. It is still unsafe for blankets, pillows, and stuffed animals in the crib at this age.
- **CAR RESTRAINTS:**
 - Your baby’s car seat should remain in the backseat facing the rear of your vehicle until he/she is 40lbs, however, may remain rear facing as long as tolerated/is within car seat parameters.
- **SAFETY:**
 - **The risk of falls from a high surface increase at this age.** Please always keep your hand on your baby when he/she is on a high surface. Avoid putting your child to sleep anywhere other than a crib. Please make sure the mattress is low enough so that he/she cannot climb out of the crib.
 - Please do not shake your baby, even if it seems to calm him/her down.
 - Please look for and remove small objects from the ground prior to tummy time/crawling. Avoid foods that could be choking hazards like grapes, nuts, blueberries, etc. Review the Heimlich maneuver monthly.
 - Ensure your house is babyproofed and that your baby cannot access cleaning supplies or medications. Ensure there’s no access to toilets and doors are not easily accessible. Be aware of cords/cables that baby can pull on or get entangled.

- **NUTRITION:**
 - Continue stage 2 and 3 foods (table food is great!) three times per day in addition to breastfeeding or formula. Please continue to avoid honey until after your baby's first birthday.
 - **PLEASE AVOID GIVING YOUR CHILD JUICE UNLESS INSTRUCTED TO DO SO BY THE PEDIATRICIAN** (for constipation).

- **WATER SAFETY:**
 - If you have not done so, now is the time to introduce survival swimming lessons. Make sure all pools are safe with a minimum of 3 barriers separating your child from the water.

- **USEFUL WEBSITES:**
 - Healthychildren.org
 - Chop.edu/primary-care/well-child-visits-what-expect
 - **Introducing peanuts:** <https://www.healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/When-can-I-start-giving-my-baby-peanut-butter.aspx>
 - **Childproofing:** <https://www.cpsc.gov/safety-education/safety-guides/kids-and-babies/Childproofing-Your-Home>
 - **Fever management:** <https://www.chop.edu/conditions-diseases/fever-children>