

INFANCY – 9 MONTHS

Promotion of healthy habits

Injury and illness prevention

All infants should be in a rear facing car safety seat secured in the back seat. Your baby must remain in the car safety seat at all times during travel.

Get down on the floor and check for hazards at your baby's eye level.

Continue to test the water temperature with your wrist to make sure it is not hot before bathing your baby.

Never leave your baby alone or with a young sibling or pet.

Do not leave your baby alone in a tub of water or on high places such as changing tables, beds, sofas, or chairs. Always keep one hand on your baby.

Continue to empty buckets, tubs or small pools immediately after use. Ensure that swimming pools have a four-sided fence with a self-closing, self-latching gate.

Continue to keep your baby's environment free of smoke. Keep your home and car nonsmoking zones.

Do not drink hot liquids or smoke while holding your baby.

Avoid overexposure to the sun.

Do not leave heavy objects or containers of hot liquids on tables with tablecloths that your baby may pull down.

Place plastic plugs in electrical sockets.

Keep toys with small parts or other small or sharp objects out of reach.

Keep sharp objects (e.g., scissors, knives) out of reach.

Keep all poisonous substances, medicines, cleaning agents, health and beauty aids, and paints and paint solvents locked in a safe place out of your baby's sight and reach. Never store poisonous substances in empty jars or soda bottles.

Keep the number of the poison control center near the telephone.

Do not give your baby plastic bags, latex balloons, or small objects such as marbles.

Install safety devices on drawers and cabinets where your baby may play.

Install gates at the top and bottom of stairs, and place safety devices on windows.

Lower the crib mattress.

Avoid dangling electrical and drapery cords. Ensure that appliances are inaccessible.

Keep pet food and dishes out of reach. Do not permit your baby to approach the dog while the dog is eating.

Do not use a baby walker.

Keep your baby in a high chair / playpen when in the kitchen.

Learn first aid and infant cardiopulmonary resuscitation (CPR).

Recognize early signs of illness:

- Fever
- Failure to eat
- Vomiting
- Diarrhea
- Dehydration
- Unusual irritability, lethargy
- Cough
- Seizure

Nutrition

Continue to breastfeed or use iron-fortified formula for the first year of your baby's life.

Gradually increase table food to introduce a variety of foods and textures.

Encourage finger foods.

Provide 3 meals and 2-3 snacks a day.

Avoid giving your child foods that may be aspirated or cause choking (e.g., peanuts, popcorn, hot dogs or sausages, carrot or celery sticks, whole grapes, raisins, corn, whole beans, hard candy, large pieces of raw vegetables or fruit, or tough meat).

Avoid feeding foods that are likely to cause allergy-peanut butter, tree nuts, soy and wheat foods, cow's milk, eggs, fish, and shellfish.

Closely supervise while your baby is eating.

Teach your baby how to drink from a cup.

Do not give your baby soft drinks, tea, coffee or any flavored drinks.

Do not give your baby honey until after their first birthday to prevent infant botulism.

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Oral health

To protect your baby's teeth, do not put them to bed with a bottle or prop it in their mouth.

Clean your baby's teeth with a soft brush.

Give your baby fluoride supplements as recommended by the health professional based on the level of fluoride in the baby's drinking water.

Promotion of parent-infant interaction that is mutually enjoyable and satisfying

Discuss with the health professional your baby's temperament and how the family is adapting to it.

Encourage your baby's vocalizations. Talk to them during dressing, bathing, feeding, playing, walking, and driving.

Play social games such as pat-a-cake, peek-a-boo, so-big.

Provide opportunities for exploration.

To set limits and discipline at this age, use distraction, stimulus control, proximal physical presence, structure, and routines.

Establish a bedtime routine and other habits to discourage night awakening.

Encourage your baby to learn to console them self by putting them to bed awake but drowsy.

Consistently provide your baby with the same comforting object- such as a stuffed animal, blanket, or favorite toy - so that they can console them self at bedtime or in new situations.

Avoid TV, videos and computers.

Promotion of constructive family relationships and parental health

Take some time for yourself and spend some individual time with your partner.

Encourage your partner's involvement in health supervision visits and infant care.

Keep in contact with friends and family members.

Avoid social isolation.

Continue to meet the developmental needs of other children in the family, including them appropriately in the care of your baby.

Promotion of community interactions

Ask about resources or referrals for food (e.g., WIC), housing, or transportation if needed.

Learn about and consider attending parent-child play groups.

Maintain or expand ties to your community through social, religious cultural, volunteer, and recreational organizations or resources.