

Advanced Pediatrics of Rockland, P.C.

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Anticipatory Guidance

9 month old - Female

Put your baby to sleep in the crib only - never put her to sleep in a bed since she can fall off the bed and get a head injury. We still don't use blankets or stuffed animals in the crib, in order to prevent suffocation.

Don't leave her on a changing table, bed or sofa without holding her in order to prevent a fall.

You should be giving her prescription multivitamins with fluoride.

Use fragrance free, mineral sunblock for sun exposure.

Continue childproofing the house: Ensure pills and poisons are not accessible. This includes all household cleaners which should be stored in a cabinet with child proof locks on it. Clean up small pieces and coins that she can choke on or ingest. Get rid of (or pad) coffee tables or other hard/pointy objects. Pad all corners and edges of furniture to help prevent head injuries and lacerations. Secure all TV's and dressers so that they cannot fall on your infant.

Start stage 3 solids and work on increasing feeds to three times a day. Over the next three months, slowly and steadily increase the volume of solid food and decrease the volume of breast milk and formula. Replace it with water from a sippy cup or straw cup. She should continue to drink 30-36 ounces of total fluids per day including water, breast milk and formula. The goal is to reduce breast milk and formula from 36 ounces per day at 9 months old to 16 ounces per day by 12 months old.

We start discipline at this age which consists of saying "no" and redirecting your child if she is doing something wrong. We also ignore temper tantrums and let kids cry. Your infant should be going to bed tired but awake - without a bottle and without nursing her to sleep. This allows her to learn to self-soothe which is a very important tool for social-emotional development. We expect her to cry at first, but eventually she will quickly learn to stop crying on her own.