Feeding Your Baby
• Most babies have doubled their birth weight.
• Your baby’s growth will slow down.
• If you are still breastfeeding, that’s great! Continue as long as you both like.
• If you are formula feeding, use an iron-fortified formula.
• You may begin to feed your baby solid food when your baby is ready.
• Some of the signs your baby is ready for solids:
  • Opens mouth for the spoon.
  • Sits with support.
  • Good head and neck control.
  • Interest in foods you eat.

Starting New Foods
• Introduce new foods one at a time.
• Iron-fortified cereal
• Good sources of iron include
  • Red meat
• Introduce fruits and vegetables after your baby eats iron-fortified cereal or pureed meats well.
• Offer 1–2 tablespoons of solid food 2–3 times per day.
• Avoid feeding your baby too much by following the baby’s signs of fullness.
• Leaning back
• Turning away
• Do not force your baby to eat or finish foods.
  • It may take 10–15 times of giving your baby a food to try before she will like it.
• Avoid foods that can cause allergies—peanuts, tree nuts, fish, and shellfish.
• To prevent choking
  • Only give your baby very soft, small bites of finger foods.
  • Keep small objects and plastic bags away from your baby.

Healthy Teeth
• Many babies begin to cut teeth.
• Use a soft cloth or toothbrush to clean each tooth with water only as it comes in.
• Ask us about the need for fluoride.
• Do not give a bottle in bed.
• Do not prop the bottle.
• Have regular times for your baby to eat. Do not let him eat all day.

Your Baby’s Development
• Place your baby so she is sitting up and can look around.
• Talk with your baby by copying the sounds your baby makes.
• Look at and read books together.
• Play games such as peekaboo, patty-cake, and so big.
• Offer active play with mirrors, floor gyms, and colorful toys to hold.
• If your baby is fussy, give her safe toys to hold and put in her mouth and make sure she is getting regular naps and playtimes.

Crib/Playpen
• Put your baby to sleep on her back.
• In a crib that meets current safety standards, with no drop-side rail and slats no more than 2 3/8 inches apart.
• If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
• Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
• Lower your baby’s mattress all the way.
• If using a mesh playpen, make sure the openings are less than ¼ inch apart.

How Your Family Is Doing
• Call on others for help.
• Encourage your partner to help care for your baby.
• Ask us about helpful resources if you are alone.
• Invite friends over or join a parent group.

Safety
• Use a rear-facing car safety seat in the back seat in all vehicles, even for very short trips.
• Never put your baby in the front seat of a vehicle with a passenger air bag.
• Don’t leave your baby alone in the tub or high places such as changing tables, beds, or sofas.
• While in the kitchen, keep your baby in a high chair or playpen.
• Do not use a baby walker.
• Place gates on stairs.
• Close doors to rooms where your baby could be hurt, like the bathroom.
• Prevent burns by setting your water heater so the temperature at the faucet is 120°F or lower.
• Turn pot handles inward on the stove.
• Do not leave hot irons or hair care products plugged in.
• Never leave your baby alone near water or in bathwater, even in a bath seat or ring.
• Always be close enough to touch your baby.
• Lock up poisons, medicines, and cleaning supplies; call Poison Help if your baby eats them.

What to Expect at Your Baby’s 9 Month Visit
We will talk about
• Disciplining your baby
• Introducing new foods and establishing a routine
• Helping your baby learn
• Car seat safety
• Safety at home

Poison Help: 1-800-222-1222
Child safety seat inspection: 1-866-SEATCHECK; seatcheck.org

American Academy of Pediatrics
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