Bright Futures Parent Handout
9 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Your Baby and Family
• Tell your baby in a nice way what to do ("Time to eat"), rather than what not to do.
• Be consistent.
• At this age, sometimes you can change what your baby is doing by offering something else like a favorite toy.
• Do things the way you want your baby to do them—you are your baby’s role model.
• Make your home and yard safe so that you do not have to say “No!” often.
• Use “No!” only when your baby is going to hurt or hurt others.
• Take time for yourself and with your partner.
• Keep in touch with friends and family.
• Invite friends over or join a parent group.
• If you feel alone, we can help with resources.
• Use only mature, trustworthy babysitters.
• If you feel unsafe in your home or have been hurt by someone, let us know; we can help.

Feeding Your Baby
• Be patient with your baby as he learns to eat without help.
• Being messy is normal.
• Give 3 meals and 2–3 snacks each day.
• Vary the thickness and lumpiness of your baby’s food.
• Start giving more table foods.
• Give only healthful foods.
• Do not give your baby soft drinks, tea, coffee, and flavored drinks.
• Avoid forcing the baby to eat.
• Babies may say no to a food 10–12 times before they will try it.
• Help your baby to use a cup.

Your Changing and Developing Baby
• Keep daily routines for your baby.
• Make the hour before bedtime loving and calm.
• Check on, but do not pick up, the baby if she wakes at night.
• Watch over your baby as she explores inside and outside the home.
• Crying when you leave is normal; stay calm.
• Give the baby balls, toys that roll, blocks, and containers to play with.
• Avoid the use of TV, videos, and computers.
• Show and tell your baby in simple words what you want her to do.
• Avoid scaring or yelling at your baby.
• Help your baby when she needs it.
• Talk, sing, and read daily.

Safety
• Use a rear-facing car safety seat in the back seat in all vehicles.
• Have your child’s car safety seat rear-facing until your baby is 2 years of age or until she reaches the highest weight or height allowed by the car safety seat’s manufacturer.
• Never put your baby in the front seat of a vehicle with a passenger air bag.
• Always wear your own seat belt and do not drive after using alcohol or drugs.
• Empty buckets, pools, and tubs right after you use them.

What to Expect at Your Child’s 12 Month Visit
We will talk about
• Setting rules and limits for your child
• Creating a calming bedtime routine
• Feeding your child
• Supervising your child
• Caring for your child’s teeth

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

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