



CHILDREN'S MEDICAL GROUP, P.A. SIX TO NINE MONTHS CHILD CARE INFORMATION

Nutrition

Strained meats and table-foods (cooked carrots, peas, mashed potatoes, etc.) which can be mashed may be started. Most babies prefer the foods which have the meat and vegetable combined together. Breast or formula feedings generally decrease as more foods are taken. Continue breast-milk or formula-feedings until your infant is one year of age.

Training sippy cup needs to be started at least by 7 months of age.

Weaning from the bottle is to be done around one year of age.

Fruit juices should be restricted to only 4-6 ounces a day so that juices do not take the place of breast feeding, formula, or foods. If your infant does not take any juices, he will get sufficient vitamin C from the fruits at meal-time. Infant juices do not need to be diluted, but if using regular juices, it should be diluted by half with water.

Avoid soft drinks, coffee, and tea. Caffeine may cause irritability and restlessness.

Safety

To avoid injuries, use a car safety seat on every ride. The seat should be semi-reclined, backward-facing until your baby is two years of age or has exceeded the maximum recommended weight limit of your particular car safety seat.

Hot water heaters should be set at 120°F or lower to avoid accidental scalding of the infant.

Smoking increases your baby's risk of respiratory problems and ear infections.

Do not use the microwave to heat or warm your baby's bottle.

Do not feed your child honey or karo syrup for the first year of life. A type of botulism which can cause paralysis or death is associated with the two.

Smoke and Carbon Monoxide Detectors should be installed.

Infant Walkers are highly discouraged by the American Academy of Pediatrics because of the large number of accidents associated with them.

In case of accidental ingestion of poison, call the Poison Control Center at 1-800-222-1222.

Growth and Development

Most babies will sit-up without support between 6-7- months of age. Crawling starts closer to nine months. As your baby approaches 9 months of age, the vocabulary may consist of a few words. The child should be able to hold and transfer objects from hand to hand. Pulling-up and standing usually occurs between 9 to 12 months. Most infants will walk at approximately 12-15 months of age.

Most babies should be able to sleep the night through at this time. Mid-night feeding after 6 months of age is usually a learned habit and can be broken by offering just water or by allowing your infant to cry.

Most infants will get their first tooth between 6 to 12 months of age, but may drool for months prior to obtaining teeth. Brush the teeth as soon as they appear. Use a gum/tooth cleanser made for infants, and apply with a soft-bristle toothbrush or a wet washcloth.

Immunizations

Immunizations will be given according to the American Academy of Pediatrics Guidelines. See our website for more detailed information.

Other

Clean the ears with a washcloth, and clean the canal only as far as your finger can reach. Do not use Q-tips, hairpins, or any other objects because of the possibility of rupturing the ear drums.

Always feed the baby in your arms. Never prop a bottle when putting the baby down to sleep. Ear infections and choking may be associated with feeding while lying down.

There are two basic types of diaper rashes: irritated rash and yeast (Candida) rash. The irritated diaper rash is usually a uniform redness of the skin. The yeast rash may be uniformly red but have multiple red dot lesions. The yeast rash needs a prescription cream/ointment.

If you suspect your infant may have fever, take a rectal temperature. Axillary (arm-pit) temperatures are very inaccurate. We consider a temperatures of 100.4°F or greater, taken rectally, to be fever. Contact our clinic if your infant does have fever.

Return for a check-up at 9 months of age.