



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

Nutrition

Third Foods (Junior Foods) and well-mashed table food may be started at this age. Some infants may prefer to stay with second foods. Avoid small, hard pieces of food that can cause choking such as corn kernels, nuts, popcorn, and tough pieces of meat.

Encourage the child to feed himself with his fingers when the food is suitable. Encourage drinking from a cup. Wean from the bottle at approximately one year of age.

Breast or formula feedings are recommended to continue until one year of age at which time whole milk can be started.

Fruit juices should be restricted to only 6-8 ounces a day so that juices do not take the place of breast-feeding, formula, 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.

Put plug covers in outlets. Keep electrical wires out of sight. Keep cleaning liquids, detergents, and other products that may be ingested in high cabinets.

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

Growth and Development

Most babies will crawl by 9 months of age. Between 9 and 12 months, most babies will pull-up and walk holding on to objects (cruising). Some babies will walk by 1 year of age. Vocabulary will consist of a few words and a lot of babbling.

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.

Immunizations

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

Other

A Complete Blood Count (CBC) or Hemoglobin will be done during this visit to rule out anemia.

The best shoe for your child is not the leather high-top, but rather a soft, inexpensive, flexible low-top that has a non skid sole.

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.

If you suspect your infant may have fever, take a rectal temperature. Axillary (arm-pit) temperatures are very inaccurate. We consider a temperature 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 12 months of age.