

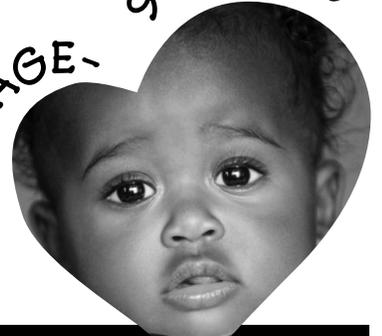
# HEALTH TRACKS

A Newsletter From Local Public Health to Improve the Health of Families in NW Minnesota



**Public Health**  
Prevent. Promote. Protect.

AGE - 9 MONTHS



## GREETINGS!

Hello! Your baby is almost 9 months old, and he/she is becoming increasingly active. This means a taste of physical independence for baby and a challenge for you to keep him safe.

## YOUR CHILD'S HEALTH CARE

### Well-Child Check-Ups:

Now is the time for you to schedule an appointment for your baby's 9 month health check-up. The American Academy of Pediatrics recommends that children have a well-child check up at this age.

### Immunizations (shots):

No shots are needed at 9 months unless your baby is behind schedule. If your baby is behind or hasn't received any shots, they can be given or started at any time. Don't wait any longer to protect your baby from these dangerous, preventable diseases. If you have any questions about immunizations call public health or your local health care provider. Ask public health about dental varnishing.

### ACTIVITY TIP

Let your baby feed himself. This gives him practice picking up small objects (cereal) and gives him experience with different textures in his/her hands and mouth.

## YOUR GROWING CHILD

In the next 3 months you will notice that your baby may do some of the following:

- ✿ Pull himself to a standing position
- ✿ Crawl forward or backward on hands and knees
- ✿ Pick up a small object with thumb and forefinger
- ✿ Say mama and dada and babble a lot
- ✿ May not want to be separated from mom or dad
- ✿ May be shy when meeting a stranger
- ✿ Use a cup to drink
- ✿ May start to walk

**REMEMBER:** *Premature infants may develop more slowly. Be sure to contact me if you have any concerns.*

## FEEDING YOUR CHILD

At this time you may introduce "junior" foods. You may also add other soft foods such as puddings, mashed potatoes, yogurt, and gelatin.

- ★ Always introduce one new food every 3-4 days. If he does not like a food on one day, he might like it the next.
- ★ Give him his own spoon and let him play with it at meal time.
- ★ Offer liquids from a cup.

# Safety Check

- ✓ Always place in rear facing car safety seat in reclining position at a 45 degree angle as long as vehicle and car seat will allow you.
- ✓ Always stay with your baby when he is in high places, or near a bathtub, toilet, pail of water, wading pool, or any other water, even for a moment. Infants can drown in just a few inches of water.
- ✓ Never leave hot food or hot liquids within reach of your infant. Never carry hot foods or liquids when near your baby or while holding your baby.
- ✓ Do not tie a pacifier around his/her neck.
- ✓ Check the temperature of bath water with your elbow.
- ✓ Always keep sides of crib up.
- ✓ Keep all household chemical products and medicines put away in high places and out of sight and reach of your baby.
- ✓ Lock doors or use gates to stairways, driveways and storage areas. Use window guards on upper floors.
- ✓ Use safety catches on all drawers and cupboards.
- ✓ Cover electric outlets with protective plastic caps.
- ✓ Call poison control number (1-800-222-1222).
- ✓ Learn CPR.

# Common Health Concerns



## CROUP

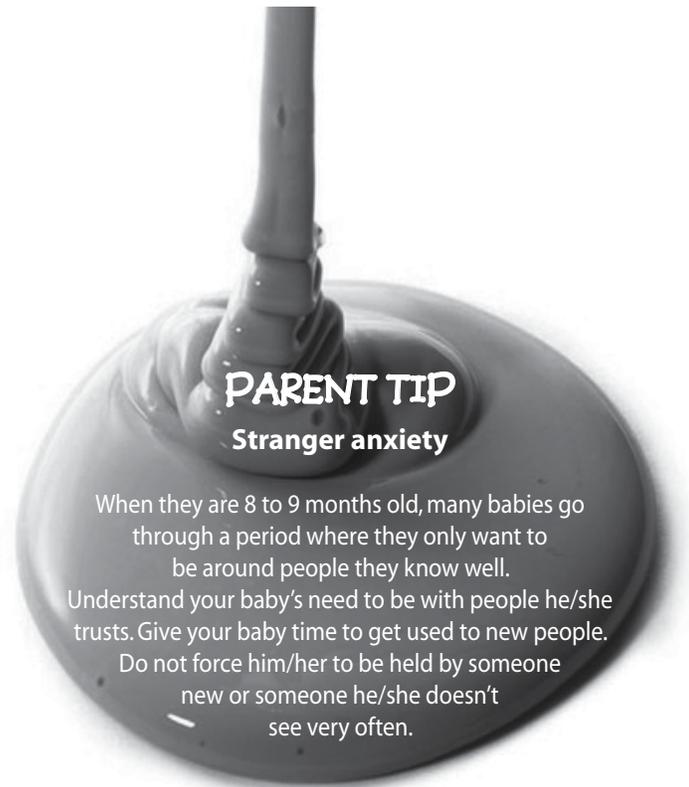
Some babies get an illness called croup. Croup is a swelling of the voice box and windpipe and causes the airway to shrink. Breathing becomes difficult and babies have a barking cough and/or hoarse cry. Ways to help your baby include:

- ◆ Sit in a steamy bathroom (with the hot shower running)
- ◆ If steam doesn't help, take him/her outside
- ◆ Use a cool vaporizer in his/her room
- ◆ Hold him/her to comfort him.

Call your health care provider if you think your baby has croup and watch his/her breathing! Go to the Emergency Room if:

- ◆ his breathing makes a loud whistling sound
- ◆ he cannot speak or cry
- ◆ he struggles to breathe

**Only give him/her non-aspirin medicine - no baby aspirin!**



## PARENT TIP Stranger anxiety

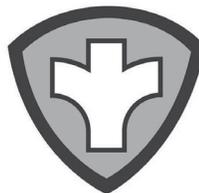
When they are 8 to 9 months old, many babies go through a period where they only want to be around people they know well. Understand your baby's need to be with people he/she trusts. Give your baby time to get used to new people. Do not force him/her to be held by someone new or someone he/she doesn't see very often.

## POSITIVE PARENTING

To help your baby learn self control:

- ★ Pick her up and direct him toward something he can play with rather than always saying no.
- ★ Only say NO when she is in real danger and remove him/her from the situation.
- ★ Don't expect her to learn from just one or two incidents. She has a short memory.
- ★ Be consistent and immediate with your responses.
- ★ Don't worry yet about spoiling your baby with attention.
- ★ Read a story or play a game with your baby every day.
- ★ Talk, smile, and sing to her often.
- ★ Provide shoes that do not slip on floors.
- ★ Remember to use sunscreen when she is outside.
- ★ Never spank or shake your baby.
- ★ When he/she wants something she can't have, offer her something she can.

I will be writing again before your baby is a year old. Please let me know any change of name, address or phone number and feel free to call me about any other concerns.



**Public Health**  
Prevent. Promote. Protect.

218-281-3385  
[www.co.polk.mn.us](http://www.co.polk.mn.us)

*Codi Jo Lehmann, RN, PHN*  
*Email: [codi.lehmann@co.polk.mn.us](mailto:codi.lehmann@co.polk.mn.us)*



**Public Health**  
Prevent. Promote. Protect.

**Polk County Public Health**  
**PO Box 403**  
**Crookston, MN 56716**

*Address Service Requested*

**TO:**

9 Mo.