



KJARTAN D. ARMANN, M.D.
ALISON CHASE, D.O.
Infant, Child and Adolescent Medicine

2516 Samaritan Dr, Suite J
San Jose, CA 95124
Phone: (408) 356-0578
Fax (408) 356-3986
www.kjkidmd.com

9 MONTHS

Immunizations: Hepatitis B #3 (last dose)

- Ok to give Tylenol or Ibuprofen for discomfort or fever.
- If you are traveling internationally please talk with us about other recommendations.

Development:

Social/Emotional: Stranger anxiety is very common. They react when you leave. Look when you call their name. Smile and laugh when you are playing with them.

Communication: Making more sounds, and starting to say words like “mama, baba”. Lifting arms when they want up and pointing at wanted things.

Motor: Gets into sitting position by themselves. Pincer grasp. Moves objects from one hand to other. They may start to crawl.

Problem-solving: Looks for objects when dropped out of sight. Bangs objects together.

Talk, sing and read books to your child. Play peek-a-book, hi-five, patty cake with them. Place them close to furniture where they can practice trying to pull themselves up. Help them put small toys in a container and get them out. Introduce a ball, push it towards them. Avoid the use of screens (tv, tablet, phones).

Feeding:

- Offer 3 meals and 2-3 snacks daily. Start giving more finger foods.
- Breast milk or formula should be offered at least 3-4x/day. Cows milk or other alternative should be avoided until 12 months, but they can eat dairy in other forms, ie: cheese, yogurt.
- Avoid forcing them to eat, be patient as they are learning. Remember that solid foods are for fun <12 months.
- Best method to avoid picky eating habits in toddler age is to introduce lots of different colors, tastes, and textures to infants with their solid food early on.
- No honey until >12 months old.
- Teach your baby to use a cup.
- Infant CPR courses will teach choking management.

Common Concerns:

Sleeping:

- Keep a routine to naps and night time, it will help them learn expectations.
- Sleep training is appropriate and can be done in many different ways to help you.
- Average sleep time is 11 hrs at night and 2-3 naps during the day.

Teething:



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- Your baby may have teeth, but may not until 12 mo old. For pain with teething, give cold toys to chew on and Tylenol or ibuprofen can be given. It is not recommended to use amber necklaces because they are a choking hazard and teething tablets or gels can be harmful for your baby. Wipe teeth with soft cloth or finger brusher.
- Fluoride is needed to help protect teeth. Fluoride topical application will be offered in the office once your baby has teeth. Fluoride is also added to a lot of tap water, if it is not in your water or you prefer to drink bottled water, ask us about fluoride supplements.

Safety:

- Cars - Reminder that infants all need to be rear facing in a car seat.
- Drowning - Empty water from buckets, tubs, pools immediately after use. Never leave your baby alone in water. If you have a pool, it needs to be fenced off on all sides with locking gates. Be very diligent with knowing where your kids are at all times. Consider a swim safety course for your infant, such as ISR (infant swimming resource).
- Falls - Baby gates need to be on all stairs, top and bottom. Install window gates on all 2nd or higher windows to prevent falls.
- Poisons- Chemical cleaners, soaps and medications all need to be placed in a high cabinet locked up. Put them away right after they are used. Call poison control if there is concern about an exposure at 800-222-1222.
- Furniture- Make sure all furniture is stable, cabinets and dressers for example need to be bolted to the wall.
- Suffocation - Place furniture in front of electronic wires. Keeps strings and cords away from baby's reach (eg window blinds). Keep table foods small and soft.
- Guns - It is best to not have guns in the home. If you do have them, please keep them unloaded and locked up with ammunition in a separate place.

Suggested Reading for Parents:

Raising a Healthy, Happy Eater. Nimali Fernando, M.D.

What to Feed Your Baby. Tanya Altmann, M.D.

First Bites. Dana White

What to Feed Your Baby and Toddler. Nicole Avena, PhD

Child of Mine, Ellyn Satter

<https://solidstarts.com>. "Baby-led weaning on a Budget" free guide, others are for pay.

<https://www.101beforeone.com>

<http://kidseatincolor.com>

It's Never Too Late to Sleep Train. Craig Canapari, M.D.

Healthy Sleep Habits, Happy Child. Marc Weissbluth, M.D.

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