



## 9 Months Old

### Important Points to Know

**DIET** You baby should continue on breast milk or formula until 12 months of age. You may introduce yogurt and cheese but should wait on cow's milk until 1 year due to its low iron content.

Foods such as grapes, popcorn, nuts, raisins, firm vegetables and fruit pieces, coin shaped sliced hot dogs/meat sticks are a choking hazard. No honey until 1 year!

**TEETH** Clean your baby's teeth after breakfast and before bedtime with a tiny amount of fluoridated toothpaste (a grain of rice size). Poke a pinhole in the foil covering the opening of the toothpaste to prevent accidental consumption. The water that your baby drinks should contain fluoride. The water sources in our area have plenty of fluoride but if you are buying bottled water check the label to make sure that it is fluoridated.

**SAFETY** Childproof your home if you have not done it already. Post the Poison Control Center Number: 1-800-222-1222 in your home and program the number into your cell phone.

Place stair gates; Avoid walkers due to high rate of head injuries. Remember that walkers do not help your baby learn to walk! Non-mobile exersaucers are OK.

Avoid accidental drowning!! Keep toilet lids closed and buckets empty. Provide constant supervision during bath time and around swimming pools!

**CAR SEATS** You may have your child's car seat checked for correct installation. Check with the following websites for locations in your area: [www.seatcheck.org](http://www.seatcheck.org) and [www.dshs.state.tx.us/saferiders/checkups.shtm](http://www.dshs.state.tx.us/saferiders/checkups.shtm).