

9 to 10 Month Checkup

Date: _____

Weight: _____

Height: _____



“I read to my daughter often and show her pictures in books. She can now repeat after me, ‘One...two...three.’”

—Kaiser Permanente Member

Your baby may be ready to ...

- get up on hands and knees and crawl
- become afraid of strangers
- pull him/herself up to a standing position
- learn how to wave “bye bye”
- say a few words like “mama” or “dada”

Feeding

- Continue breastfeeding until your baby is at least 12 months old.
- Introduce whole cow’s milk or full fat soy milk when your baby is one year old.
- Feed your baby three to four meals a day plus snacks. Offer healthy foods. Do not add salt or sugar.
- Let your baby decide how much to eat.
- Offer a new food to your baby every five to seven days.
- Avoid foods that may cause choking (whole hot dogs, nuts, chunks of meat, cheese, peanut butter, whole grapes, hard or sticky candy, popcorn, bagels, or raw vegetables).
- If you do not breastfeed, give your baby formula.
- Do not give your baby honey in the first year of life. Honey can make your baby sick.
- Encourage your baby to drink liquids from a cup. Limit juice to 2–4 oz. a day. Make sure it’s 100% whole fruit juice.

Healthy habits

- Don’t smoke! Talk with your doctor or contact your Kaiser Permanente Health Education Department if you would like to quit smoking.
- Do not put your baby to bed with a bottle. It can cause tooth decay.
- Clean your baby’s teeth daily with a soft toothbrush and water or use a damp washcloth. Do not use toothpaste until your child is 2 years old.
- Protect your baby from direct sunlight. Use a hat, pants, and a long-sleeved shirt to protect your baby’s skin. Use sunscreen on exposed skin (hypoallergenic, SPF 15 or higher).
- Children under age 2 should not watch TV or videos. Too much TV may negatively affect early brain development.

Safety

- **Remember the car seat.** Place it in the back seat facing *backward* if your baby weighs less than 20 lbs. or is younger than one year old—*forward* if your baby weighs more than 20 lbs. and is at least one year old. For questions about car seats, call the Auto Safety Hotline (1-800-424-9393).
- **Prevent falls.** Place safety gates at top and bottom of stairs.
- **Child-proof your home.** (Please see other side.)
- **Make a note of the poison control center.** Keep the number to the Poison Control Center near the phone (1-800-876-4766).
- **Prevent drowning.** Watch your baby at all times around water (pool, hot tub, bucket, bathtub).
- **Avoid lead poisoning.** Tell your doctor if your child spends a lot of time in a house built before 1978.
- **Pacifiers.** Babies who sleep with pacifiers during the first year may be less likely to experience SIDS (crib death). Continue to offer your baby a pacifier at nap time and bed time.
- **Never leave your child unattended with any animal, even family pets.** Learn to recognize signs of aggression in your pets.

Parenting

- Read books to your baby every day. Talk to your baby.
- Shoes protect your baby’s feet from injury and cold. Choose a shoe that is flexible and fits well.
- Discipline your child. Say “no,” then physically move your baby from a dangerous situation. Do not yell or spank.

Child-proofing checklist

Gun safety

- Unload all guns and keep them locked up.
- Keep the ammunition in a separate locked place.

Avoid falls

- Use child-proof window locks or guards on all windows above the first floor.
- Use safety gates at the top and bottom of stairs.

Avoid choking and strangulation

- Don't give your baby toys that have strings, cords, necklaces, or balloons. Also avoid toys that have small removable parts that may cause your baby to choke.
- Don't allow electrical or telephone cords to dangle within your baby's reach.
- Hang cords from drapes or blinds out of the baby's reach. Consult the Window Covering Safety Council (1-800-506-4636) for more information.

Electrical and fire safety

- Unplug appliances when they are not in use.
- Put plastic safety plugs in all electrical outlets when you are not using them.
- Keep a fire extinguisher in your kitchen. Have a fire escape/earthquake plan.
- Screen off fireplaces and other heat sources.
- Install smoke detectors and test them monthly.

Bathroom safety

- Install safety latches on bathroom and kitchen cabinets, drawers, and toilet lids.
- Keep bathroom doors closed.
- Turn the water heater temperature down to low or warm (below 120° F).

Prevent drowning

- Do not leave buckets or containers of water or other liquids on the floor.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your child's physician or other health care professional. If your child has persistent health problems, or if you have additional questions, please consult with your child's doctor. If you have questions or need additional information about your child's medication, please speak to your pharmacist.

- Hot tubs and spas should have a locked cover.
- Swimming pools should be fenced on all sides with a self-latching gate.

Kitchen safety

- Turn pot handles towards the back of the stove when cooking.
- Use the back burners of the stove when cooking.

Avoid poisoning

- **Medicines.** Keep medicines, alcohol, cleaning products, and all other poisons in a locked cabinet, out of your child's reach and sight. Keep medicines in the original child-proof containers. Do not keep medicines or other drugs in your purse. Have visitors keep their purses out of reach.
 - **Lead poisoning.** Avoid remodeling, drilling, sanding, or scraping walls if your house was built before 1978. Paint may contain lead.
 - **Other potential poisons.** Avoid using home remedies like Azarcon (Alarcon, Liga, Maria Luisa, Coral, Rueda), Greta, Pay-loo-ah, Bokhoor (galena), Al kohl, Bint al zahab, Farouk, Kushtas, Ghasard, Bala goli, Kandu or Surma.
 - **Carbon monoxide poisoning.** Install carbon monoxide alarms near bedrooms and on each floor of your home.
 - **Poisonous plants.** Remove all poisonous plants. Consult the Poison Control Center (1-800-876-4766) if you think your child has eaten any part of a plant.
- Here is a partial list of some common plants that are poisonous:**
Autumn Crocus; Begonia; Black Locust; Buttercups; Chrysanthemum; Dutchman's Breeches; English Ivy; Iris; Jerusalem Cherry; Common Moonseed; Peace Lily; Pothos; Tulips (Bulbs); Yew (Taxus species); Wisteria

Deadly plants:

Castor Bean; Jimson Weed; Nightshade; Oleander; Pokeweed

Safe plants:

African Violet; Boston Fern; Christmas Cactus; Coleus; Ficus; Firethorn; Hens and Chicks; Hibiscus; Jade; Norfolk Pine; Rubber Plant; Spider Plant; Yucca

How much acetaminophen (non-aspirin) infant drops?

Give this amount every 4 - 6 hours, if instructed by a medical professional:

Baby's Weight	Amount of drops
6 to 11 lbs. =	0.4 ml (40 mg)
12 to 17 lbs. =	0.8 ml (80 mg)
18 to 23 lbs. =	1.2 ml (120 mg)

Other resources

Web sites

American Academy of Pediatrics
aap.org

Kaiser Permanente
kp.org

Centers for Disease Control and Prevention
cdc.gov/safeusa/poison

Preventive Ounce
preventiveoz.org

Books

Baby Proofing Basics – Vicky Lansky
Baby's First Year – Jeanne Murphy, et al.
How Weaning Happens – Bengson
Caring for Your Baby and Young Child: Birth to Age 5 – American Academy of Pediatrics
Baby & Toddler Food – Konemann Staff
Kaiser Permanente Healthwise Handbook

Contact your local Health Education Department or Center.

Please share

this handout with anyone who takes care of your child.



The next checkup is when your baby is 12–15 months old.



Your baby may get immunizations (shots) or a blood test at the next visit.