

# 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
- show fear around strangers
- pull him/herself up to a standing position
- learn how to wave “bye bye”
- say a few words like “mama” or “dada”

## Feeding

- If you are breastfeeding, continue until your baby is at least 12 months old.
- If you do not breastfeed, give your baby formula.
- 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).
- Do not give your baby honey in the first year of life. Honey can make your baby sick.
- Juice is not recommended. If you do give your baby juice, limit it to no more than 4 to 6 ounces of 100% whole fruit juice, in a cup, not a bottle.

## 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.
- To protect your baby from the sun, try to stay in the shade, especially between 10 am and 4 pm. Use a broad-spectrum sunscreen (UVA and UVB protection) with an SPF of at least 15. Cover him or her with a broad-brimmed hat, long sleeves and pants, and sunglasses with UV protection.

- Children under age 2 should not watch TV or videos. Too much TV may negatively affect early brain development.

## Safety

- **Use the car seat for every ride.** Your baby should always ride in a rear-facing car seat properly installed in the back seat. If your baby is outgrowing her infant seat (approaching 20 pounds or her head is within one inch of the top of the seat), switch to a rear-facing convertible seat. If you have questions or need help installing your car seat call 1-866-SEATCHECK or visit [www.seatcheck.org](http://www.seatcheck.org).
- **Prevent falls.** Place safety gates at top and bottom of stairs.
- **Child-proof your home.** (Please see other side.)
- **Add the Poison Control Center number to your 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.** 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. Play, talk, sing and cuddle as much as possible.
- Shoes protect your baby’s feet from injury and cold. Choose shoes that are flexible and fit well.

- Set limits for your child. Say “no,” then physically move your baby from a dangerous situation. Do not yell or spank.

## Child-proofing checklist

### Gun safety

- It is safest not to have guns in the house.
- If you own guns, unload them and keep them locked up. Keep the ammunition in a separate locked place.

### Prevent 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.

### Prevent 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.
- Remove electrical and telephone cords from 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.
- 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.

### Prevent 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.
- **Carbon monoxide poisoning.** Install carbon monoxide alarms near bedrooms and on each floor of your home.
- **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, Kush-tas, Ghasard, Bala goli, Kandu or Surma.
- **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

## Other resources

### Web sites

American Academy of Pediatrics  
[healthychildren.org](http://healthychildren.org)

Kaiser Permanente  
[kp.org](http://kp.org)

Centers for Disease Control and Prevention  
[cdc.gov/safeusa/poison](http://cdc.gov/safeusa/poison)

National Highway Traffic Safety Administration  
[nhtsa.gov](http://nhtsa.gov)

Preventive Ounce (Temperament information)  
[preventiveoz.org](http://preventiveoz.org)

### Books

*Caring for Your Baby and Young Child: Birth to Age 5* – American Academy of Pediatrics

*Baby Proofing Basics* – Vicky Lansky

*Baby's First Year* – Jeanne Murphy, et al.

*How Weaning Happens* – Bengson

*Baby & Toddler Food* – Konemann Staff

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 months old.



Immunizations are recommended at the next visit. Your baby may also get a blood test.

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.