

Child's Well Visit, 9 to 10 Months: Care Instructions



Your Care Instructions

Most babies at 9 to 10 months of age are exploring the world around them. Your baby is familiar with you and with people who are often around them. Babies at this age may show fear of strangers.

At this age, your child may stand up by pulling on furniture. Your child may wave bye-bye or play pat-a-cake or peekaboo. And your child may point with fingers and try to eat without your help.

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if your child is having problems. It's also a good idea to know your child's test results and keep a list of the medicines your child takes.

How can you care for your child at home?

Feeding

- Keep breastfeeding for at least 12 months.
- If you do not breastfeed, give your child a formula with iron.
- Starting at 12 months, your child can begin to drink whole cow's milk or full-fat soy milk instead of formula. Whole milk provides fat calories that your child needs. If your child age 1 to 2 years has a family history of heart disease or obesity, reduced-fat (2%) soy or cow's milk may be okay. Ask your doctor what is best for your child. You can give your child nonfat or low-fat milk when they are 2 years old.
- Offer healthy foods each day, such as fruits, well-cooked vegetables, whole-grain cereal, yogurt, cheese, whole-grain breads, crackers, lean meat, fish, and tofu. It is okay if your child does not want to eat all of them.
- Do not let your child eat while walking around. Make sure your child sits down to eat. Do not give your child foods that may cause choking, such as nuts, whole grapes, hard or sticky candy, hot dogs, or popcorn.
- Let your baby decide how much to eat.
- Offer water when your child is thirsty. Juice does not have the valuable fiber that whole fruit has. Do not give your baby soda pop, juice, fast food, or sweets.

Healthy habits

- Brush your child's teeth every day. Use a tiny amount of toothpaste with fluoride (the size of a grain of rice).
- Take your child out for walks.
- Put a broad-spectrum sunscreen (SPF 30 or higher) on your child before taking them outside. Use a broad-brimmed hat to shade the ears, nose, and lips.
- Shoes protect your child's feet. Be sure to have shoes that fit well.
- Do not smoke or allow others to smoke around your child. Smoking around your child increases the child's risk for ear infections, asthma, colds, and pneumonia. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

Immunizations

Make sure that your baby gets all the recommended childhood vaccines, which help keep your baby healthy and prevent the spread of disease.

Safety

- Use a car seat for every ride. Install it properly in the back seat facing backward. For questions about car seats, call the National Highway Traffic Safety Administration at 1-888-327-4236.
- Have safety gates at the top and bottom of stairs.
- Learn what to do if your child is choking.
- Keep cords out of your child's reach.
- Watch your child at all times when near water, including pools, hot tubs, and bathtubs.
- Keep the number for Poison Control (1-800-222-1222) in or near your phone.
- Tell your doctor if your child spends a lot of time in a house built before 1978. The paint may have lead in it, which can be harmful.

Parenting

- Read stories to your child every day.
- Play games, talk, and sing to your child every day. Give your child love and attention.
- Teach good behavior by praising your child when they are being good. Use your body language, such as looking sad or taking your child out of danger, to let your child know you do not like their behavior. Do not yell or spank.

When should you call for help?

Watch closely for changes in your child's health, and be sure to contact your doctor if:

- You are concerned that your child is not growing or developing normally.
- You are worried about your child's behavior.
- You need more information about how to care for your child, or you have questions or concerns.

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