



# Bright Futures Parent Handout

## 9 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

### Your Baby and Family

- Tell your baby in a nice way what to do (“Time to eat”), rather than what not to do.
- Be consistent.
- At this age, sometimes you can change what your baby is doing by offering something else like a favorite toy.
- Do things the way you want your baby to do them—you are your baby’s role model.
- Make your home and yard safe so that you do not have to say “No!” often.
- Use “No!” only when your baby is going to get hurt or hurt others.
- Take time for yourself and with your partner.
- Keep in touch with friends and family.
- Invite friends over or join a parent group.
- If you feel alone, we can help with resources.
- Use only mature, trustworthy babysitters.
- If you feel unsafe in your home or have been hurt by someone, let us know; we can help.

FAMILY ADAPTATIONS

### Feeding Your Baby

- Be patient with your baby as he learns to eat without help.
- Being messy is normal.
- Give 3 meals and 2–3 snacks each day.
- Vary the thickness and lumpiness of your baby’s food.
- Start giving more table foods.
- Give only healthful foods.
- Do not give your baby soft drinks, tea, coffee, and flavored drinks.
- Avoid forcing the baby to eat.
- Babies may say no to a food 10–12 times before they will try it.
- Help your baby to use a cup.

FEEDING ROUTINE

FEEDING ROUTINE

- Continue to breastfeed or bottle-feed until 1 year; do not change to cow’s milk.
- Avoid feeding foods that are likely to cause allergy—peanut butter, tree nuts, soy and wheat foods, cow’s milk, eggs, fish, and shellfish.

### Your Changing and Developing Baby

- Keep daily routines for your baby.
- Make the hour before bedtime loving and calm.
- Check on, but do not pick up, the baby if she wakes at night.
- Watch over your baby as she explores inside and outside the home.
- Crying when you leave is normal; stay calm.
- Give the baby balls, toys that roll, blocks, and containers to play with.
- Avoid the use of TV, videos, and computers.
- Show and tell your baby in simple words what you want her to do.
- Avoid scaring or yelling at your baby.
- Help your baby when she needs it.
- Talk, sing, and read daily.

INFANT INDEPENDENCE

### Safety

- Use a rear-facing car safety seat in the back seat in all vehicles.
- Have your child’s car safety seat rear-facing until your baby is at least 1 year old and weighs at least 20 pounds.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your own seat belt and do not drive after using alcohol or drugs.
- Empty buckets, pools, and tubs right after you use them.

SAFETY

- Place gates on stairs; do not use a baby walker.
- Do not leave heavy or hot things on tablecloths that your baby could pull over.
- Put barriers around space heaters, and keep electrical cords out of your baby’s reach.
- Never leave your baby alone in or near water, even in a bath seat or ring. Be within arm’s reach at all times.
- Keep poisons, medications, and cleaning supplies locked up and out of your baby’s sight and reach.
- Call Poison Help (1-800-222-1222) if you are worried your child has eaten something harmful.
- Install openable window guards on second-story and higher windows and keep furniture away from windows.
- Never have a gun in the home. If you must have a gun, store it unloaded and locked with the ammunition locked separately from the gun.
- Keep your baby in a high chair or playpen when in the kitchen.

SAFETY

### What to Expect at Your Child’s 12 Month Visit

#### We will talk about

- Setting rules and limits for your child
- Creating a calming bedtime routine
- Feeding your child
- Supervising your child
- Caring for your child’s teeth

Poison Help: 1-800-222-1222

Child safety seat inspection:  
1-866-SEATCHECK; seatcheck.org



## American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

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# Your Baby at 9 Months



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by the end of 9 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Babies Do at this Age:

### Social/Emotional

- May be afraid of strangers
- May be clingy with familiar adults
- Has favorite toys

### Language/Communication

- Understands "no"
- Makes a lot of different sounds like "mamamama" and "bababababa"
- Copies sounds and gestures of others
- Uses fingers to point at things

### Cognitive (learning, thinking, problem-solving)

- Watches the path of something as it falls
- Looks for things he sees you hide
- Plays peek-a-boo
- Puts things in her mouth
- Moves things smoothly from one hand to the other
- Picks up things like cereal o's between thumb and index finger

### Movement/Physical Development

- Stands, holding on
- Can get into sitting position
- Sits without support
- Pulls to stand
- Crawls

## Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't bear weight on legs with support
- Doesn't sit with help
- Doesn't babble ("mama", "baba", "dada")
- Doesn't play any games involving back-and-forth play
- Doesn't respond to own name
- Doesn't seem to recognize familiar people
- Doesn't look where you point
- Doesn't transfer toys from one hand to the other

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age,** and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call **1-800-CDC-INFO**.

The American Academy of Pediatrics recommends that children be screened for general development at the 9-month visit. Ask your child's doctor about your child's developmental screening.

Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

[www.cdc.gov/actearly](http://www.cdc.gov/actearly) | 1-800-CDC-INFO



Learn the Signs. Act Early.

# Su Bebé a los 9 Meses



Nombre del niño \_\_\_\_\_

Edad del niño \_\_\_\_\_

Fecha de hoy \_\_\_\_\_

La manera en que su hijo juega, aprende, habla y actúa nos ofrece pistas importantes sobre cómo se está desarrollando. Los indicadores del desarrollo son las cosas que la mayoría de los niños pueden hacer a una edad determinada.

Marque los indicadores del desarrollo que puede ver en su hijo justo antes de cumplir 10 meses. En cada visita médica de su hijo, lleve esta información y hable con el pediatra sobre los indicadores que su hijo alcanzó y cuáles son los que debería alcanzar a continuación.

## ¿Qué Hacen los Bebés a Esta Edad?

### En las áreas social y emocional

- Puede ser que le tenga miedo a los desconocidos
- Puede ser que se aferre a los adultos conocidos todo el tiempo
- Tiene juguetes preferidos

### En las áreas del habla y la comunicación

- Entiende cuando se le dice “no”
- Hace muchos sonidos diferentes como “mamamama” y “dadadadada”
- Copia los sonidos que hacen otras personas
- Señala objetos con los dedos

### En el área cognitiva (aprendizaje, razonamiento, resolución de problemas)

- Observa el recorrido de las cosas al caer
- Va en busca de las cosas que usted esconde
- Juega a esconder su carita detrás de las manos
- Se pone las cosas en la boca
- Pasa objetos de una mano a la otra con facilidad
- Levanta cosas como cereales en forma de “o” entre el dedo índice y el pulgar

### En las áreas motora y de desarrollo físico

- Puede sentarse solo
- Se sienta sin apoyo
- Se parar sosteniéndose de algo
- Gatea

## Reaccione pronto y hable con el doctor de su hijo se el niño:

- No se apoya en las piernas con ayuda
- No se sostiene en las piernas con apoyo
- No balbucea (“mama”, “baba”, “papa”)
- No juega a nada que sea por turnos como “me toca a mí, te toca a ti”
- No responde cuando le llaman por su nombre
- No parece reconocer a las personas conocidas
- No mira hacia donde usted señala
- No pasa juguetes de una mano a la otra

**Dígale al médico o a la enfermera de su hijo si nota cualquiera de estos signos de posible retraso del desarrollo para su edad**, y converse con alguien de su comunidad que conozca los servicios para niños de su área, como por ejemplo el programa público de intervención temprana patrocinado por el estado. Para obtener más información, consulte [www.cdc.gov/preocupado](http://www.cdc.gov/preocupado) o llame **1-800-CDC-INFO**.

La Academia Americana de Pediatría recomienda que se evalúe el desarrollo general de los niños a los 9 meses. Pregúntele al médico de su hijo si el niño necesita ser evaluado.

Tomado de CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Quinta Edición, editado por Steven Shelov y Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 por la Academia Americana de Pediatría y BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, tercera edición, editado por Joseph Hagan, Jr., Judith S. Shaw y Paula M. Duncan, 2008, Elk Grove Village, IL: Academia Americana de Pediatría. Esta lista de verificación de indicadores del desarrollo no es un sustituto de una herramienta de evaluación del desarrollo estandarizada y validada.

[www.cdc.gov/pronto](http://www.cdc.gov/pronto)

1-800-CDC-INFO



Aprenda los signos. Reaccione pronto.

# Chickenpox and the Vaccine (Shot) to Prevent It

Last updated February 2014

**The best way to protect against chickenpox is by getting the chickenpox (also called varicella) shot. Doctors recommend that all children who have never had chickenpox get the shot.**

## Why should my child get the chickenpox shot?

The chickenpox shot:

- Protects your child from chickenpox, a potentially serious and even deadly disease
- Prevents your child from feeling itchy and uncomfortable from chickenpox
- Keeps your child from missing school or childcare (and keeps you from missing work to care for your sick child)

## Is the chickenpox shot safe?

Yes. The chickenpox shot is very safe, and it works very well to prevent chickenpox. Vaccines, like any medicine, can have side effects, but most children who get the chickenpox shot have no side effects.

## What are the side effects?

Most children don't have any side effects from the shot. However, some children may develop a reaction and symptoms may include:

- Soreness, redness, or swelling where the shot was given
- Fever
- Mild rash

There are two types of chickenpox shots. Talk to your child's doctor about which one your child will get.

## What is chickenpox?

Chickenpox is a disease that causes an itchy rash of blisters and a fever. A person with chickenpox may have a lot of blisters – as many as 500. The rash can spread over the whole body—even inside the mouth, eyelids, or genital area. Chickenpox can be serious and even life-threatening, especially in babies, adults, and people with weakened immune systems.

## What are the symptoms of chickenpox?

Chickenpox usually causes the following symptoms:

- An itchy rash of blisters
- Fever
- Headache
- Feeling tired



Doctors recommend that your child get two doses of the chickenpox shot for best protection. Your child will need one dose at each of the following ages:

- 12 through 15 months
- 4 through 6 years



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## **Is it serious?**

Chickenpox is usually mild in children, but the itching can be very uncomfortable. Children with chickenpox can miss up to one week of school or childcare.

Before the vaccine was available, about 4 million people got chickenpox each year in the United States. About 10,600 of those people were hospitalized, and 100 to 150 died each year.

In some cases, chickenpox can cause serious problems, such as:

- Skin infections
- Dehydration (not having enough water in the body)
- Pneumonia (an infection in the lungs)
- Swelling of the brain

## **How does chickenpox spread?**

Chickenpox spreads easily through the air when a person who has chickenpox coughs or sneezes. It can also spread by touching an infected person's blisters. Chickenpox can be spread 1 to 2 days before the infected person gets a rash until all the blisters have formed scabs.

## **Why not let my child get chickenpox naturally and build natural immunity?**

Chickenpox can be a mild disease, but it isn't always. There's no way to know who will have a mild case and who will become very sick. When your child gets his or her chickenpox shots, he or she is getting immunity from chickenpox without the risk of serious complications of the disease.

## **Where can I learn more about the chickenpox shot and my child?**

To learn more about the chickenpox shot, talk to your child's doctor, call 1-800-CDC-INFO, or visit [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents).

## Home Poison Safety Checklist

Make your home safe from poisons. Go through each room of your house and make sure that all possible poisons on this list are properly closed, locked up, or stored out of reach of young children and pets.

### KITCHEN

- Ant/roach/bug/killers
- Cleansers
- Carpet/upholstery cleaners
- Furniture polish
- Soaps/detergents
- Ammonia
- Automatic dishwasher detergent
- Drain openers
- Metal cleaners
- Oven cleaners
- Pain medicine
- Prescription (Rx) medicines
- Diet aids
- Herbal and over the counter medicines

### BEDROOM

- Cosmetics
- Baby Powder
- Nail Polish/remover
- Jewelry cleaner
- Perfumes/cologne
- Cough/cold medicine
- Sleeping medicine and other medicines

### BATHROOM

- Aftershave lotion
- Bath oil
- Cleansers
- Deodorizers/sanitizers
- Drain openers
- Hair removers
- Mouthwash
- Permanent wave solution
- Shampoo/dyes/hair products
- All medicines

### GARAGE/BASEMENT/STORAGE

- Antifreeze
- Gasoline
- Lighter Fluid
- Lye
- Mothballs/moth cakes
- Paint remover/thinner
- Turpentine
- Pesticides/insecticides
- Fertilizer
- Weed killers
- Pool chemicals
- Chemicals

### LAUNDRY ROOM

- Bleaches
- Laundry detergent
- Disinfectants
- Soap/detergents

### PLANTS

- Keep house plants out of reach of young children. Know the names of plants you have in your home and in your yard.
- Do not eat any part of an unknown plant or mushroom.

### OTHER

- Alcoholic beverages
- Cigarettes
- Lamp oil