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# ❖ Cabarrus Crib Notes ❖

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9 Month Edition

A publication of Cabarrus Pediatrics

[www.cabarruspeds.org](http://www.cabarruspeds.org)

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weight \_\_\_\_\_

length \_\_\_\_\_

head  
circumference  
\_\_\_\_\_

## Going Mobile

Watch out folks! Over the next few months, your little one will be rolling and crawling to explore whatever interests him. He may soon pull himself up to a standing position and eventually walk while holding onto furniture. Be prepared for many tumbles and spills over the next few months. Remove any dangerous or sharp-edged objects which might injure him. Some children may walk before a year, but many may not walk until 15-18 months. Don't get too caught up in making comparisons to other children. Ask your doctor if you have concerns about your child's development.

Language skills gradually emerge during this period as well. Although your baby may only be able to say one or two words, he is gradually learning to understand many. Keep talking, singing, and reading to him. He may start to imitate your speech and talk back and forth with you. Moms-don't feel bad-most babies learn to say Dada before they can say Mama.

Finally, you may notice another change in your baby. If you leave a room or get out of his sight, he may cry or scream in distress. This makes leaving him with others very stressful to parents. Allow him to warm up to caretakers before you leave. Let them get involved playing with a favorite toy and then say good-bye and leave quickly. The tears and distress only last a few minutes and are only made worse by prolonged or repeated good-byes. This separation anxiety generally persists until about 18 months.

## Nutrition News

Breast milk or formula should be continued until your child's first birthday when he can begin to drink whole milk. By this age, formula or breast feedings are down to around 4 times a day. Do not let your child take bottles of formula or juice to bed and do not allow your child to carry around a bottle when not feeding. This helps prevent severe tooth decay and will make weaning from the bottle easier. Start teaching your baby to use a cup now. Most babies now have the skills to handle finger foods and such things as toast and teething biscuits can be used for self-feeding. Other finger foods include dry cereals such as Cheerios and Rice Krispies, slices of cheese, pieces of scrambled eggs, slices of canned or soft fruit, crackers, cookies, and bread. Avoid foods that can cause choking such as hot dogs, nuts, popcorn, raw carrots, candy, raisins, and chunks of peanut butter. Honey should be avoided until age 1.

## Safety

Be sure that you have followed the baby-proofing advice from the previous handouts you have been given. Remember, if your child is 20 pounds, she needs a toddler car seat rather than an infant only seat. New recommendations suggest keeping the seat facing backwards until babies are 30 pounds *and* 2 years old or ideally until your child reaches the maximum rear-facing weight recommended by

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you car seat manufacturer.. Review the use of back blows and chest thrusts used as first aid for choking. Your doctor or nurse can demonstrate.

## Discipline

Yes, believe it or not, it is time to start thinking about discipline. Realize, however, that discipline doesn't mean punishment, but rather teaching your child right from wrong. At this stage, parents should focus on setting firm and safe limits for their child. Structure your home to minimize temptation and danger. Keep breakable items out of reach, put gates on stairs, and lock dangerous drawers or cabinets. At times, you may have to physically move your child or redirect her interests from something hazardous to something more safe or interesting. Use "NO" when you have to but realize it means less to a child when they hear it over and over. Most importantly, praise your child when she behaves in a desirable way. *Catch her being good!* Rewarding good behavior is more fun and is often more effective than punishment. Babies have short memories and begin to understand limits only after repeated exposures. Don't expect your child to learn every limit after only a few experiences. Finally, parents need to begin thinking and discussing how they plan to handle discipline issues with their children. The worst plan is to have no plan. Parents both need to enforce the same set of rules. Read and talk to other parents and your doctor. There is no single best way to discipline your child. Any good approach requires creativity, patience, energy, gentleness, and a sense of humor!

## Immunizations

If already up to date, babies do not receive immunizations at this visit. Some babies do receive a skin test for tuberculosis if there are any risk factors. Test should be read in 48-72 hours by a nurse or doctor. Flu shots are recommended yearly for children and are typically available beginning in late fall.

## Office Policies

Our regular office hours are 8AM-5PM Monday through Friday. Please call during office hours to schedule appointments or to ask routine questions. Except for true medical emergencies-appointments are necessary. Evening and weekend visits are offered for urgent problems that cannot wait. You can reach us when the office is closed by calling the office phone number (Concord: 704-403-7720; Kannapolis: 704-403-7735). A nurse or doctor will call you back. Except for serious emergencies, please do not take your child to the emergency room without first speaking with the doctor on call. We can often arrange to see your child or handle problems by phone.

## Next checkup: age 12 months

Regular checkups are done at 12 and 18 months and 2 years. The one year visit typically includes several vaccines as well as a blood sample. Keeping your baby up to date on checkups and shots is one of the best things you can do for his health.

## Other instructions:



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*Uncompromising Excellence. Commitment to Care.*