

# YOUR BABY: 2 TO 9 MONTHS

## POINTS TO REMEMBER

### SAFETY

- **ALWAYS WASH** your hands before making food, after changing diapers or using the bathroom to keep your baby from getting sick.
- **ALWAYS PLACE** your baby on his/her **BACK TO SLEEP**, unless told not to do so by your health care provider.
- **DO NOT** let anyone smoke around your baby (daycare center, babysitter's house, relative's house, etc.) **MAKE** your car and home smoke free.
- **ALWAYS BUCKLE** your baby in a car seat and place the car seat in the back seat of the car (facing the rear of the car). When your baby weighs 20 pounds, is 1 year old, and can sit up alone, you can turn the car seat to face the front of the car.
- **DO NOT** overheat your baby by dressing him/her with **TOO MANY** clothes or **APPLYING** too many blankets.
- **NEVER LEAVE** your baby **ALONE** in a vehicle. **NEVER LEAVE** your baby alone with a pet or other young children.
- **KEEP YOUR BABY'S DOCTOR'S APPOINTMENTS** with his/her health care provider for **REGULAR** well check-ups and immunizations.
- **EARLY SIGNS** that your baby may be **ILL** are fever, vomiting, diarrhea, or failure to eat. **IF ANY** of these signs are present, take your child to your health care provider for evaluation and treatment.
- **DO NOT** take your baby's temperature by ear or mouth until she is 4 years of age. Taking your baby's temperature rectally is preferred. A rectal temperature of 100.4 degrees Fahrenheit is considered a fever.
- **INSTALL** smoke detectors in your home. **CHANGE** the batteries twice a year in the spring and fall when time changes are made.
- **NEVER LET YOUR BABY** ride in vehicles if you suspect the driver has been using alcohol or drugs. **Never ALLOW** anyone who is drinking or using drugs to provide childcare.
- **DO NOT LEAVE** your baby alone on high places (changing tables, sofas, tables, and chairs). Put gates at the top and bottom of stairs. Don't use a walker.
- **MAKE YOUR HOME SAFE.** Use safety locks on cabinets. Keep medicines and poisonous products in a safe, secure, locked place, out of your baby's reach. If your child accidentally takes medication or puts a poisonous product in his/her mouth, call the **POISON HOTLINE 1-800-222-1222**. Place plastic safety plugs in electrical plugs (sockets). Get down on the floor at your baby's eye level to look for hazards (coins, buttons, safety or straight pins, cords of any type, furniture with sharp or rough edges).
- **USE** appropriate barriers around space heaters, wood stoves, and kerosene heaters.
- **EMPTY** buckets, tubs, or small pools immediately after you use them. **NEVER** leave your baby alone in a tub of water. An adult should be within an arm's reach, providing "touch supervision," whenever young children are in or around water. Do not allow young children to watch over your toddler in the bathtub, house, yard, or playground.
- **IF** it is necessary to keep a gun in your home or if the homes of people you visit have guns, they should be stored unloaded and locked, with the ammunition locked separately from the gun.
- **DO NOT** drink hot liquids or smoke cigarettes while holding your baby. **TURN** handles of pans or dishes so they do not hang over edge of stove or table.
- **INSPECT** toys for small parts or sharp edges and keep these toys out of the reach of your baby.
- **IF YOU** or your baby are experiencing **EMOTIONAL, PHYSICAL, or SEXUAL ABUSE**, **TELL** your health care provider or call the **ABUSE HOTLINE 1-800-752-6200** for help.

## **NUTRITION**

- **EXCLUSIVE** breastfeeding for the first 4-6 months of life provides ideal nutrition and supports the best possible growth and development.
- **USUALLY** healthy babies do not require extra water. On very hot days with no air conditioning or when there is excess water loss due to sweating, fever, or diarrhea.
- **IF** you bottle-feed, feed your baby iron-fortified formula. **DO NOT** give your baby honey.
- **BEGIN** to introduce iron-fortified **RICE** cereal at 4 to 6 months and **FEED** your baby with a spoon. **DO NOT** put cereal in a bottle. If your baby has no problem with cereal, **ADD** a new pureed fruit or vegetable each week.
- **EXPECT** your baby to gain 2 pounds each month for the first two months, then 1 pound each month until 1 year of age.
- **ASK** your health care provider about the WIC program.
- **AFTER 6 MONTHS**, introduce solid food gradually with a spoon, and **OFFER** solid food two to three times a day, **OFFER** liquids from a cup, start giving juice beginning with apple juice and **LIMIT** juice to 2 to 4 ounces per day.
- **NEVER** give your baby peanuts, popcorn, hot dogs, and large pieces of raw vegetables or fruits, whole grapes, raisins, corn, whole beans or tough meat. Any of these foods can cause your baby to choke.
- **AT 9 MONTHS**, **ENCOURAGE** finger foods and mashed foods. **ALWAYS** supervise your baby while he/she is eating. **CONTINUE** to teach your baby to drink from a cup.

## **HEALTHY TEETH**

- **TO KEEP TEETH HEALTHY**, **DO NOT** put your baby to bed with a bottle. **DO NOT** prop a bottle in your baby's mouth or allow the baby to feed "at will".
- **BEGIN** to clean your baby's teeth with **WATER ONLY** as soon as they appear, with a thin washcloth wrapped around your finger or a small soft toothbrush.
- **IF** you do not use city water that has fluoride added, **GET** your water tested to see if your baby needs fluoride supplements. **PLEASE NOTE:** Most bottled waters **DO NOT** have fluoride added to them.

## **CARE and INTERACTIONS**

- **CONTINUE** to hold your baby for bottle-feeding.
- **ENCOURAGE** your baby to talk by **PLAYING** and **TALKING** to him/her while dressing, bathing, feeding, playing, walking and driving.
- **READ** to your baby and **PLAY** music.
- **YOUR** baby may sleep 3 to 4 hours at a time and stay awake 1 hour or longer.
- **START** a daily routine for feedings, naps and bedtime by 2 months of age. This will help **FORM** longer sleeping stretches at night.
- **IT IS IMPORTANT** to help your baby learn to put himself to sleep by placing him in his crib when he is drowsy, talking gently to him, and even patting him to sleep. Continuing to provide regular structure and routines for the baby will increase his sense of security.
- **WHEN** your baby is upset and crying, he/she can usually be **CALMED DOWN** by being spoken to or held. There may be times when you may not be able to stop your baby from crying, no matter what you do. Just have **PATIENCE** after some time, he/she will calm down.
- **TAKE TIME** for yourself and spend some individual time with your partner, friends and family members.

**GROWTH and DEVELOPMENT**

<b>The following milestones are typical for babies as they develop</b>			
<b>By 2 Months</b>	<b>By 4 Months</b>	<b>By 6 Months</b>	<b>By 9 Months</b>
Smiles and shows pleasure in contact with adults	Looks at, opens and holds own hands	Reaches and transfers object from hand to hand and puts objects in mouth	Plays Peek-a-boo
Eyes follow you and shows interest in objects	Reaches for objects	Turns to sound, vocalizes "Dada" "Baba"	Bangs & throws
Coos & babbles in response to voices	Follows you with his eyes	Babbles to echo you	Says "Mama" & "Dada"
Lifts head and upper chest with support on forearms when on stomach	Holds head erect, but raises body on hands while on stomach	Rolls over and sits with help and stands when placed in standing position	Sits up without support
	Laughs and squeals out loud	May have stranger anxiety	Responds to name
			Understands "no-no" and "bye-bye"
			Crawls, creeps or scoots on bottom
			Feeds self

Reference: Hagan JF, Shaw JS, Duncan PM, eds. 2008. Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents, Third Edition. Reading Elk Grove Village, IL: American Academy of Pediatrics.