



# 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 2 years of age *or* until she reaches the highest weight or height allowed by the car safety seat's manufacturer.
- 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

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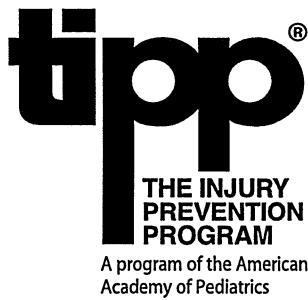
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# 6 to 12 Months



## 6 TO 12 MONTHS

### Safety for Your Child

Did you know that hundreds of children younger than 1 year die every year in the United States because of injuries — most of which can be prevented?

Often, injuries happen because parents are not aware of what their children can do. Your child is a fast learner and will suddenly be able to *roll over*, *crawl*, *sit*, and *stand*. Your child may *climb* before walking, or *walk* with support months before you expect. Your child will *grasp* at almost anything and reach things he or she could not reach before.

#### Falls

Because of your child's new abilities, he or she will fall often. Protect your child from injury. **Use gates on stairways and doors. Install operable window guards** on all windows above the first floor. **Remove sharp-edged or hard furniture** from the room where your child plays.

**Do not use a baby walker.** Your child may tip it over, fall out of it, or fall down the stairs in it. Baby walkers allow children to get to places where they can pull hot foods or heavy objects down on themselves.

**If your child has a serious fall or does not act normally after a fall, call your doctor.**

#### Burns

At 6 to 12 months children grab at everything. NEVER leave cups of hot coffee on tables or counter edges. **And NEVER carry hot liquids or food near your child or while holding your child.** He or she could get burned. Also, if your child is left to crawl or walk around stoves, wall or floor heaters, or other hot appliances, he or she is likely to get burned. **A safer place for your child** while you are cooking, eating, or unable to provide your full attention is the **playpen, crib, or stationary activity center, or buckled into a high chair.**

**If your child does get burned, put cold water on the burned area immediately. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.**

Make sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.

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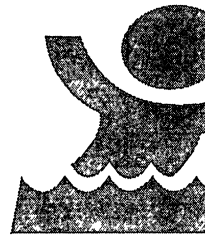
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## Drowning

At this age your child loves to play in water. Empty all the water from a bathtub, pail, or any container of water immediately after use. Keep the door to the bathroom closed. **NEVER leave your child alone in or near a bathtub, pail of water, wading or swimming pool, or any other water, even for a moment.** Drowning can happen in less than 2 inches of water. Knowing how to swim does NOT mean your child is safe in or near water. Stay within an arm's length of your child around water.

If you have a swimming pool, now is the time to **install a fence** that separates the house from the pool. The pool should be fenced in on all 4 sides. Most children drown when they wander out of the house and fall into a pool that is not fenced off from the house. Be prepared — install a fence around your pool now, before your child begins to walk!



## Poisoning and Choking

Your child will explore the world by *putting anything and everything into his or her mouth*. NEVER leave small objects or balloons in your child's reach, even for a moment. Don't feed your child hard pieces of food such as hot dogs, raw carrots, grapes, peanuts, or popcorn. Cut all of his or her food into thin slices to prevent choking.

**Be prepared if your child starts to choke. Learn how to save the life of a choking child. Ask your doctor to recommend the steps you need to take.**

Children will put everything into their mouths, even if it doesn't taste good. Many ordinary things in your house **can be poisonous** to your child. Be sure to keep household products such as cleaners, chemicals, and medicines up, up, and away, completely out of sight and reach. Never store lye drain cleaners in your home. **Use safety latches or locks** on drawers and cupboards. Remember, your child doesn't understand or remember "no" while exploring.



**If your child does eat something that could be poisonous, call the Poison Help number at 1-800-222-1222 immediately. Do not make your child vomit.**

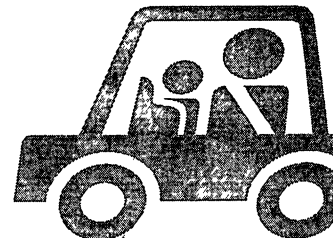
## Strangulation and Suffocation

Place your baby's crib away from windows. **Cords from window blinds and draperies can strangle your child.** Use cordless window coverings, or if this is not possible, tie cords high and out of reach. Do not knot cords together.

**Plastic wrappers and bags** form a tight seal if placed over the mouth and nose and may suffocate your child. Keep them away from your child.

## And Remember Car Safety

**Car crashes are a great danger** to your child's life and health. Most injuries and deaths caused by car crashes **can be prevented** by the use of car safety seats EVERY TIME your child is in the car. All infants and toddlers should ride in a rear-facing car safety seat until they are at least 2 years of age or until they reach the highest weight or height allowed by their car safety seat's manufacturer. A rear-facing car safety seat should NEVER be placed in front of a passenger air bag. Your child, besides being much safer in a car safety seat, will behave better so you can pay attention



to your driving. **The safest place for all infants and children to ride is in the back seat.**

**Do not leave your child alone in a car. Keep vehicles and their trunks locked. Children who are left in a car can die of heat stroke because temperatures can reach deadly levels in minutes.**

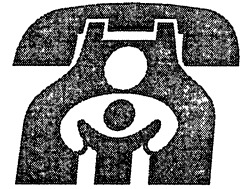
**Remember, the biggest threat to your child's life and health is an injury.**

From Your Doctor

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# Baby-sitting Reminders



## Baby-sitting Reminders

### IMPORTANT PHONE NUMBERS

PARENTS \_\_\_\_\_ POLICE \_\_\_\_\_  
NEIGHBOR(S) \_\_\_\_\_ POISON CENTER \_\_\_\_\_  
DOCTOR \_\_\_\_\_ HOME PHONE \_\_\_\_\_  
FIRE/RESCUE \_\_\_\_\_ HOME ADDRESS \_\_\_\_\_

### PARENTS SHOULD

- Meet the sitter and check references and training in advance.
- Be certain the sitter has had first aid training and knows CPR.
- Be sure the sitter is at least 13 years old and mature enough to handle common emergencies.
- Have the sitter spend time with you before baby-sitting to meet the children and learn their routines.
- Show the sitter around the house. Point out fire escape routes and potential problem areas. Instruct the sitter to leave the house right away in case of fire and to call the fire department from a neighbor's house.
- Discuss feeding, bathing, and sleeping arrangements for your children.
- Tell your sitter of any allergies or specific needs your children have.
- Have emergency supplies available including a flashlight, first aid chart, and first aid supplies.
- Tell the sitter where you will be and when you will return.
- Be sure any guns are stored unloaded in a locked cabinet, and lock and store the ammunition in a separate place.

### SITTERS SHOULD

- Be prepared for an emergency.
- Always phone for help if there are any problems or questions.
- Never open the door to strangers.
- Never leave the children alone in the house — even for a minute.
- Never give the children any medicine or food unless instructed to do so by the parents.
- Remember that your job is to care for the children. Tender loving care usually quiets an unhappy child.

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## Teething in Children: Care Instructions

		Age tooth comes in	Age tooth falls out
Upper teeth	Central incisor	8-12 mos.	6-7 yrs.
	Lateral incisor	9-13 mos.	7-8 yrs.
	Canine (cuspid)	16-22 mos.	10-12 yrs.
	First molar	13-19 mos.	9-11 yrs.
	Second molar	25-33 mos.	10-12 yrs.
Lower teeth	Second molar	23-31 mos.	10-12 yrs.
	First molar	14-18 mos.	9-11 yrs.
	Canine (cuspid)	17-23 mos.	9-12 yrs.
	Lateral incisor	10-16 mos.	7-8 yrs.
	Central incisor	6-10 mos.	6-7 yrs.

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### Your Care Instructions

Teething is the normal process in which your baby's first set of teeth (primary teeth) break through the gums (erupt). Teething usually begins at around 6 months of age, but it is different for each child. Some children begin teething at 3 to 4 months, while others do not start until age 12 months or later. A total of 20 teeth erupt by the time a child is about 3 years old. Usually teeth appear first in the front of the mouth. Lower teeth usually erupt 1 to 2 months earlier than their matching upper teeth. Girls' teeth often erupt sooner than boys' teeth.

Your child may be irritable and uncomfortable from the swelling and tenderness at the site of the erupting tooth. These symptoms usually begin about 3 to 5 days before a tooth erupts and then go away as soon as it breaks the skin. Your child may bite on fingers or toys to help relieve the pressure in the gums. He or she may refuse to eat and drink because of mouth soreness. Children sometimes drool more during this time. The drool may cause a rash on the chin, face, or chest.

Teething may cause a mild increase in your child's temperature. But if the temperature is higher than 100.4 F (38 C), look for symptoms that may be related to an infection or illness.

You might be able to ease your child's pain by rubbing the gums and giving your child safe objects to chew on.

**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?

- Give acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for pain or fussiness. Read and follow all instructions on the label.

- Gently rub your child's gum where the tooth is erupting for about 2 minutes at a time. Make sure your finger is clean, or use a clean teething ring.
- Do not use teething gels for children younger than age 2. Ask your doctor before using mouth-numbing medicine for children older than age 2. The U.S. Food and Drug Administration (FDA) warns that some of these can be dangerous. Talk to your child's doctor about other teething remedies.
- Give your child safe objects to chew on, such as teething rings. Do not use fluid-filled teethers.
- If your child is eating solids, try offering cold foods and fluids, which help to ease gum pain. You can also dip a clean washcloth in water, freeze it, and let your child chew on it.

## When should you call for help?

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**Call your doctor now** or seek immediate medical care if:

- Your child has a fever.
- Your child keeps pulling on his or her ears.
- Your child has diarrhea or a severe diaper rash.

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

- You think your child has tooth decay.
- Your child is 18 months old and has not had an erupting tooth yet.

### Where can you learn more?

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Go to <https://www.healthwise.net/patiented>

Enter **C015** in the search box to learn more about "**Teething in Children: Care Instructions**".

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# Stop That Whining!

**Question:** My daughter is constantly whining at me! Every time she calls "Mooooommeeehh" I have this great desire to change my name or run and hide under the nearest bed! Please don't tell me "she'll out grow it," because if the whining continues she may not make it to her next birthday.

**Think about it:** Talk about fingernails on a blackboard! Whining has got to be the ultimate in annoying childhood behavior. Because a whining child sounds worse than a frenzied siren alarm we tend to do anything to make it stop. Thus our little whiner discovers a great way to get our undivided attention.

NEVER EVER respond to or give in to a whining request. Make an announcement: "When you use your normal voice I will listen to you." Then turn your back to the whining child and make it obvious you are ignoring her by singing or reading a book out loud held in front of your face. If the child continues to whine, repeat the same sequence without engaging the child any further. (Pleading or discussing will only increase the whining.)

**Help by modeling:** Help your child by modeling what it is you want to hear. "I can't understand you when you use a whining voice, please say, "Mommy, may I please have a drink."

**Create an incentive:** Put a jar on the kitchen counter. Put ten nickels in it. Tell your child that every time she whines or fusses you will take a nickel out of the jar. Any nickels left over at bedtime will be hers to keep as a reward for remembering to use her "big girl voice."

**Teach:** Often children aren't really aware they are whining. Have a discussion about whining and demonstrate what it sounds like. (Put on a good show!) Tell your child you want to help her remember not to whine, so every time she does you are going to put your fingers in your ears and say "yuck!" and make a funny face. That will be her signal to find her regular voice.

**Time it:** Tell your child that you're going to set the timer for three minutes. She can fuss for three minutes and then she must stop. Some children will complain, "that's not enough time!" Then ask, "How much is enough, four or five minutes?" Typically, of course, five will be chosen. Make big production of setting the timer for five minutes, and announce that she must stop when the timer rings. Most kids will stop before the timer rings. If your persistent whiner doesn't stop after five minutes, you can put her in time out, or put yourself in time out, until the fussing ends.

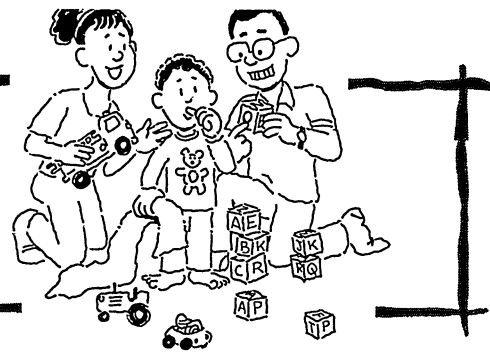
**Make sure you aren't giving whining lessons.** Such as, "Will Youuu Pleezee Stop Whyyy Niingg! It's driving me Craazee!"

**Praise!** Praise your child's attempts at using a regular voice. "Ariel, I really enjoy hearing your pleasant voice!" Try to say "yes" to a request made in a regular, polite voice. For example, if your child normally whines about having a cookie after lunch, and today she asks pleasantly, try to give her at least a piece of a cookie to reward her for her appropriate manners. Make sure you tell her that's why you said okay, "Yes, you may have a cookie. I'm saying yes because you asked in such a nice voice and you didn't whine about it. Lucky you!"

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# Thumbs, Fingers, and Pacifiers



All babies are born with the need to suck. This is important because babies need the sucking reflex to eat and drink. Sucking for some babies also can have a soothing and calming effect. However, when does sucking become a problem? Read on for information from the American Academy of Pediatrics about pacifiers, when pacifier use and thumb and finger sucking could become a problem, and how to help your child stop pacifier use or thumb or finger sucking.

## What do I need to know before offering a pacifier?

If your baby wants to suck beyond what nursing or bottle-feeding provides, a pacifier may satisfy that need. Before offering a pacifier, keep the following tips in mind:

- Offer a pacifier at nap time and bedtime. This helps to reduce the risk of sudden infant death syndrome (SIDS). If you are breastfeeding, wait until breastfeeding is going well before offering a pacifier. This usually takes about 3 to 4 weeks.
- Do not use a pacifier to replace or delay meals. Only offer it when you are sure your baby is not hungry.
- Do not force your baby to take the pacifier if he doesn't want it.
- Never tie a pacifier to your child's crib or around your child's neck or hand. This is very dangerous and could cause serious injury or even death.
- Be prepared for night waking. If your child depends on a pacifier to fall asleep at night, he may wake up when the pacifier falls out. If you child is too young to put it back in his mouth or can't find or reach it if it has fallen out of the crib, you may need to wake up and get it for him.

## What should I keep in mind when shopping for a pacifier?

- Pacifiers come in different sizes. You will also find a variety of nipple shapes, from squarish "orthodontic" versions to the standard bottle type. Try different kinds until you find the one your baby prefers.
- Look for a 1-piece model that has a soft nipple (some models can break into 2 pieces).
- The shield should be at least 1½ inches across so a baby cannot put the entire pacifier into her mouth. Also, the shield should be made of firm plastic with airholes.
- Make sure the pacifier is dishwasher-safe. Follow the instructions on the pacifier and boil it or run it through the dishwasher before your baby uses it. Be sure to squeeze the water out of the nipple with clean hands; otherwise, the hot water inside might burn your baby's mouth. Clean it this way frequently until your baby is 6 months old so that your infant is not exposed to germs. After that you can just wash it with soap and rinse it in clear water.
- Buy some extras. Pacifiers have a way of getting lost or falling on the floor or street when you need them most.

- Do not use the nipple from a baby bottle as a pacifier. If the baby sucks hard, the nipple may pop out of the ring and choke her.
- Pacifiers fall apart over time. Some manufacturers have expiration dates for pacifiers. Do not keep pacifiers past that time. Inspect them every once in a while to see whether the rubber has changed color or has torn. If so, replace them.

## When do pacifier use and thumb and finger sucking become a problem?

If your child sucks strongly on a pacifier or his thumb or fingers beyond 2 to 4 years of age, this behavior may affect the shape of his mouth or how his teeth are lining up. If your child stops sucking on a pacifier or his thumb or fingers before his permanent front teeth come in, there's a good chance his bite will correct itself. However, if the bite does not correct itself and the upper adult teeth are sticking out, orthodontic treatment may be needed to realign the teeth and help prevent broken front teeth.

## How can I help my child stop her pacifier use or thumb- or finger-sucking habit?

As a first step in dealing with your child's sucking habits, ignore them! Most often, they will stop on their own. Harsh words, teasing, or punishment may upset your child and is not an effective way to get rid of habits. Instead, try the following:

- Praise and reward your child when she does not suck her thumb or use the pacifier. Star charts, daily rewards, and gentle reminders, especially during the day, are also very helpful.
- If your child uses sucking to relieve boredom, keep her hands busy or distract her with things she finds fun.
- If you see changes in the roof of your child's mouth (palate) or in the way the teeth are lining up, talk with your pediatrician or pediatric dentist. There are devices that can be put in the mouth that make it uncomfortable to suck on a finger or thumb.
- No matter what method you try, be sure to explain it to your child. If it makes your child afraid or tense, stop it at once.

The good news is that most children stop their sucking habits before they get very far in school. This is because of peer pressure. While your child might still use sucking as a way of going to sleep or calming down when upset, this is usually done in private and is not harmful. Putting too much pressure on your child to stop may cause more harm than good. Be assured your child will eventually stop the habit on her own.

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