Feeding & Safety Information: 9 Months

DIET

- Your infant will take 16-32 oz per day of breast milk or formula.
- Feed your infant solid foods 3-4 times per day.
- Offer a variety of stage 2, stage 3, and finger foods (soft fruits, cooked vegetables, cereals, bread or noodles, small tender pieces of meat/fish, tofu, soft cheese, yogurt, eggs, and cooked beans).
- We recommend 2 servings each of fruit, vegetable, and protein plus 2-3 servings of grain per day.
- **Honey and choking foods** (hot dogs, nuts, grapes, raw carrots, popcorn) are not recommended for any infant under 12 months. In addition, infants should not be given sweets or foods with additives (salt or extra sugar).

WHOLE MILK

- May be introduced in a sippy cup at 11 months. The goal is to get your child off the bottle and onto 12-24 oz of whole milk per day by their 1 year visit.
- Start with: 1 oz 1x per day for 3-5 days (just like you would with a new food). Increase the amount of whole milk in the cup every few days while decreasing the amount of formula in the bottle or nursing sessions.
- If the child seems to have problems with the whole milk (stomach discomfort, vomiting, diarrhea or a rash) stop the milk and return to formula. Still transition off the bottle onto a sippy cup. Try whole milk again after the child is 12 months old.

SAFETY

- Cover outlets.
- Lock cabinet doors or move all harmful products out of the child’s reach and leave only things safe for the child to play with (Tupperware, pots & pans).
- Make sure the Poison Control phone number is near all phones. **Poison Control phone number** – 1-800-222-1222.
- Car seats –
  - State law requires that children remain rear facing until one year of age **AND** 20lbs.
  - The American Academy of Pediatrics recommends that children remain rear facing until age 2.
- As your child is learning to walk, bare feet and non-skid socks are best. A child doesn’t need to be in shoes until he/she can walk independently on a hard surface. Shoes just need to fit the child’s foot properly - they do not need to cost a lot of money.
- Clean your child’s teeth with a soft cloth or soft toothbrush with water. Toothpaste is not recommended until the child can spit. Brush their teeth after the last snack and/or bottle (or nursing) before bed.
- Sunscreen with SPF 15 or above may now be used. For practical purposes an SPF higher than 30 is rarely helpful. The important thing to remember is to apply the sunscreen 20-30 minutes before going outside and reapply it every 2-3 hours, especially after swimming.
- Over-the-counter insect repellents may also be used as long as the DEET concentration is 30% or less. Try to avoid getting it on the child’s hands and face. Wash it off as soon as the child is done outside. Products containing both sunscreen and insect repellent should be avoided.