



BRIGHT FUTURES HANDOUT ► PARENT 9 MONTH VISIT

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

✓ HOW YOUR FAMILY IS DOING

- If you feel unsafe in your home or have been hurt by someone, let us know. Hotlines and community agencies can also provide confidential help.
- Keep in touch with friends and family.
- Invite friends over or join a parent group.
- Take time for yourself and with your partner.

✓ YOUR CHANGING AND DEVELOPING BABY

- Keep daily routines for your baby.
- Let your baby explore inside and outside the home. Be with her to keep her safe and feeling secure.
- Be realistic about her abilities at this age.
- Recognize that your baby is eager to interact with other people but will also be anxious when separated from you. Crying when you leave is normal. Stay calm.
- Support your baby's learning by giving her baby balls, toys that roll, blocks, and containers to play with.
- Help your baby when she needs it.
- Talk, sing, and read daily.
- Don't allow your baby to watch TV or use computers, tablets, or smartphones.
- Consider making a family media plan. It helps you make rules for media use and balance screen time with other activities, including exercise.

✓ DISCIPLINE

- Tell your baby in a nice way what to do ("Time to eat"), rather than what not to do.
- Be consistent.
- Use distraction at this age. Sometimes you can change what your baby is doing by offering something else such as a favorite toy.
- Do things the way you want your baby to do them—you are your baby's role model.
- Use "No!" only when your baby is going to get hurt or hurt others.

✓ FEEDING YOUR BABY

- Be patient with your baby as he learns to eat without help.
- Know that messy eating is normal.
- Emphasize healthy foods for your baby. Give him 3 meals and 2 to 3 snacks each day.
- Start giving more table foods. No foods need to be withheld except for raw honey and large chunks that can cause choking.
- Vary the thickness and lumpiness of your baby's food.
- Don't give your baby soft drinks, tea, coffee, and flavored drinks.
- Avoid feeding your baby too much. Let him decide when he is full and wants to stop eating.
- Keep trying new foods. Babies may say no to a food 10 to 15 times before they try it.
- Help your baby learn to use a cup.
- Continue to breastfeed as long as you can and your baby wishes. Talk with us if you have concerns about weaning.
- Continue to offer breast milk or iron-fortified formula until 1 year of age. Don't switch to cow's milk until then.

Helpful Resources: National Domestic Violence Hotline: 800-799-7233 | Family Media Use Plan: www.healthychildren.org/MediaUsePlan
Poison Help Line: 800-222-1222 | Information About Car Safety Seats: www.safercar.gov/parents | Toll-free Auto Safety Hotline: 888-327-4236

9 MONTH VISIT—PARENT



SAFETY

- Use a rear-facing–only car safety seat in the back seat of all vehicles.
- Have your baby's car safety seat rear facing until she reaches the highest weight or height allowed by the car safety seat's manufacturer. In most cases, this will be well past the second birthday.
- Never put your baby in the front seat of a vehicle that has a passenger airbag.
- Your baby's safety depends on you. Always wear your lap and shoulder seat belt. Never drive after drinking alcohol or using drugs. Never text or use a cell phone while driving.
- Never leave your baby alone in the car. Start habits that prevent you from ever forgetting your baby in the car, such as putting your cell phone in the back seat.
- If it is necessary to keep a gun in your home, store it unloaded and locked with the ammunition locked separately.
- Place gates at the top and bottom of stairs.
- Don't 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.
- Put the Poison Help line number into all phones, including cell phones. Call if you are worried your baby has swallowed something harmful.
- Install operable window guards on windows at the second story and higher. Operable means that, in an emergency, an adult can open the window.
- Keep furniture away from windows.
- Keep your baby in a high chair or playpen when in the kitchen.

WHAT TO EXPECT AT YOUR CHILD'S 12 MONTH VISIT

We will talk about

- Caring for your child, your family, and yourself
- Creating daily routines
- Feeding your child
- Caring for your child's teeth
- Keeping your child safe at home, outside, and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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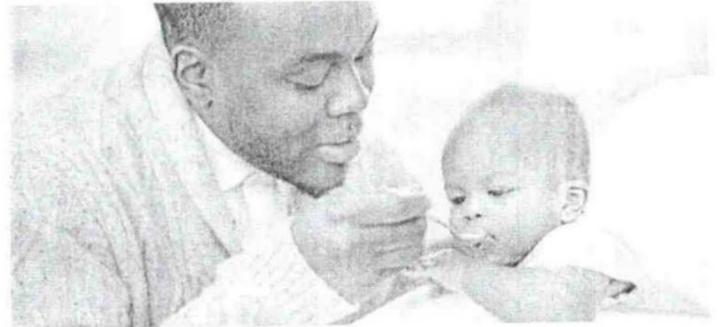
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Sample Menu for a Baby 8 to 12 Months Old

Now that your baby is eating solid foods, planning meals can be more challenging. At this age, your baby needs between 750 and 900 calories each day, of which about 400 to 500 should come from breast milk (/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-Mealtime-Milestones.aspx) or formula (if you are not breastfeeding)—roughly 24 ounces (720 mL) a day. Breast milk and formula contain vitamins, minerals, and other important components for brain growth.



At about eight months, you may want to introduce foods that are slightly coarser than strained pureed foods. They require more chewing than baby foods. You can expand your baby's diet to include soft foods such as yogurt, oatmeal, mashed banana, mashed potatoes, or even thicker or lumpy pureed vegetables. Eggs (including scrambled) are an excellent source of protein, as are cottage cheese, Greek yogurt, and avocado.

Sample menu ideas for an eight- to twelve-month-old:

1 cup = 8 ounces = 240 mL

$\frac{3}{4}$ cup = 6 ounces = 180 ml

$\frac{1}{2}$ cup = 4 ounces = 120 mL

$\frac{1}{4}$ cup = 2 ounces = 60 ml

Breakfast

- 2 to 4 ounces cereal, or 1 mashed or scrambled egg
- 2 to 4 ounces mashed or diced fruit
- Breastmilk or 4 to 6 ounces formula

Snack

- Breastmilk or 4 to 6 ounces formula
- 2 to 4 ounces diced cheese or cooked pureed or diced vegetables

Lunch

- 2 to 4 ounces yogurt or cottage cheese, or pureed or diced beans or meat
- 2 to 4 ounces cooked pureed or diced yellow or orange vegetables

- Breastmilk or 4 to 6 ounces formula

Snack

- 1 whole grain cracker or teething biscuit
- 2 to 4 ounces yogurt or fork-mashed or diced soft fruit
- 2 to 4 ounces water

Dinner

- 2 to 4 ounces diced poultry, meat, or tofu
- 2 to 4 ounces cooked green vegetables
- 2 to 4 ounces cooked soft-whole grain pasta, rice, or potato
- 2 to 4 ounces diced or mashed fruit
- Breastmilk or 4 to 6 ounces formula

Before bedtime

Breastmilk or 6 to 8 ounces formula, or water. (If breastmilk or formula, follow with water or brush teeth (</English/healthy-living/oral-health/Pages/Brushing-Up-on-Oral-Health-Never-Too-Early-to-Start.aspx>) afterward).

More information

- [Sample Menu for a One-Year-Old \(/English/ages-stages/baby/feeding-nutrition/Pages/Sample-One-Day-Menu-for-a-One-Year-Old.aspx\)](/English/ages-stages/baby/feeding-nutrition/Pages/Sample-One-Day-Menu-for-a-One-Year-Old.aspx)
- [Starting Solid Foods \(/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx\)](/English/ages-stages/baby/feeding-nutrition/Pages/Starting-Solid-Foods.aspx)
- [Breastfeeding Mealtime Milestones \(/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-Mealtime-Milestones.aspx\)](/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-Mealtime-Milestones.aspx)
- [Ask the Pediatrician: Is it OK to make my own baby food? \(/English/tips-tools/ask-the-pediatrician/Pages/Is-it-OK-to-make-my-own-baby-food.aspx\)](/English/tips-tools/ask-the-pediatrician/Pages/Is-it-OK-to-make-my-own-baby-food.aspx)

Last Updated 3/17/2021

Source Caring for Your Baby and Young Child: Birth to Age 5 7th Edition (Copyright © 2019 American Academy of Pediatrics)

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Hepatitis B Vaccine:

What You Need to Know

Many vaccine information statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1. Why get vaccinated?

Hepatitis B vaccine can prevent **hepatitis B**.

Hepatitis B is a liver disease that can cause mild illness lasting a few weeks, or it can lead to a serious, lifelong illness.

- **Acute hepatitis B** is a short-term illness that can lead to fever, fatigue, loss of appetite, nausea, vomiting, jaundice (yellow skin or eyes, dark urine, clay-colored bowel movements), and pain in the muscles, joints, and stomach.
- **Chronic hepatitis B** is a long-term illness that occurs when the hepatitis B virus remains in a person's body. Most people who go on to develop chronic hepatitis B do not have symptoms, but it is still very serious and can lead to liver damage (cirrhosis), liver cancer, and death. Chronically infected people can spread hepatitis B virus to others, even if they do not feel or look sick themselves.

Hepatitis B is spread when blood, semen, or other body fluid infected with the hepatitis B virus enters the body of a person who is not infected. People can become infected through:

- Birth (if a pregnant person has hepatitis B, their baby can become infected)
- Sharing items such as razors or toothbrushes with an infected person
- Contact with the blood or open sores of an infected person
- Sex with an infected partner
- Sharing needles, syringes, or other drug-injection equipment
- Exposure to blood from needlesticks or other sharp instruments

Most people who are vaccinated with hepatitis B vaccine are immune for life.

2. Hepatitis B vaccine

Hepatitis B vaccine is usually given as 2, 3, or 4 shots.

Infants should get their first dose of hepatitis B vaccine at birth and will usually complete the series at 6–18 months of age. **The birth dose of hepatitis B vaccine is an important part of preventing long-term illness in infants and the spread of hepatitis B in the United States.**

Anyone **59 years of age or younger** who has not yet gotten the vaccine should be vaccinated.

Hepatitis B vaccination is recommended for **adults 60 years or older** at increased risk of exposure to hepatitis B who were not vaccinated previously. **Adults 60 years or older** who are not at increased risk and were not vaccinated in the past may also be vaccinated.

Hepatitis B vaccine may be given as a stand-alone vaccine, or as part of a combination vaccine (a type of vaccine that combines more than one vaccine together into one shot).

Hepatitis B vaccine may be given at the same time as other vaccines.

3. Talk with your health care provider

Tell your vaccination provider if the person getting the vaccine:

- Has had an **allergic reaction after a previous dose of hepatitis B vaccine**, or has any **severe, life-threatening allergies**



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

In some cases, your health care provider may decide to postpone hepatitis B vaccination until a future visit.

Pregnant or breastfeeding people who were not vaccinated previously should be vaccinated. Pregnancy or breastfeeding are not reasons to avoid hepatitis B vaccination.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting hepatitis B vaccine.

Your health care provider can give you more information.

4. Risks of a vaccine reaction

- Soreness where the shot is given, fever, headache, and fatigue (feeling tired) can happen after hepatitis B vaccination.

People sometimes faint after medical procedures, including vaccination. Tell your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call **9-1-1** and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at www.vaers.hhs.gov or call **1-800-822-7967**. *VAERS is only for reporting reactions, and VAERS staff members do not give medical advice.*

6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Claims regarding alleged injury or death due to vaccination have a time limit for filing, which may be as short as two years. Visit the VICP website at www.hrsa.gov/vaccinecompensation or call **1-800-338-2382** to learn about the program and about filing a claim.

7. How can I learn more?

- Ask your health care provider.
- Call your local or state health department.
- Visit the website of the Food and Drug Administration (FDA) for vaccine package inserts and additional information at www.fda.gov/vaccines-blood-biologics/vaccines
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's website at www.cdc.gov/vaccines.



Acetaminophen (Tylenol®) Dosage Chart for Infants and Children

Dosing Instructions: Give every 4–6 hours as needed for fever or pain. Do NOT give more than 5 doses in 24 hours. Do NOT use with any other medicine containing acetaminophen. If possible, use weight to dose; otherwise, use age. *Talk with your child's doctor if you have a dosing question or your child does not fit into the weight/age range listed.*

Age	0–3 months	4–11 months	12–23 months	2–3 years	4–5 years	6–8 years	9–10 years	11 years	12+ years
Weight (pounds)	6.6–11 lbs	11*–17 lbs	17*–23 lbs	23*–35 lbs	35*–46 lbs	46*–60 lbs	60*–70 lbs	70*–95 lbs	95+ lbs
Infants Acetaminophen Liquid (160 mg / 5 mL)	1.25 mL (40 mg)	2.5 mL (80 mg)	3.75 mL (120 mg)	—	—	—	—	—	—
Acetaminophen Liquid (160 mg / 5 mL)	—	—	—	5 mL (160 mg)	7.5 mL (240 mg)	10 mL (320 mg)	12.5 mL (400 mg)	15 mL (480 mg)	20 mL (640 mg)
Acetaminophen Chewables (160 mg)	—	—	—	1 tablet	1½ tablets	2 tablets	2½ tablets	3 tablets	4 tablets
Acetaminophen Tablets (325 mg)	—	—	—	—	—	1 tablet	1 tablet	1 tablets	2 tablets

Liquid Medicines: Use the syringe or dosing cup that comes with the medication to give an accurate dose. Kitchen teaspoons or tablespoons should not be used.

See reverse side for ibuprofen dosing table. Updated October 2024.

BRV1289328 KN2028



Ibuprofen (Motrin®, Advil®) Dosage Chart for Infants and Children

Dosing Instructions: Give every 6–8 hours as needed for fever or pain. Do NOT give more than 4 doses in 24 hours. Do NOT use with any other medicine containing ibuprofen. If possible, use weight to dose; otherwise, use age. Talk with your child's doctor if you have a dosing question or your child does not fit into the weight/age range listed.

Age	6–11 months	12–23 months	2–3 years	4–5 years	6–8 years	9–10 years	11 years	12+ years
Weight (pounds)	11*–17 lbs	17*–23 lbs	23*–35 lbs	35*–46 lbs	46*–60 lbs	60*–70 lbs	70*–95 lbs	95+ lbs
Infant's Ibuprofen Drops (50 mg / 1.25 mL)	1.25 mL (50 mg)	2 mL (80 mg)	2.5 mL (100 mg)	—	—	—	—	—
Liquid Ibuprofen (100 mg / 5 mL)	2.5 mL (50 mg)	4 mL (80 mg)	5 mL (100 mg)	7.5 mL (150 mg)	10 mL (200 mg)	12.5 mL (250 mg)	15 mL (300 mg)	20 mL (400 mg)
Ibuprofen Chewable Tablets (100 mg)	—	—	1 tablet	1½ tablets	2 tablets	2½ tablets	3 tablets	4 tablets
Ibuprofen Tablets (200 mg)	—	—	—	—	1 tablet	1 tablet	1½ tablets	2 tablets

Age Limits: Do NOT use ibuprofen for infants less than 6 months old unless your child's doctor tells you.
 Liquid Medicines: Use the syringe or dosing cup that comes with the medication to give an accurate dose. Kitchen teaspoons or tablespoons should not be used.
 See reverse side for acetaminophen dosing table. Updated October 2024.
 BRV1289328 KN2028

