

## HEALTH SUPERVISION VISITS

### NINE MONTH VISIT

#### INFANT BEHAVIOR

- Use consistent, positive discipline (limit use of word “No”, use distraction, be a role model)
- Keep consistent daily routines
- Provide opportunities for safe exploration, be realistic about abilities
- Recognize new social skills, separation anxiety, be sensitive to temperament
- Play with cause-and-effect toys; talk/sing/read together, respond to baby’s cues
- Avoid TV, videos, computers

#### NUTRITION

- Gradually increase table foods; ensure variety of foods, textures
- Provide 3 meals, 2-3 snacks a day
- Encourage use of cup; discuss plans for weaning
- Continue breastfeeding if mutually desired

#### SAFETY

- Use rear-facing car safety seat in back seat until 1 year AND 20 pounds, never put baby in front seat of vehicle with passenger air bag
- Always use safety belt; do not drive under the influence of alcohol or drugs
- Don’t leave heavy objects, hot liquids on tablecloths
- Do home safety check (stair gates, barriers around space heaters, cleaning products, electrical cords)
- Keep baby in high chair/playpen when in kitchen
- Install operable window guards on second – and higher story windows
- Be within arm’s reach (“touch supervision”) near water, pools, bathtubs
- Put Poison Control Center number at each telephone—1-800-POISON-1

#### DEVELOPMENT

- Pulls to stand, stands holding on
- Transfers objects
- Takes toy
- Dada/mama, nonspecific

- Feeds self
- Waves bye-bye
-