

SUGGESTED DIET

Continue breast milk or iron fortified formula until 12 months of age. Try scheduling 3-4 formula or breast feedings daily, to total no more than 24 to 32 ounces each 24 hours, including that used for cereal. These amounts may decrease as your child eats more solids. All breast-fed infants need to take a vitamin D supplement daily unless they are taking more than 17 oz. of formula per day. We recommend D-Vi-Sol, 1 ml by mouth once a day. All breast-fed babies also need foods with iron.

Cereal: Up to 4-6 tablespoons twice a day. Choose from oats, barley, or cooked oatmeal.

Fruits: Up to 4-6 tablespoons twice a day. You may use junior or soft table foods.

Vegetables: 4-6 tablespoons twice a day. You may use junior or soft table foods.

Meats/Proteins: 4-6 tablespoons twice a day. You may use junior or soft table foods.

FEEDING TIPS

- Because of the increased fine motor (hand) coordination, your baby is able to eat more finger foods. Some examples of these include: small chunks of infant turkey franks (with skin removed), diced tofu, small chunks of fruit (fresh or canned), cooked vegetables such as broccoli, beans, peas, or carrots, and cooked pasta. Infant puffs and dry cereals without sugar coatings such as Cheerios or Chex are good snacks as are crackers and fruit chunks.
- Avoid the following foods until 12 months of age: fresh honey (could cause botulism) and juices (give water).
- Any food may be introduced as long as the texture avoids choking.
- Avoid foods your child can easily choke on, such as nuts, popcorn, whole grapes, whole hot dogs, hard candy, gummy candies, and gum. These should wait until your child is at least 4-5 years old.
- Encourage your baby to feed himself some finger foods, but be prepared for a mess! A plastic tablecloth placed under the high chair makes clean up easier.
- If trying to wean from breast feeding, start with one serving a day of formula from a sippy cup.
- Encourage drinking from a sippy cup. This will make weaning the bottle easier at 12 to 15 months.
- Brush or wipe your child's teeth every day. You can use infant tooth cleaning paste. Now is a good time to get rid of the pacifier; begin by limiting its use at bedtime.

SLEEPING

Your baby may go peacefully to bed or fight it every night. Continue to establish a regular bedtime routine, with quiet time for 15 minutes beforehand. Say "goodnight"; give a kiss, and put your child to bed. Encourage her to fall asleep in her crib by putting her into the crib drowsy, but awake. It is okay to let your child cry to sleep. If he awakens during the night, check on safety and comfort, have as little interaction as possible, and leave the room as soon as possible. Do not offer a bottle of milk or juice. In a calm voice, remind your baby that he needs sleep and that everything is OK. Your child will understand your calm reassurance.

ELIMINATION

Bowel patterns remain mostly regular for your baby. They may change in number, consistency, and color as additional foods are added.

DEVELOPMENT/PLAY

Your baby can or soon will: crawl and scoot around well, begin to pull up and walk around furniture, wave bye-bye, say Mama or Dada, understand his or her name, use their index finger and thumb to pick up objects, repeat sounds that you make, and be afraid of strangers.

Talk with and listen to your baby! At this age he loves to interact with you. He is a great imitator of people, animals, or sounds. Containers which permit baby to "put objects in and take them out" are great at this age. These toys are called "nesting" toys and include colored boxes or cups. Toys or books with different textures allow him to experience soft, rough, smooth, etc. Remember your baby is learning about in and out, up and down, on and off, so say these words when performing the task.

A word about Discipline: Try to use the word "no" only when necessary. Babies should never be spanked. If you become angry with your baby, place him in his crib for a few minutes. This will allow you to calm down and your baby to realize that he has done something wrong. Parents and other caregivers should discuss this subject together before the baby gets much older. Your consistency in manner of interaction helps

your child develop a foundation for relating to you and others. Consistency in the use of the word "no" and in adhering to reasonable limits helps to keep your child safe.

The American Academy of Pediatrics strongly recommends protecting the developing brains of children younger than 2 years of age by avoiding screen media (TV/computer/video) altogether. This includes educational material that comes in these forms. Read to your child every day. Look at www.readoutandread.org/parents/readingtips/babies.aspx for advice on reading tips for babies.

SHOES

It is best for children to learn to walk in their bare feet. The primary purpose of shoes is to protect the feet from sharp and painful objects, so they may not even be necessary. The ideal shoe is soft and pliable, with a non-slippery sole. Your child does not need a high-top shoe unless he has a special foot deformity.

SAFETY

Now that your child is crawling or walking, you must be aware of the potential dangers in your house. No matter how safe you think your house is, children this age need constant watching unless they are in a playpen or their crib.

- Remove breakable objects from low tables.
- Cover all unused electrical outlets, and remove from reach all dangling cords.
- Make sure the crib mattress is as low as it will go to prevent climbing (falling) out.
- Keep all detergents, soaps, cleaners, and medicine locked up and out of reach. Remove plants from reach. Beware of objects with small batteries or magnets as these can be very dangerous if swallowed.
- Post the Poison Control number (**404-616-9000**) by your phone. In case your baby ingests medication or poison, call the poison control first for instructions. Make sure other caretakers have the Poison Control number on hand.
- Turn the handles of all pots and pans away from the stove's edge.
- Use gates on all stairways.
- Always use an approved car seat. All infants and toddlers should ride in a rear-facing car safety seat in the backseat until they are 2 years old or until they reach the highest weight and height allowed by the manufacturer of your car seat. (www.nhtsa.gov/Safety/CPS)
- Beware of swimming pools, wading pools, and even buckets of water or open toilets.

FEVER AND PAIN RELIEF

Please call our office if you have any concerns about your child's temperature. You may treat your child's fever with either of the following:

Tylenol (Active ingredient is acetaminophen)

Advil, Motrin (Active ingredient is ibuprofen)

Your child's next well childcare visit should be at 12 months of age.

Additional Resources for Parents

Visit our web site at www.northfultonpediatrics.com

Working and Caring by T. Berry Brazelton

Caring For Your Baby and Young Child, Birth to Age 5, by The American Academy of Pediatrics

Helping Your Child Sleep through the Night by J. Cuthbertson and S. Schevill

www.healthychildren.org

www.chop.edu/service/vaccine

www.aap.org/bookstore

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