

**SLEEPING:** If I am just starting to wake up at night, it is probably teething pain that is waking me up. If I am not in pain, show no signs of illness, am fed and dry and I still cry, allow me the chance to learn how to get back to sleep on my own, even if it means crying myself to sleep. Do not give me a bottle to help me go back to sleep at night. A bottle will only teach me to wake up at night.

**SAFETY:** Keep finger foods small in size so I do not choke. Babies my age will always put things into our mouths. We have no way of knowing what is safe and what is not safe. Please make my room as safe as possible. Keep paint chips swept off the floor and out of my reach so I do not get lead poisoned. Since I can pull up on things, **DO NOT** leave cords from coffee-pots, toasters, or irons hanging down within my reach. I might try to pull myself up on them.

Keep medicines, cleaners, and plants out of my reach to prevent poisoning. **Syrup of Ipecac** should be on the medicine shelf to make me vomit up poison but always call **Poison Control Center (266-2222)** before giving me any.

**DISCIPLINE: DO NOT** spank me when I get into something I shouldn't. Keep my play and living area a safe area where you do not have to tell me "no" all the time. Do not tell me how "bad" I am. Tell me when I am "good". Giving me hugs and kisses are important because it helps me to like myself.

The amount of fever-reducing medicine I need is

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**My next visit to the clinic should be:**

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Dear Mom and Dad,

Now that I can crawl and pull up on things, I could get myself into a lot of trouble. I don't know what you'll let me touch and what you won't let me touch. So, instead of saying "no-no" or spanking me all the time, put those things away that you don't want me to touch, until I get older. It will give you more time to hug and kiss me. Remember, we all want a less violent world to grow up in.

I am  
Nine Months  
Old

TEEN



TOT  
CLINIC

Milwaukee Adolescent  
Health Program  
277-8900

**Age** \_\_\_\_\_

**Weight** \_\_\_\_\_

**Height** \_\_\_\_\_

**Here's a list of things I can do now that I'm 9 months old:**

- make sounds like ba, ma, da
- blow “raspberries” (with my tongue between my teeth), and make people laugh
- stop what I'm doing when you call my name, because now I know you are talking to me
- sway on my hands and knees; something I do before I learn to crawl

- clasp my hands together or wave “bye-bye”

- push things away that I don't want

- smile and kiss myself when I'm sitting in front of the mirror

- pull myself to a stand and walk around while holding on to furniture

- be afraid and cry when I'm with a person I don't know well

**PLAYING:** Give me toys I can bang together, or toys with knobs to push and pull. When you are dressing me, feeding me, strolling me around, or playing with me, don't forget to talk with me. Tell me about the color or feel of my clothes, the color or taste of the food I'm eating, and the different sounds around me. This will help me to learn and say new words. Tell me how much you love me.

**FEEDING:** Start letting me use my training cup for formula and juices.

**Do Not** give me Kool-aid or soda because this can make me lose my appetite for healthy foods. Finger foods, like small pieces of banana, cheese strips, cheerios, macaroni and cheese, or raisins are fun for me because I can pick them up with my fingers and get them to my mouth by myself. Frozen peas are good for me because the cold feels good when I am teething and they are fun to catch with my fingers. Let me hold a spoon while you feed me with a spoon.

**SLEEPING:** I should be sleeping about 10-12 hours through the night. If I am still waking up through the night, speak with my health-care provider about it.