

CHESTNUT RIDGE PEDIATRIC ASSOCIATES, P.A.

INFANTS, CHILDREN & ADOLESCENTS

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595 CHESTNUT RIDGE ROAD
WOODCLIFF LAKE, NEW JERSEY 07677

OFFICE HOURS
BY APPOINTMENT
TELEPHONE HOUR: 7:30-8:30 A.M. MON. THROUGH SAT.

TELEPHONE:
201-391-2020

9 MONTH OLD (NO. 9)

Breakfast

(7-8:00 a.m.)

Tri-Vi-Flor 0.25 mg., 1 dropperful
Cereal
Toast
Egg yolk (1-3 times per week)
Fruit
Yogurt
Breast or Bottle or Cup (formula)

Lunch

(11:30 - 12:30)

Vegetables
Bread
Cottage Cheese
Fruit
Pasta (e.g. *pastina*, *orzo*)
Meat (optional)

2-3:00 p.m.

Breast or Bottle or Cup (formula)

Snack (optional)

(4:00-4:30 p.m.)

Cheese
Dry cereal
Fruit (cut up)

Dinner

(6:00 p.m.)

Vegetables
Fruit
Soup (homemade, commercial is too high in salt)
Meat (optional or as combined junior meal)
Pasta / rice
Soft cheese (American, Havarti, ect.)

7-8:00 p.m.

Breast or Bottle or Cup (formula)

FEEDING ADVICE

Baby is ready to try many new foods. If desired, meats can be added to vegetables, rice and pasta. (*it is possible to raise a healthy vegetarian baby, but you will want to consult your doctor and some nutrition books on the subject for advice.*) Baby is ready to finger feed himself and this should be encouraged, though it is messy! Appropriate foods are small pieces of banana, soft cheese, small pieces of bread, waffle or pancake. Stage 3 and junior (*chunky*) foods can begin. Baby should begin taking breast milk, formula (as Enfamil with Iron), and water from a cup.

GROWTH AND DEVELOPMENT

Growth may begin to slow to 1/2 to 3/4 pound weight gain per month as baby gets more active. This is normal.

Many babies will already be crawling though some wait until 10-12 months to do so. The early crawlers will now be pulling to stand and will start cruising. Make sure your home is adequately child-proofed! Baby should not have access to any sharp objects or hot liquids. His job is to explore his environment now - that is how he learns. Your job is to provide a safe environment.

Baby may start vocalizing mama, dada, baby and start clapping or waving her hands.

Stranger anxiety may be setting in - this is a normal developmental stage. Separation anxiety may cause awakening at night even if baby has been sleeping through well previously. When baby awakens, go into her room and provide brief reassurance that you are there. Avoid taking the baby out of her crib, instead rub her back and talk soothingly to her until she has calmed down. When you leave the room she may cry for several minutes, but if you are patient she should drift back to sleep. Avoid nursing or giving a bottle, because she will become dependent upon this. A 9 month-old gets adequate calories during the day and does not need to drink at night. Playing peek-a-boo during the day may help ease separation anxiety.

If baby has teeth, clean them with a washcloth or soft toothbrush and water twice a day.