



*age 9 through 11 months*

# Your Growing Child

*A Family Brochure*

Babies grow, change and learn differently. Here are some tips to help you enjoy and keep your baby healthy and safe.

Call your clinic, public health nurse or school district if you have questions or concerns about your baby.

## *Health*

Appetite will vary depending on growth and activity. At this age babies:

- Need a Child and Teen Checkups health check at 9 months. Regular health checks are important. Ask your clinic about fluoride use.
- Eat 3-6 small meals of soft foods a day. Keep baby on breast milk and/or iron-fortified formula until 1 year.
- Need teeth and gums cleaned daily with a wet cloth. NO juice in the bottle!
- May sleep 10-12 hours at night and nap 1-2 times a day.
- Can learn to fall asleep on their own. Put babies in their crib while still awake but sleepy.



## *Learning*

Babies at this age:

- Say words such as “ba-ba,” “da- da” and “ma-ma.”
- Sit alone.
- Start pulling up to stand by holding on to a table or your leg.
- Start to crawl or scoot to get to where they want.
- Can hold their own bottle and cup. They will use their fingers to feed themselves.
- Get into everything. Use distractions and move objects you don't want touched.
- *May be shy and cling to you when you leave.* Acknowledge and label your baby's feelings (e.g., “You feel sad when Daddy has to leave you.”).



## *Safety*

- **ALWAYS** use an approved car seat, properly secured in the back seat.
- Keep your hot water temperature below 120°F. Before bathing your baby, check the water temperature with your wrist.

- Don't let **anyone** smoke around your baby.
- Babies can drown in a small amount of water. Never leave your baby alone in a bathtub, or near water.
- Never leave your baby on a high place like a changing table, sofa or kitchen counter.
- Prevent choking! Keep objects that can drop through a toilet paper roll away from your baby.
- Use smoke detectors and check them twice per year (such as at daylight-savings time).
- Don't use infant walkers. Use a bouncy chair or swing instead.
- Child proof your home! Use safety gates, door latches and lock up poisons.
- Prevent burns! Keep baby away from the stove and oven. Turn pot handles to the back of the stove.

Attention. If you want free help translating this information, ask your worker or call the number below for your language.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاسأل مساعدك في مكتب الخدمة الاجتماعية أو اتصل على الرقم 1-800-358-0377.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមសួរអ្នកកាន់សំណុំរឿងរបស់អ្នក ឬ ទូរស័ព្ទទៅលេខ 1-888-468-3787 ។

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, pitajte vašeg radnika ili nazovite 1-888-234-3785.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, nug koj tus neeg lis dej num (worker) lossis hu 1-888-486-8377.

ໂປຼດຊາບ. ຖ້າທ່ານກຳລັງຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ພຣີ, ຈົ່ງຖາມນຳພັນກຳລັງຊ່ວຍວຽກຂອງທ່ານຫຼືໂທໂທຕາມເລກໂທ 1-888-487-8251.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, hojjataa kee gaafaddhu ykn lakkoofsa kana bilbili 1-888-234-3798.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, обратитесь к своему социальному работнику или позвоните по следующему телефону: 1-888-562-5877.

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, weydii hawl-wadeenkaaga ama wac lambarkan 1-888-547-8829.

Atención. Si desea recibir asistencia gratuita para traducir esta información, consulte a su trabajador o llame al 1-888-428-3438.

Chú Ý. Nếu quý vị cần dịch thông tin này miễn phí, xin gọi nhân-viên xã-hội của quý vị hoặc gọi số 1-888-554-8759.

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**Minnesota Poison Information**  
**1-800-222-1222**  
**Minnesota Immunization Hotline**  
**1-800-657-3970**

